



**Created by Rose  
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**Created as part of the  
Stagi'AIRE Research  
Immersion Program,  
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**A PLAYLIST  
BY AND FOR  
YOUNG  
PEOPLE**

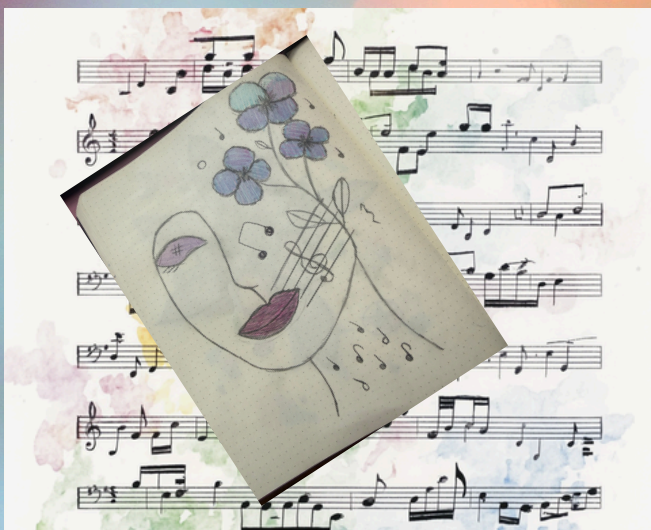
**To add songs to this  
playlist:**

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## **The impact of music on youth mental health**

Music plays an essential role in young people's lives. It helps them express their emotions, build connections with others, and develop a sense of identity and self-confidence. Whether it's a way to relax, stay motivated, or get through more difficult moments, music can be an important source of comfort, creativity, and well-being.





## **The importance of music for young people**

Music is very popular among young people, and listening to music is one of teenagers' favourite leisure activities.

Music plays an important role in young people's identity, social relationships, and well-being. It provides a way to express themselves and connect with their cultural identity.

## **The impact of music on mental health and well-being**

Music helps young people explore and build their identity. Adolescents may also associate personality traits with others based on their musical tastes.

Interventions incorporating music and rhythm can improve emotional regulation and reduce stress, anxiety, and depression.

## **Music-based interventions**

Music therapy is an evidence-based clinical use of music to address individuals' physical, emotional, cognitive, and social needs. It can help improve physical functioning, reduce stress, and enhance quality of life.

## **Music at Aire ouverte**

### **An inspiring practice!**

An Aire ouverte site collaborates with the social pediatrics program through the Garage à musique project. Schools identify and refer young people experiencing difficulties to the local Social Pediatrics Centre, where they take part in developing and performing a musical show.

