

BENEFITS OF PARTICIPATION IN THE ARTS TO CHILDREN AND ADULTS

Value of Arts and Culture to People and Society, *British Arts Council 2014*

- High-school students who engage in the arts at school are twice as likely to volunteer than those who don't engage in the arts and are 20 percent more likely to vote as young adults.
- Employability of students who study arts subjects is higher and they are more likely to stay in employment.
- Schools that integrate arts across the curriculum in the US have shown consistently higher average reading and mathematics scores compared to similar schools that do not.
- Participation in structured arts activities increases cognitive abilities.
- Students from low income families who take part in arts activities at school are three times more likely to get a degree than children from low income families who do not engage in arts activities at school.
- Those who had attended a cultural place or event in the previous 12 months were almost 60 per cent more likely to report good health compared to those who had not, and theatre-goers were almost 25 per cent more likely to report good health.
- There is strong evidence that participation in the arts can contribute to community cohesion, reduce social exclusion and isolation, and/or make communities feel safer and stronger

Civic Art Program Evaluation, *The City of Houston 2015*

Among the report findings on the value of the arts for the young were:

- Students who complete more art classes have up to 15 percent higher pass rates on standardized tests than students with fewer art classes ☐
- At-risk high school students who complete more than one art class are half as likely to drop out
- The City of Houston's adopted Arts and Cultural Plan also identified character of place as a key aspect of Houston's ongoing success. "People form bonds of affection with a place, and develop lasting attachments to it, based on those qualities. To succeed, places need financial capital, access to money. They need human capital, especially young, educated people. And they need social capital, the value (economic and social) of people's interactions. Additionally, shared love of place is perhaps the strongest form of social capital. It is the glue that holds a place together. People who share love of a place will invest their time, energy and resources in that place."

The Artistic Edge: 7 Skills that Children Need to Succeed in an increasingly Right Brain World. *By Lisa Phillips 2012*

In the Washington Post,(January 22, 2013), Valerie Strauss points out that this book provides 'a list of skills that young people learn from studying the arts. They serve as a reminder that the arts — while important to study for their intrinsic value — also promote skills seen as important in academic and life success.'

The list includes: creativity, confidence, problem solving, perseverance, focus and non-verbal communication, receiving constructive feedback and collaboration, dedication and accountability.

Doing Well and Doing Good by Doing Art: The Effects of Education in the Visual and Performing Arts on the Achievements and Values of Young Adults *by Professor James Catterall of UCLA 2009*

Unlike other research on the effects of arts education, Catterall was able to show that low-income students benefited from arts learning even more than more privileged students.

Arttherapyblog.com

What about the benefits of just looking at, or observing, art? A recent study has explored the association with attending cultural **activities** and good health, satisfaction, low anxiety, and **depression**.

Among other things, the study looked at the impact of what they deemed “receptive cultural activities” (basically, an observer of art) and “creative cultural activities” (a participant in the creation of art). The study found a strong association with both types and good overall health. The study collected data from over 50,000 people living in central Norway.

Study by the University of Kansas, as reported in raisesmartkid.com 2015

Arts education and appreciation were also found to have benefits on young people’s brains. In a study by researchers from University of Kansas, students who were selected to visit a museum shows stronger critical thinking skills, displayed higher levels of social tolerance, exhibited greater historical empathy and developed a taste for art museums and cultural institution.