



Beats Rhymes & Life Songwriting, Summer 2024 Pilot

Young Man with a Plan Introduces Wellness Through Arts!

WHY: 40 years of research tells us that engagement with the arts reduces anxiety, depression, and social isolation. Arts-engaged youth have fewer problems with their peers, teachers, and adults, and they are less likely to develop depression. [Your Brain On Art: How the Arts Transform Us.](#)

"Within the arts lies a powerful but largely untapped force for healing." - Surgeon General, Vivek Murthy

WHAT: In 2025 YMWAP is introducing Arts into our curriculum. Working with staff, guest artists and community partners we will offer students:

Songwriting: Beats Rhymes & Life – following a successful summer pilot YMWAP will offer students in grades 8-12 the opportunity to learn about beats and rhymes and to work together to create and perform rap songs that express how they feel about an important topic.

Digital Arts: Students will experience the agency of self-expression and gain valuable creator skills as they work with staff and guest educators to learn the Adobe Suite and engage in photography, short-form video, graphic design, and podcasting projects. Our new digital media room and YMWAP's Marketing & Communications Manager Max Coren support these exciting initiatives.

The Comic Book Project: Students create a storyline, learn basic drawing skills, and work as a team to create a classic comic book. Next, they will digitize and potentially animate the art! The first project, funded by The 84 Group, involves the topic of vaping. We envision using comic book art to address other themes including mental health, social media and climate justice.

We are seeking partners to support us this new initiative. Can you help?