

CHILDREN EXPRESSING THEIR EMOTIONS AND FEELINGS THROUGH DRAWINGS REVEALING STRONGER NEED FOR MENTAL HEALTH SUPPORT

Children innovating, creating and expressing

Asia and the Pacific: Pakistan

Group Development Pakistan engaged 439 children in an online drawing competition to express their views and ideas on children and the COVID-19 pandemic, in collaboration with the federal Ministry of Human rights. Drawings were later analyzed to further understand how children were experiencing the pandemic, and main findings included: 20% depicted an element of fear, more than half transmitted anxiety, 26% signs of aggression, 35% revealed signs of sadness and 28% of happiness, 48% showed being concerned about the safety of their family, country or earth, and 60% showed awareness of COVID preventive measures. After identifying trends regarding how children were experiencing the pandemic, the leading organization concluded that "there is a serious need to focus even more on children's mental health and emotional support, as a result of the Covid19 pandemic. The fact that boys showed more anxiety and more aggressively than girls also underlined the need to engage and support boys to counter gender-based violence".

Group Development Pakistan

