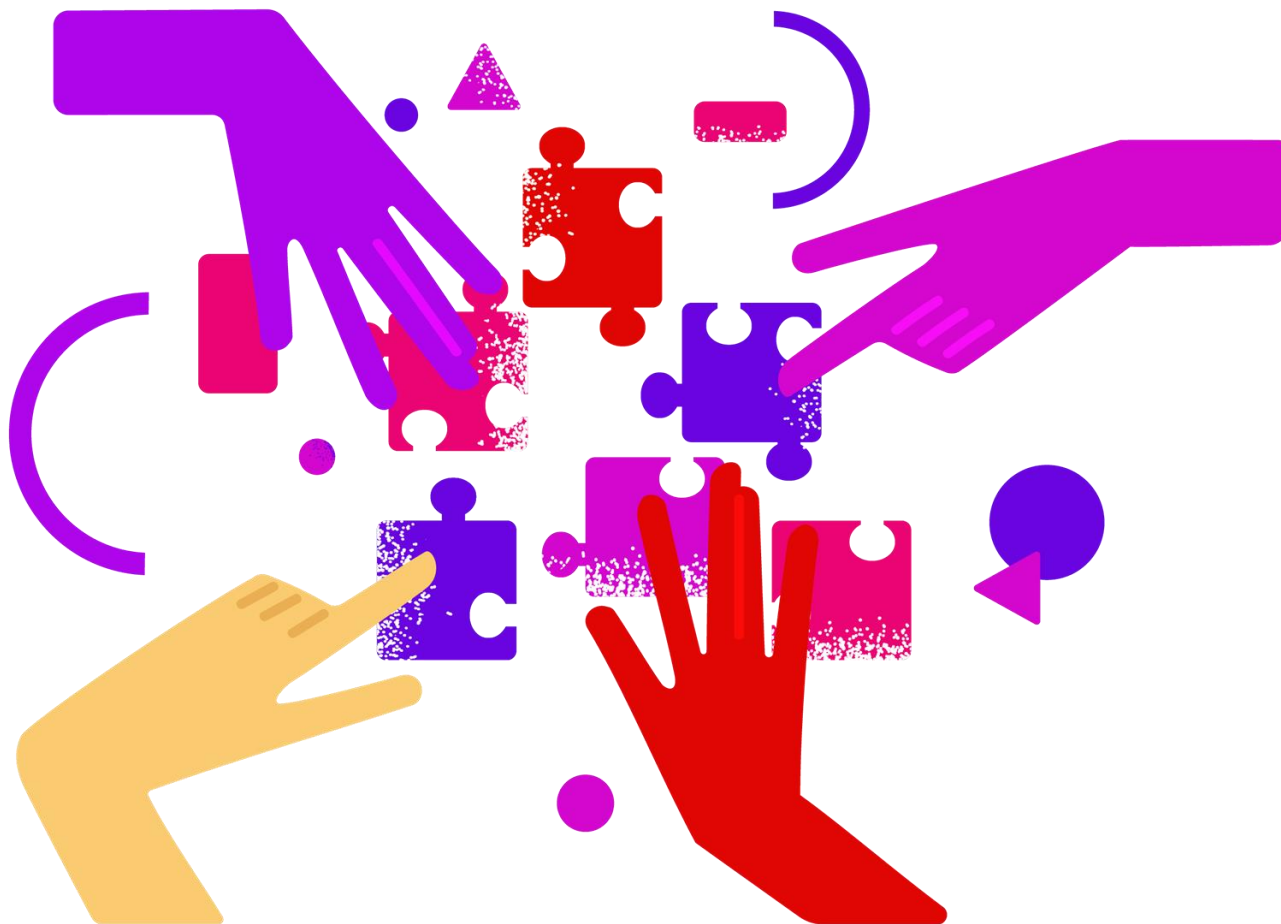


# Art as a driver for social participation

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## Overview of the Training Module

- ✓ Introduction to the Module «Art as a driver of social participation»
- ✓ Defining social participation and social exclusion
- ✓ Challenges in social participation for young people with Autism Spectrum Disorder (ASD) and Down Syndrome (DS)
- ✓ Understanding the impact of social exclusion and the importance of social participation
- ✓ Benefits of Art
- ✓ How can art drive social participation? Promoting social engagement
- ✓ Recognizing the work of young people with Autism Spectrum Disorder (ASD) and Down Syndrome (DS): Success Stories and Case Examples



# INTRODUCTION

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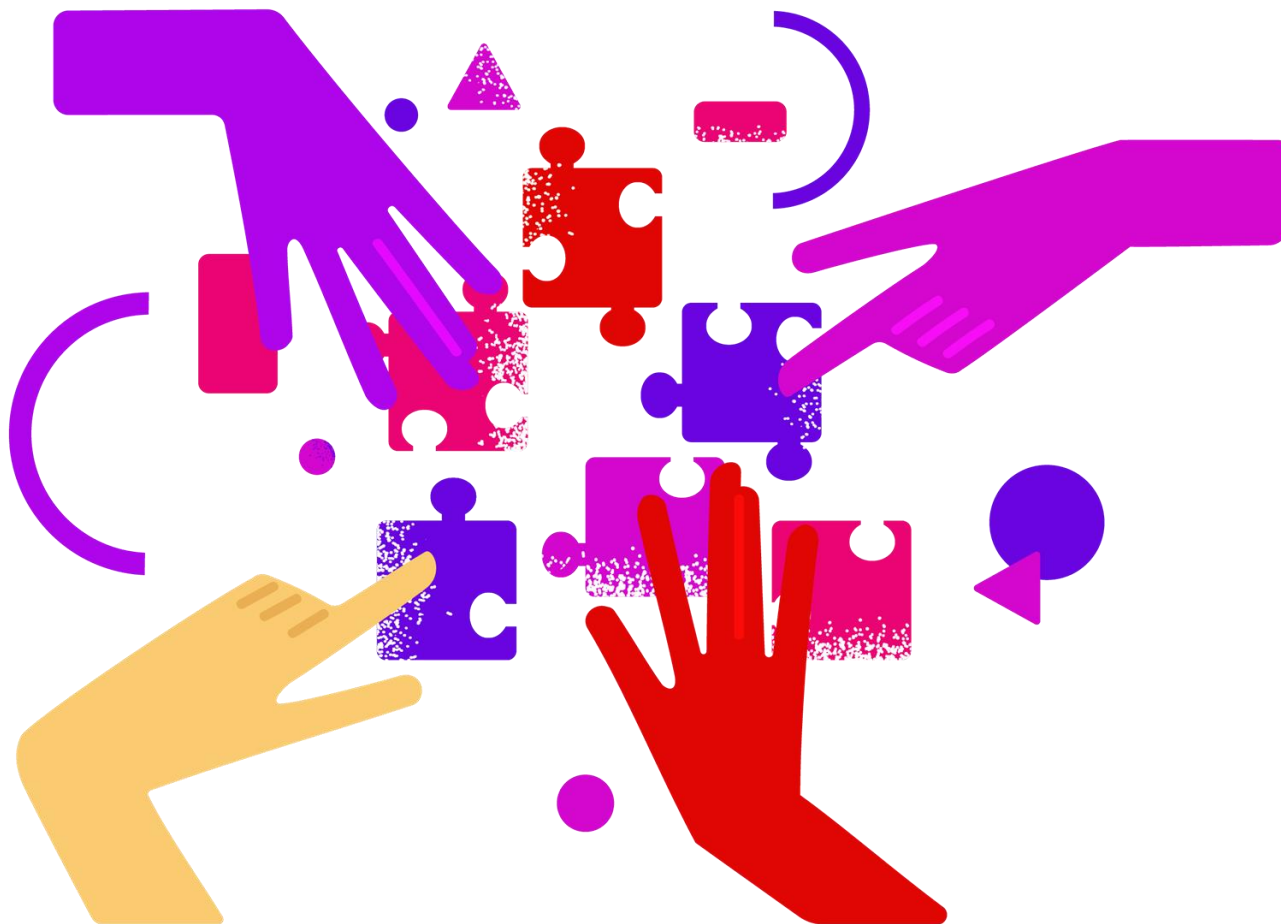
Inclusion and participation in society = being employed and working, being in education, participating in leisure activities



*helps us define who we are and where we belong*



Young people with Autism Spectrum Disorder (ASD) or Down Syndrome (DS) have the right to ***equally participate in society***, as much as any other person.



# Defining social participation and social exclusion

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participation

# Social participation

“organized patterns of behavior that are characteristic and expected of an individual or a given position within a social system”

*Development of real- life ties*

*Meaningful social roles*



*Sense of value, belonging, and attachment*

# Social exclusion

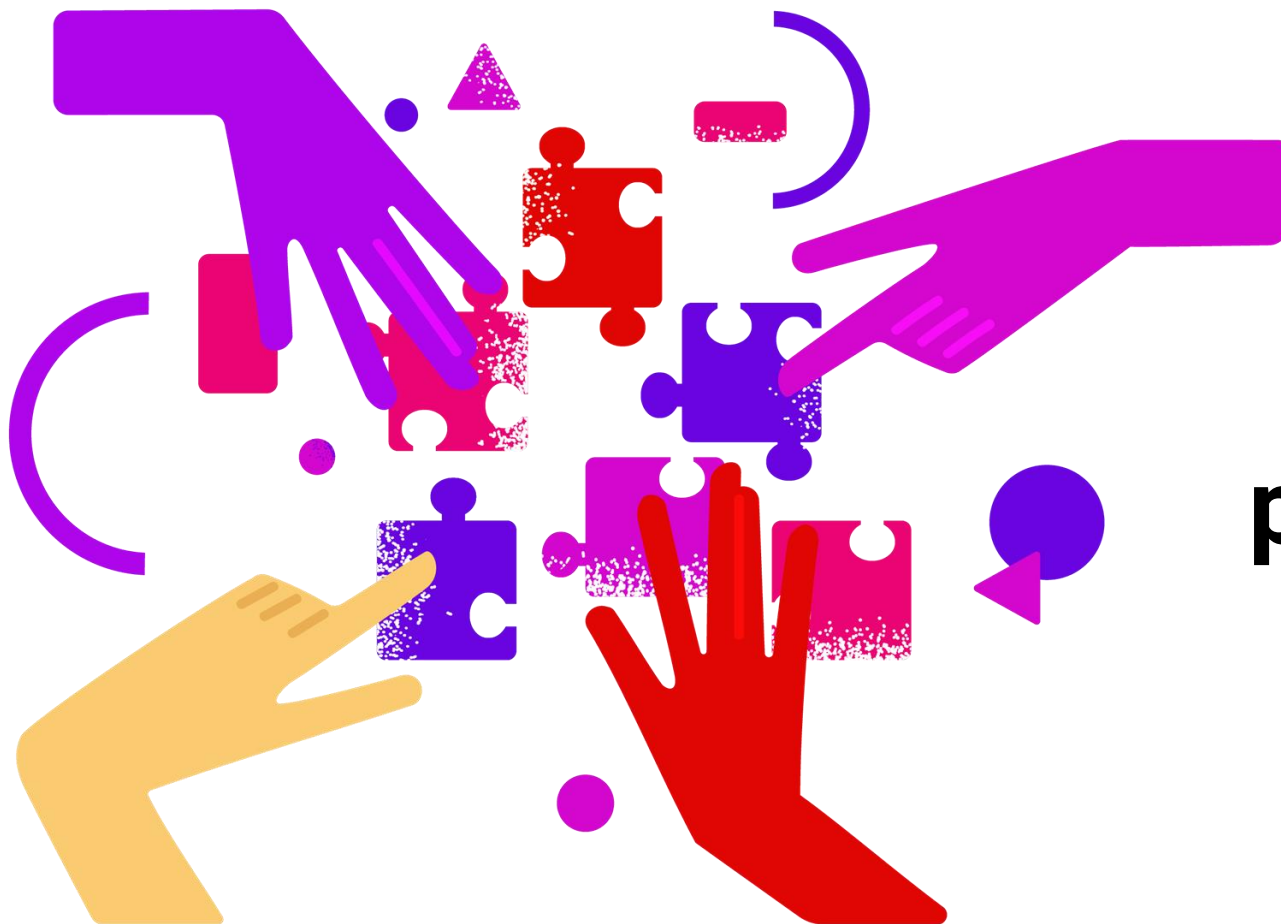
Lack of participation in society



*a state in which individuals are  
unable to participate fully in  
economic, social, political and cultural life*



Among race, ethnicity, religion, migration status, socioeconomic status, place of residence, sexual orientation and gender identity, disability has been a reason for social exclusion.



# Challenges in social participation for young people with ASD/DS

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**Societal participation** of persons with disabilities has grown in importance within disability policy. However, despite efforts and legal initiatives aimed at promoting societal participation and reducing exclusion and discrimination against individuals with disabilities, **numerous obstacles hinder full societal involvement.**

Barriers include: **prejudiced attitudes, a lack of information, and inaccessible environments.**

# 87 million people in the EU living with some form of disability



- ❑ A striking **28.4% of persons with disabilities are at risk of poverty or social exclusion**, in contrast to 17.8% of individuals without disabilities.
- ❑ A significant **52% of persons with disabilities report experiencing discrimination**.
- ❑ **Merely half of individuals with disabilities are employed**, while the employment rate for those without disabilities stands at 3 in 4.

# Young people with Autism Spectrum Disorder



Difficulties in **social interaction, communication,** and may exhibit **repetitive behaviors**

**Struggle with social interaction,** interpreting others' behavior, and knowing how to appropriately engage with others in social situations.

# Young people with Down Syndrome

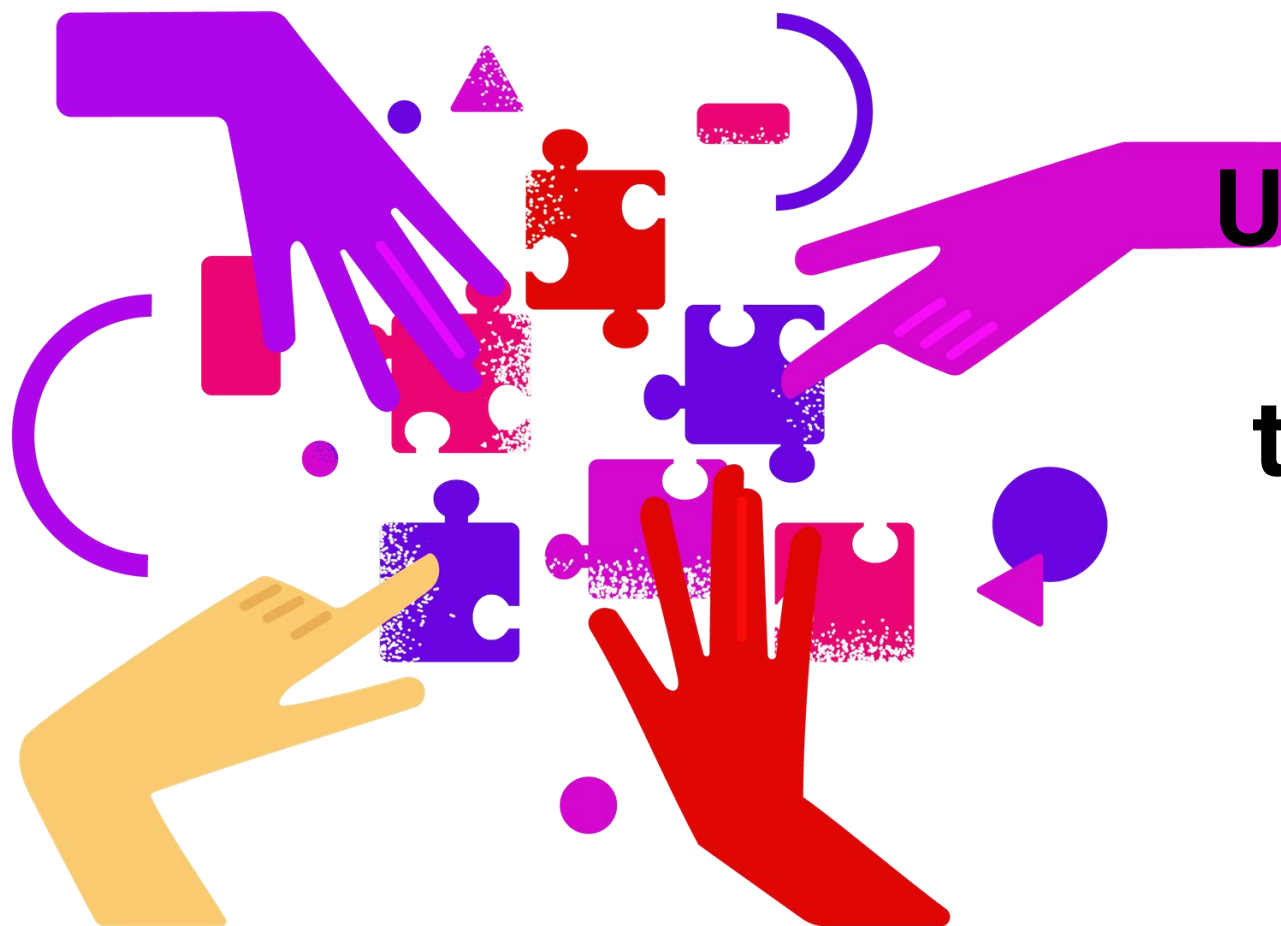
**Cognitive** and **physical challenges** that influence their ability to navigate the world and establish a sense of self-identity and self-esteem

**Social stigma and discrimination** which can profoundly impact their self-esteem and social development.



This Photo by Unknown Author is licensed under [CC BY-SA](#)

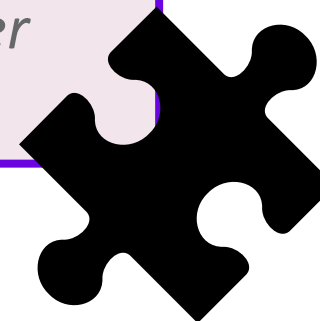




# Understanding the impact of social exclusion and the importance of social participation

## How do these challenges impact young people with Autism Spectrum Disorder/Down Syndrome?

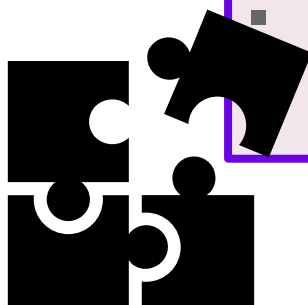
- *profound and lifelong impact*
- *emotionally affected*
- *sense of injustice and anger*

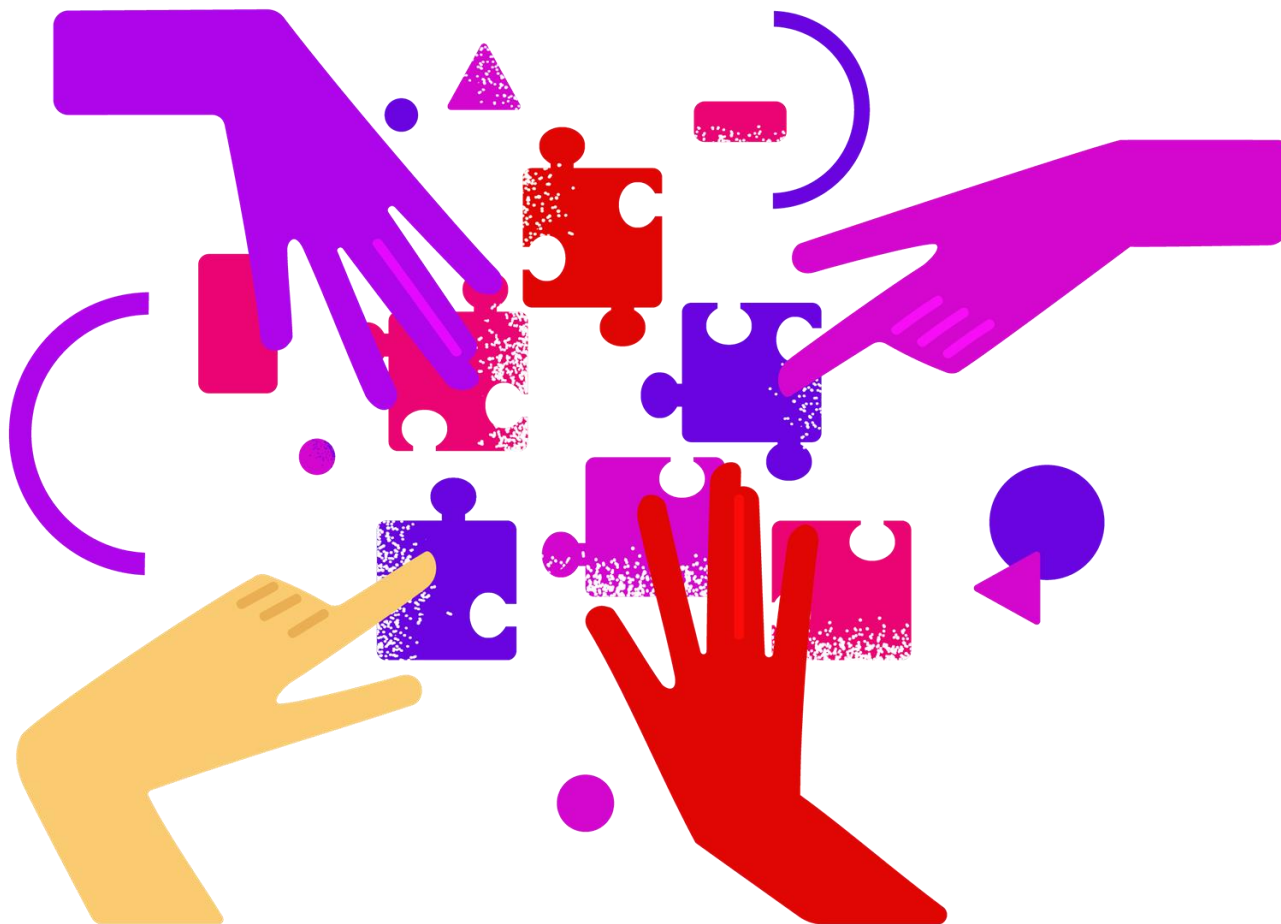




## Why is social participation important?

- *effectively protect people with disabilities from any form of discrimination and violence*
- *help ensure equal opportunities and access*
- *powerful effects on physical and mental health*
- *critical in maintaining cognitive ability and reducing mortality*





# Activity: Group Discussion

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Share and exchange your own personal experiences or observations related to social participation and social exclusion

Questions for discussion:

*Social Participation:*

- Share an experience where you or someone you know felt fully included and engaged in a social activity or group. What made this experience inclusive?
- How do you think social participation positively impacts individuals and communities?
- Can you think of any initiatives, organizations, or events in your community that promote social participation and inclusion? Describe them.

Share and exchange your own personal experiences or observations related to social participation and social exclusion

Questions for discussion:

### *Social Exclusion:*

- Share an experience where you or someone you know felt excluded or marginalized in a social context. What factors contributed to this feeling of exclusion?
- What are some common forms of social exclusion that you've observed or encountered in society?
- How does social exclusion affect individuals and communities in the short and long term?

Share and exchange your own personal experiences or observations related to social participation and social exclusion

Questions for discussion:

*Factors and solutions:*

- Discuss the various factors that can lead to social participation and social exclusion, such as socioeconomic status, cultural differences, discrimination, or accessibility issues.
- Share your thoughts on possible solutions or strategies to promote social participation and reduce social exclusion in your community or society.

Share and exchange your own personal experiences or observations related to social participation and social exclusion

Questions for discussion:

*Personal insights:*

- Reflect on what you have learned from your own experiences or observations related to social participation and social exclusion. How has this impacted your perspective?
- Share any personal commitments or actions you plan to take to contribute to a more inclusive and socially participatory environment.

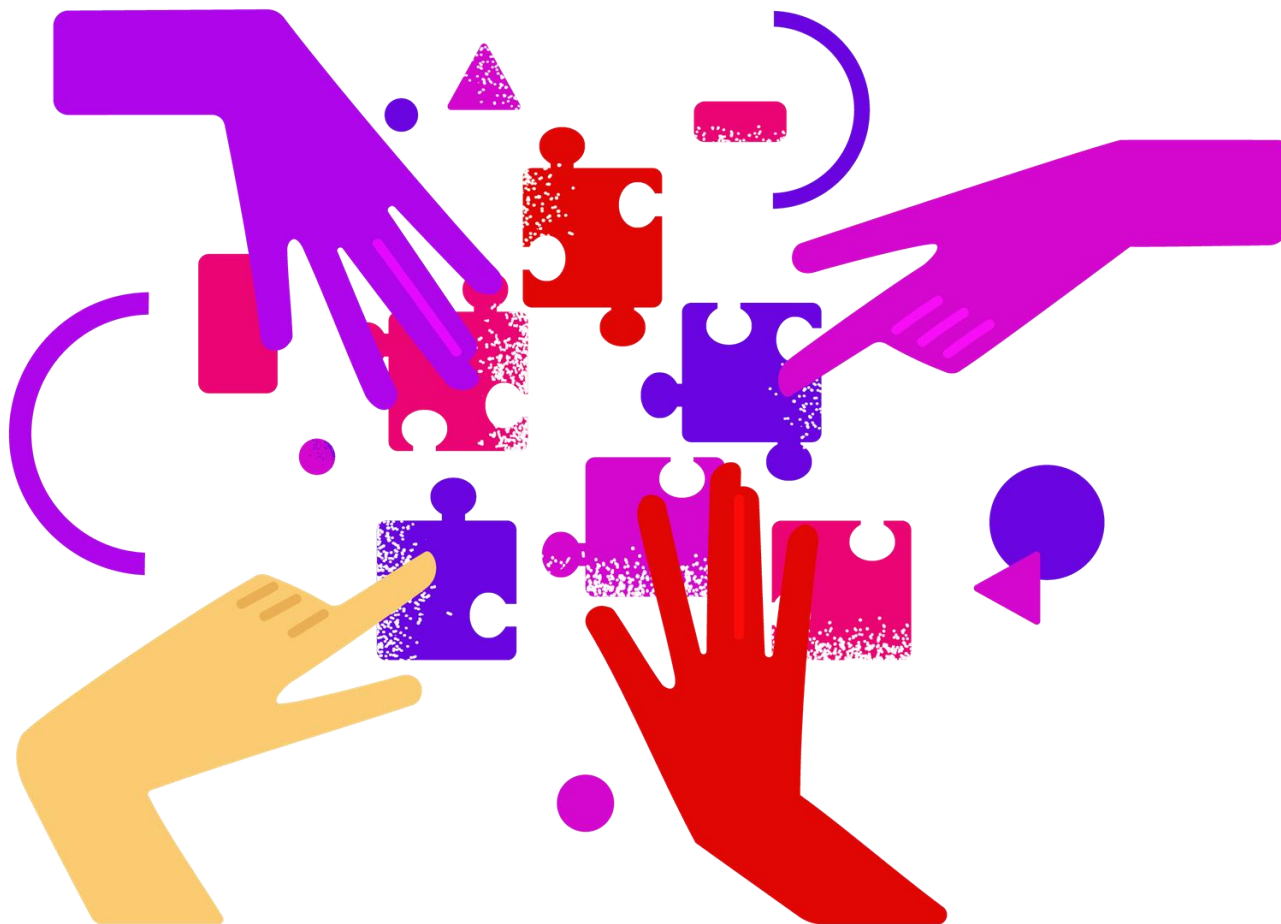


Share and exchange your own personal experiences or observations related to social participation and social exclusion

Questions for discussion:

*Group Reflection:*

- Summarize the key points discussed in the group discussion.
- Highlight any common themes or ideas that emerged during the conversation.
- Discuss the importance of awareness and empathy in addressing social exclusion and fostering social participation.



# Benefits of Art

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Power to represent thoughts. Express thoughts and feelings.  
Cope better with feelings. Bounce back from adversity. Show  
tolerance and compassion for others. Boost self-esteem and the  
self-image. Instill pride. Help develop real-life skills. Increase  
opportunities for self-expression. Increase an individual's sense  
of belonging in a community.



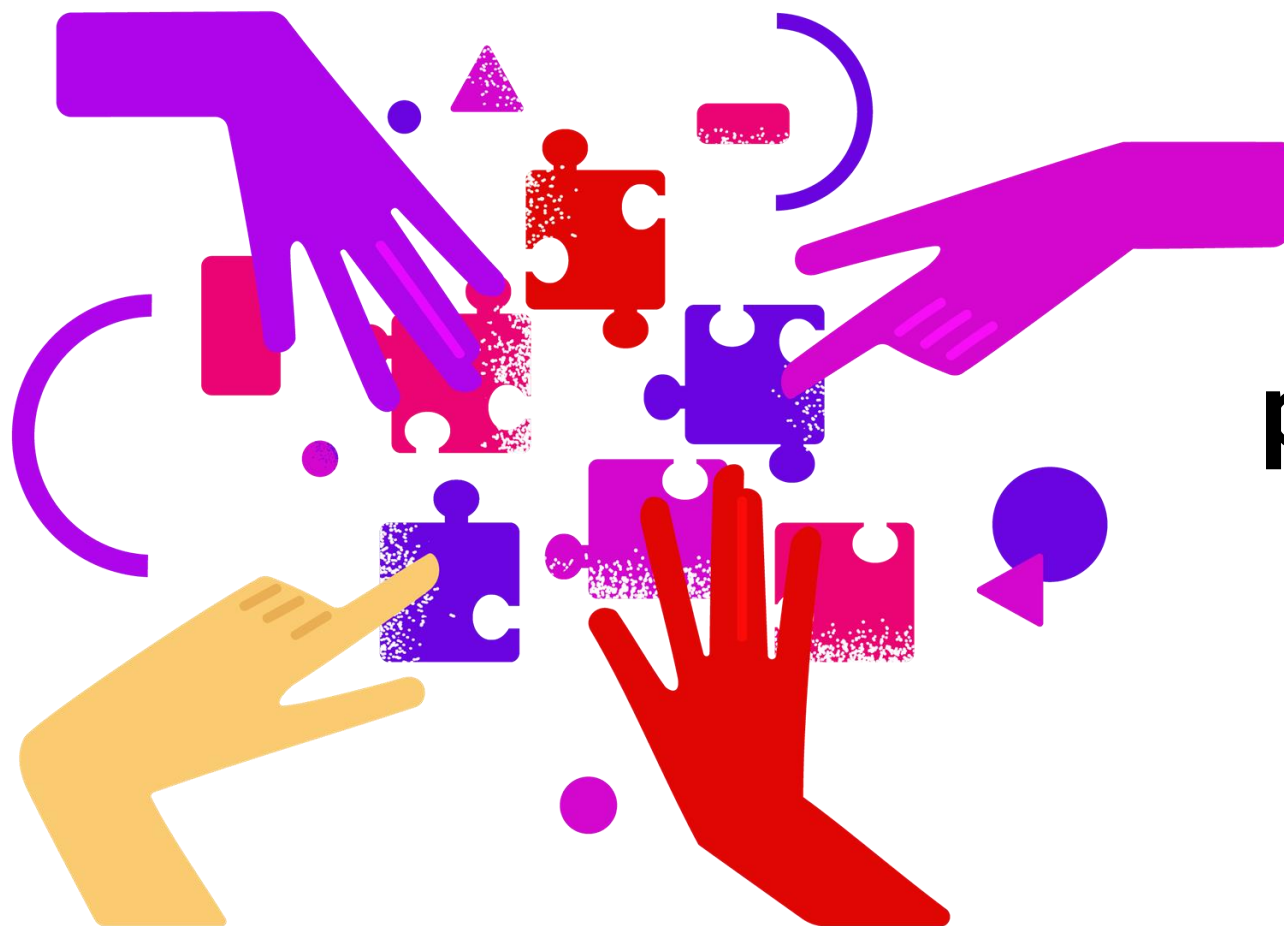
Art is good for the brain

Art is good for stress relief and mindfulness

Art encourages self-exploration and esteem  
building

Art alleviates symptoms of anxiety and  
depression

Art promotes post traumatic growth



# How can art drive social participation? Promoting social engagement



Art and cultural engagement facilitate **social connectedness** through **social opportunities**, **sharing**, **feelings of commonality** and **belonging** and **collective understanding**.

**Catalyst:** *for conversations, to maintain, reinstate or strengthen relationships, to facilitate social interactions, to bring people together through shared experiences and sharing of art, to elicit feelings of proximity, to connect people with common interests, to feel a sense of belonging, to feel part of a collective, to learn from and about other people, to relate to others.*





## Regarding young people with Autism Spectrum Disorder:



*Expression of emotions through art is*

- a valuable avenue to navigate and cope with negative emotions
- a healthy and impactful way to address emotional challenges
- a non-verbal creative outlet to explore and communicate feelings
- a safe and expressive space to navigate their emotions, cultivate personal growth, and enhance their social and emotional well-being

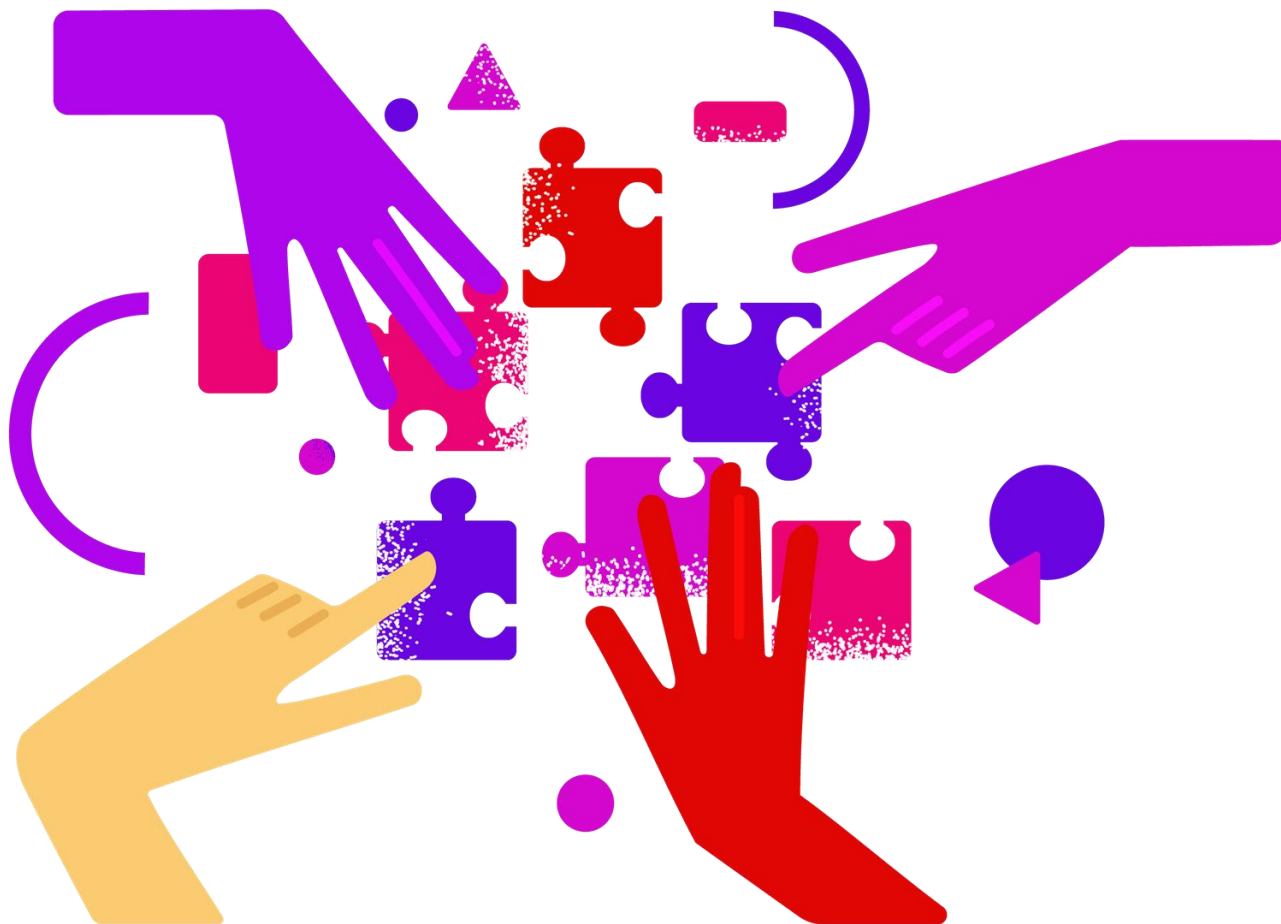
## Regarding young people with Down Syndrome:



**Self-expression plays a significant role in fostering stronger social connections and relationships so it is essential to create a safe and inclusive environment that encourages and facilitates creative and social expression.**

Creative expression through art has particular significance for individuals with DS due to challenges they may face in spoken language. Supporting their self-expression is crucial to their **development** and **well-being**:

- ✓ enables them to **develop their own voice, establish their identity, build relationships, and cope with emotional difficulties**
- ✓ **communicate** their thoughts, feelings, and ideas effectively and meaningfully and **express** themselves creatively
- ✓ eloquently **convey** their emotions
- ✓ allow them to **tap into their empathic nature** and **effectively express emotions**



# Recognising the work of young people with ASD/DS: Success Stories and Case Examples



## Jon Adams

Contemporary artist and researcher working with many different media: sound, drawing and performance

References to his autism, synaesthesia and dyslexia, as well as to history, science, time and his past experiences.

Does not shy away from creating socially challenging and covert artwork. He has been commissioned by universities, arts and science organisations, he has shown locally and in galleries such as Tate Modern and spoken at festivals and conferences.

Adams, J. *The imposter syndrome* [Biro drawing]. Art Space Portsmouth.  
<http://www.artspace.co.uk/artists/jonadams/#>







Grace, I. *Raining cats*. [Painting]. Iris Grace Painting.  
<https://irisgracepainting.com/>

## Iris Grace

Iris Grace was withdrawn, not speaking, avoiding all social and eye contact, and not developing language. Highly sensitive to noise and other stimuli. Her ability to focus shone when she was painting.

Iris has produced art which has moved a wide audience and made a positive impact on people's lives. From struggling to communicate, she went on to inspire others. Her art decorated hospitals and people bought her work, raising awareness on autism worldwide.

## Christian Royal

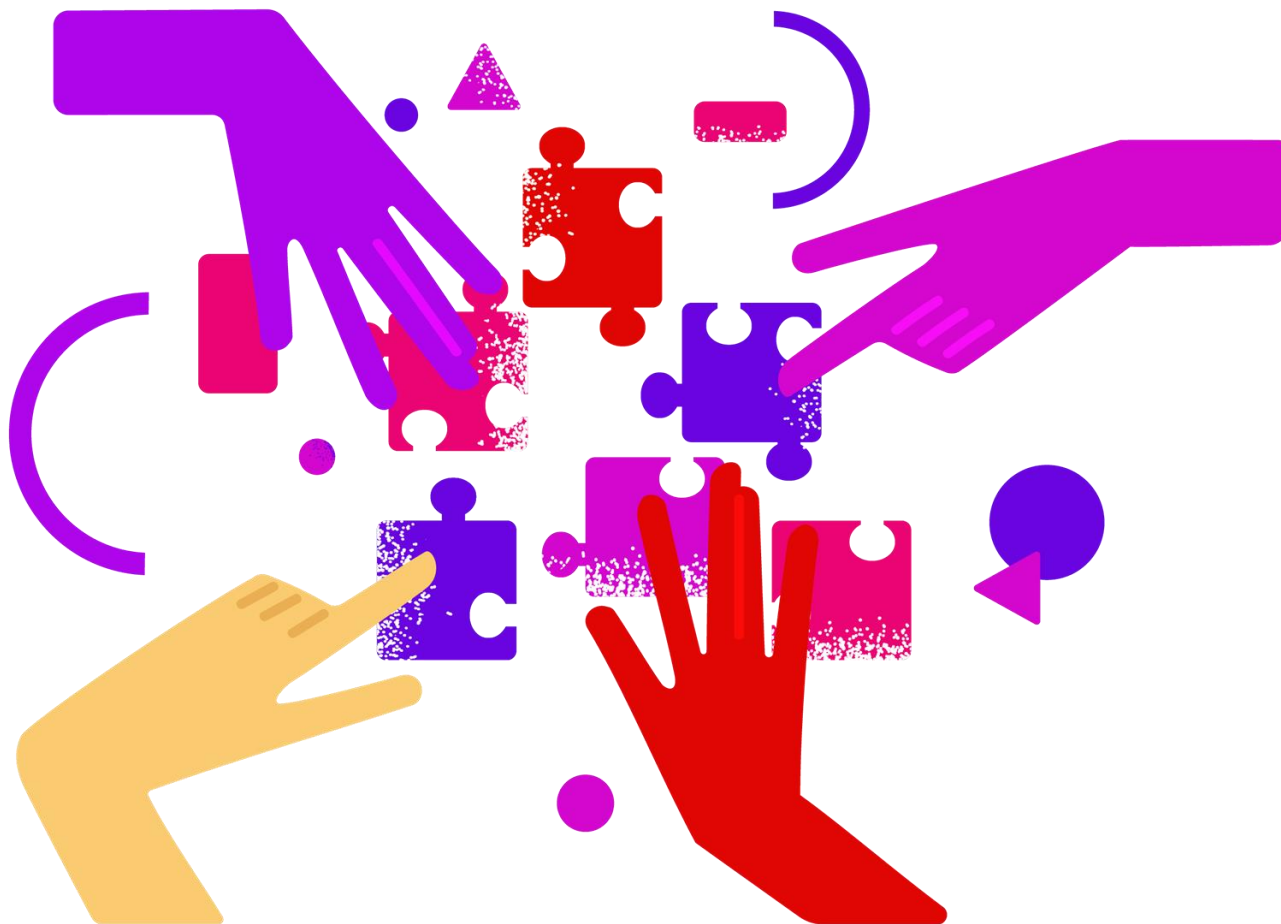
A young man with Down Syndrome. Since his was a teenager he shown an interest in, and aptitude for, working with clay.

He began making pottery as part of his homeschooling program. Since his first lesson, pottery has increasingly become the focus of his life.

Within 6 months of being taught, Christian was invited to sell his pottery and exhibit it at galleries. The public heartily embraced the pottery and purchased thousands of pieces.

*Christian Royal.* [Photograph]. Christian Royal Pottery.  
<https://www.christianroyalpottery.com/pages/about>





# Activity: Case Study

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# Emmett Kyoshi



Kyoshi, E. *Sunset and Raindrops under the Moonlight* [Painting]. Emmett Kyoshi Art.  
<https://emmettkyoshiart.com/pages/about>

1. Watch the [Video](#)

2. Explore Emmet's [Website](#)

3. Group Discussion

## *Emmet's Background:*

- What is Emmet Kyoshi's background, including his age and condition?
- What challenges did Emmet face due to his condition, and how did he overcome them?

*Questions for discussion*

## *Artistic Journey:*

- Describe Emmet's passion for art and creativity.
- How did Emmet discover his talent for art?
- What kind of art does Emmet create, and what makes his art unique?

*Questions for discussion*

## *Inspiration:*

- Discuss how Emmet Kyoshi's story can inspire other young creatives and individuals facing challenges.
- Share any specific moments or quotes from the video that you found particularly inspiring.

*Questions for discussion*

### *Website Exploration:*

- What did you discover on Emmet Kyoshi's website? Are there any specific artworks or achievements that stood out to you?
- How does his website contribute to sharing his story and art with the world?

*Questions for discussion*



### *Impact and Achievements:*

- What impact has Emmet Kyoshi made in the art world or in inspiring others?
- Are there any awards, recognition, or exhibitions mentioned on his website that showcase his achievements?
- How did Emmet's art enable his participation in society?

*Questions for discussion*

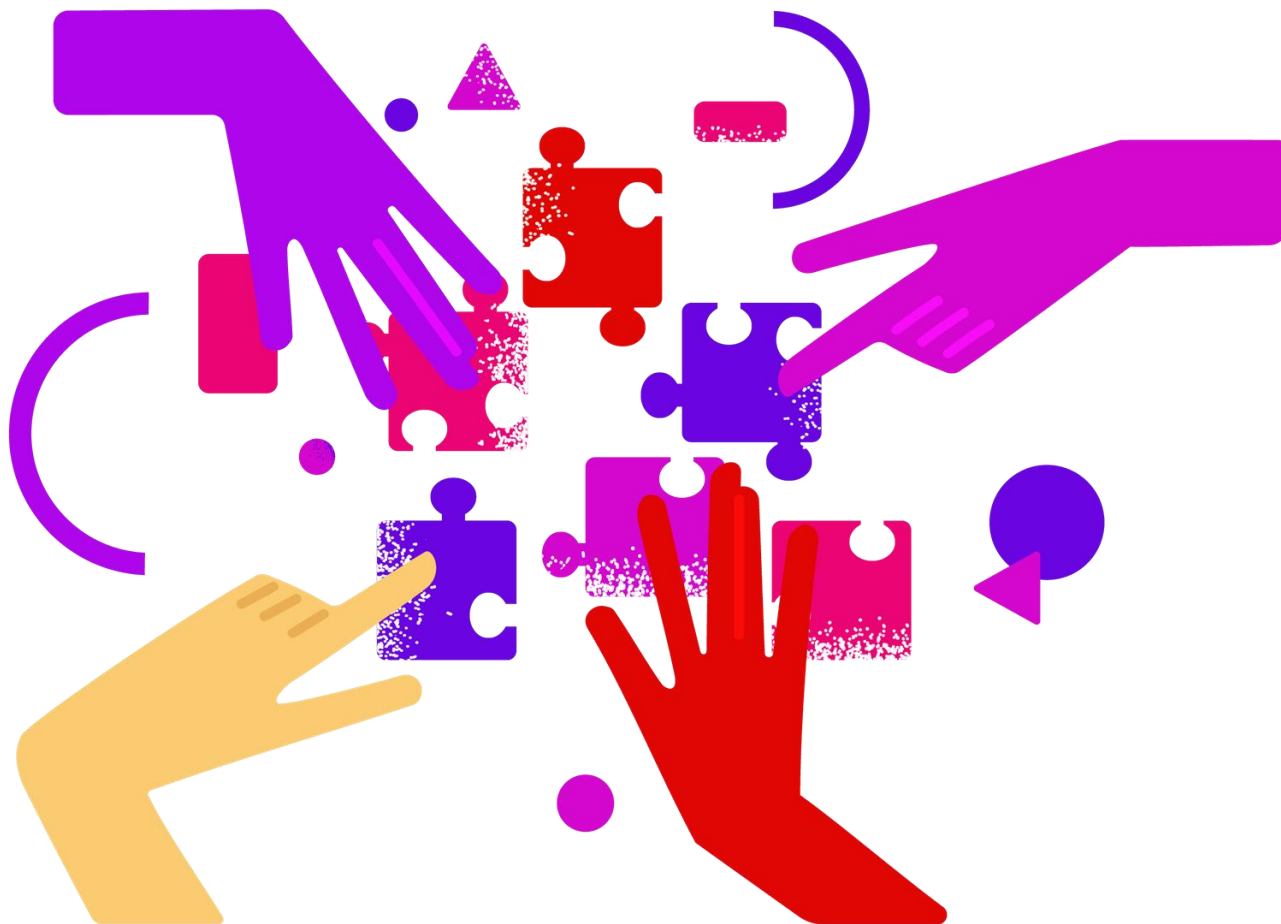
### *Personal Reflection:*

- Share your personal thoughts on Emmet Kyoshi's story and how it resonates with you.
- Discuss any lessons or takeaways that can be applied to your own life or creative endeavors.

*Questions for discussion*

- *Summarize the key points discussed.*
- *Reflect on the importance of celebrating diversity and the abilities of individuals like Emmet Kyoshi.*
- *Reflect on Emmett's participation in society through his art and the significance and impact of his inclusion.*

*Conclusion*



# Final Remarks

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“Art is not a mirror held up to reality, but a hammer with which to shape it.”

Bertolt Brecht

which to shape it.  
reality, but a hammer with