



Transformative Approaches to Wellbeing and Safeguarding

Beyond Risk and Rules: Creativity as a Safeguarding Tool

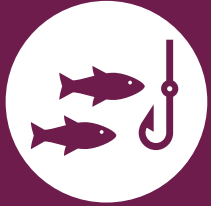
“Creativity is the mental capacity to generate novel and useful ideas... It isn't about art or design, writing or music. Creativity is, at its core, about ideas and how we develop, understand, and communicate them. Not just in terms of the arts, but in every realm of thinking and work.”

F. Reisman, L. Keiser, J. Westfal and P. Hammrich (2024) Connecting Creativity and Motivation Research with End Users. Cambridge University Press.

Distance Through Metaphor

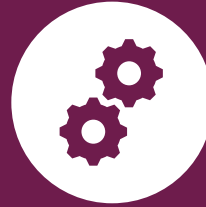
Gamification of Choice

Voice and Agency



The Hook:

What is the creative medium and why will young people want to engage in it?



The Safeguarding Mechanism:

How does this creative activity build resilience, reveal risk or encourage disclosure?



How can a school deliver this activity using existing staff and resources?

The Practicality Check:

The Walk of a Woman...



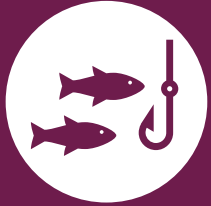
What do you think?

UNIQUE
VOICE

What are some of the things you heard in the audio clip?

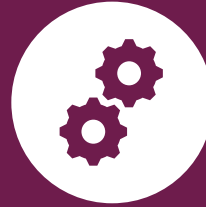
How might someone experiencing this feel?

How would this impact their self-esteem and behaviour?



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The Practicality Check:

“Engagement in creative and arts-based activities is associated with fewer antisocial behaviours, improved self-control, increased empathy and reduced positive perceptions of risk-taking behaviours.”

Fancourt, D., et al. (2022). Arts and cultural engagement, reportedly antisocial or criminalized behaviors, and potential mediators in two longitudinal cohorts of adolescents. *Journal of Adolescent Health*.

“Participatory arts build communication skills, self-confidence and critical agency, creating the psychological conditions necessary for young people to resist peer pressure and seek help.”

Hughes, J. (2005). Doing the Arts Justice: A Review of Research Literature, Practice and Theory. The Department for Culture, Media and Sport and Arts Council England.