

Art Therapy Helps Bullied Kids To Cope

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Young victims of bullying in Canada often lose interest in scholastic activities and get lower grades, according to the [Canadian Red Cross](#). Art therapy, which may also be known as art psychotherapy, is a viable means of helping children who are dealing with social problems, such as bullying, report the Canadian Counselling and Psychotherapy Association. While this form of therapy may not be enough to resolve all symptoms of anxiety and depression, it does help many kids. It gives them new tools to cope with emotional problems stemming from a range of causes, including racism, social setbacks, family problems and learning disabilities. Whether you seek out professional art therapy for your child [or help your child](#) to create art at home, you may find that bringing art into their life makes it easier for them to handle bullying at school or in the neighborhood.

Art helps children to express their feelings

Bullies feel powerful when they hurt others. Children who are bullied try to develop thicker skins, but sometimes the bullying still hurts. Bullying is a big problem, and one in seven children in Canada deal with it [between the ages of 11 and 16](#). When children can use safe, non-toxic art supplies to express their feelings on paint, canvas or other mediums, they can work through their emotions. The supplies used to clean up after art sessions should also be non-toxic and hypoallergenic. Parents who want the best results from art therapy should know that children can react negatively to fumes or additives in certain art and cleaning supplies, such as VOCs, which can cause headaches and other types of illness, and sodium lauryl sulfate, [which can irritate the skin](#). Safe and gentle alternatives are available and recommended.

How does art therapy work?

A study published in the [Frontiers of Psychiatry Journal](#) showed that art therapy helped children who were victims of bullying to gain higher self-esteem. Art therapy gives children something new to do that occupies their minds. It may also give them pride that helps them to stand up to bullies.

Art therapy generally calms down children who are keyed up due to being bullied. These children are under a great deal of stress and need to be taught effective ways to relax. When they create art, it will soothe their central nervous system. Art will function as a stress management activity that is meditative. The act of drawing, coloring, or painting is quiet and relaxing. Children lose themselves in what they are doing and forget about their problems for a while.

It's so simple to create a safe space for a bullied child at home, which includes non-toxic and hypoallergenic supplies. It's also possible to hire an art therapist to work with your child. When you choose one of these options, it may help a lot. Children

need support systems when they are bullied, and giving them the chance to get creative is one caring way to show emotional support.