Utilizing Art as an Educational Tool for Discussing Healthy and Unhealthy Relationships with Adolescents

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35.2% of Women and 30.3% of Men

In the state of NC experience intimate partner violence in their lifetimes

(NCDAV - 2020)
Introduction

- This educational project was funded by the Tiana Nicole Williams endowment in honor of a former medical student who lost her life to intimate partner violence.
- The goal was to create an educational opportunity for children and adolescents addressing the increasing domestic and interpersonal violence in the community.

Aim: This project uses art as a vehicle to discuss aspects of healthy and unhealthy relationships with adolescents.
Creating the Curriculum

- A one-time class 45-minute class curriculum was developed for middle and high school aged students using past literature and mentor advice
- 4 classes were conducted in the community
  - 2 at Boys and Girls Club of Winterville
  - 2 at Building Hope Community Life Center
Class Structure

Artistic Activities
Class Structure

Artistic Activities

- Acrostic poem
- Concept map
Examples of Student Artwork

Disclaimer: all artwork was de-identified to protect student identity
Examples of Student Artwork

Kind
Entelligent
Obadent
Nice

Ms. Nyobi I love you so much,
You always taught us girls how to be tough,
You never had favorites; you always treated us fair.
And you always brought joy to the room
with your beautiful hair.

M - Mother figure
S - Stylish
N - Nice
Y - Young looking
R - Runway Model
O - On time for her girls 24/7
B - Beautiful
I - Independent & Important

Disclaimer: all artwork was de-identified to protect student identity
Class Structure

Artistic Activities

Class-wide discussion
What makes a healthy relationship?

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1. Enjoy spending time together and apart
2. Trust each other and feel safe with each other
3. Support each other’s goals and opinions
4. Accepting responsibility for actions
5. Apologize when you’re wrong
6. You are proud to be with each other
7. Communicate with each other openly
8. Allow each other space when you need it
9. Treat each other with respect
10. Encourage each other
What makes an unhealthy relationship?

1. Puts the other person down by calling names or insulting
2. Does not listen when the other person is talking
3. Grabbed, pushed, or physically hurts the other person
4. Embarrassed or humiliated the other person
5. Blames the other person for their behavior
6. Makes all the decisions about both of them
7. Acts controlling or possessive
8. Depends on the other partner completely for all needs
9. Cheats or threatens to cheat
10. Criticizes the other person’s family and friends
Class Structure

Artistic Activities

Class-wide discussion

Center for Family Violence Prevention pamphlets + Feedback forms
Follow-Up

- We discussed identifying a trusted adult that students can reach out to for support
- **Center for Violence Prevention** pamphlets handed out with resources for students to call if they ever need help with violence or feelings of unsafety in their relationships
Students Reached

- 2 in person sessions (19 students each)
- 2 virtual sessions (8 students each)
- Total of 54 students

- All students had parent permission forms completed prior to visits, including permission to display de-identified student artwork
Student Feedback

- We had 8 student participants respond to our feedback survey
- \( \frac{7}{8} \) students reported that they found the session beneficial
Student Feedback

Some comments shared for the question “what do you think went well for our session?”:

● “How we talked about our family”
● “It helped me understand that my friends felt the way that I felt”
● “It was entertaining”
Potential Impact

Our hope is that this method of communication and learning will become more widely used by clinicians as a way of beginning difficult conversations about other sensitive topics.
Future Educational Opportunities

● Host an educational session with Dr. Tana Hall for medical students and residents in Fall 2022 about our project

● Future research ideas:
  ○ Comparing effectiveness of different educational styles in teaching healthy relationships
  ○ Surveying pediatric and adolescent providers about their interests in using art in their practice
  ○ Conducting more qualitative research about success and effectiveness of art as an educational tool
Questions

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