

Our Bodies, Our Minds

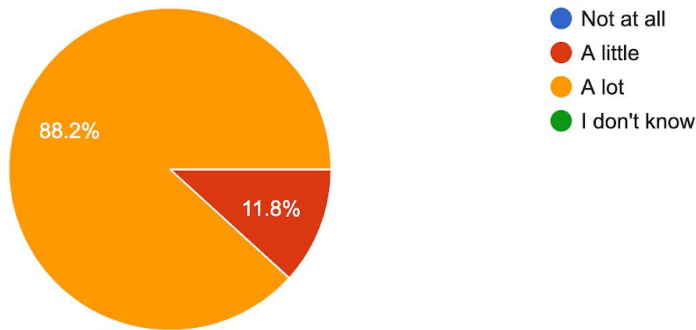
Post-Workshop Evaluations

CSU San Marcos
April 10, 2019

Number of attendees: 90
Number of evaluations: 68

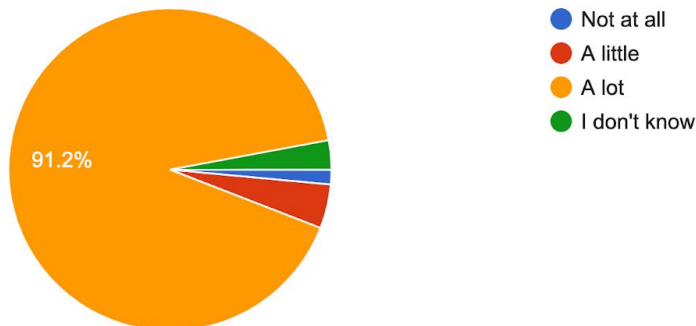
In your opinion, did this event create awareness of the mental health impacts of sexual violence?

68 responses



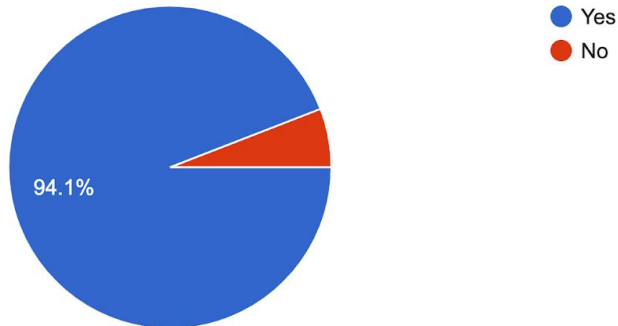
In your opinion, can this workshop help communities be safer and more supportive of survivors of sexual violence?

68 responses



Did you learn about new resources relating to mental health and sexual violence?

68 responses



What were the introductory activities (moving around the room, making sculptures) like for you? (Highlights - see raw data for all answers)

Inspirational

It was interesting to put a reaction towards a feeling of sadness

There were times when I had to position myself mentally in others' shoes

It was good to let loose and just be more active in the room

They were ok. Didn't do much for me

It created a lot more personal experiences

They made the environment comfortable for expression

Unique and fun

Yes it made me realize more about myself

Gave a better perspective of what someone could be feeling

Very helpful being able to feel the physicality of it

Fun and important for the message being portrayed

Interactive, I liked it and it made it fun

Uncomfortable but worth it

The activities were great and helped me understand what these victims go through

Made me be in tune with my feelings

They were very moving. I did my best to visualize the actions to get the best experience

A little uncomfortable but it's good to be uncomfortable sometimes

What were discussing the monologues and doing the scene exploration like for you? (Highlights - see raw data for all answers)

Powerful
Took me through the situation vividly
Allowed me to put myself in their shoes
Helped me get a better picture
I really enjoyed it and took a lot from it
The monologues shared different types of experiencing
It sparked many thoughts in my head and allowed me to have constructive convos with my group
Entertaining and puts things in more realistic perspective
Complex and made us reflect and helps it stick
The monologues helped me explore the power of language
It made me think and listen to different perspectives
Great, it helped me understand the victim's emotion
They were interactive and made me think deeper about this topic
Enlightening
It was validating to hear people's voices
It made the scenarios seem more alive
Tough, it sucks to see people going through hard times
I think it was best, gave insight and knowledge to handle situations

What was the panel of speakers like for you? (Highlights - see raw data for all answers)

Extremely eye opening and brought awareness
I really am thankful that she shared
It was good to hear what each resource had to offer
Hearing personal stories really takes things deeper
Incredible, opened my worldview
Survivor speaker was really brave for sharing their story
IMPACTFUL AND POWERFUL
Empowering to know I wasn't alone
The BEST PART! The vulnerability of the speaker is amazing. Makes every more tangible
The survivor story truly helped put everything in context and provided concrete examples of the intersection of mental health and sexual violence
The personal experience enlightened me a ton
They were AWESOME!!!
Very informative, very brave survivor
Fantastic! Moment of growth!

Emotional. This was moving and I felt safer knowing my support on campus
 The most profound part
 It was very touching to hear someone's personal story
 Katie's story was very moving
 Very moving, and very motivational
 Amazing to hear Katie's story
 Very powerful!

How would you describe the tone or feeling of the workshop? (Highlights - see raw data for all answers)

Different waves of moods
 Amazing, safe, positive
 Empowering
 Easygoing
 Very sincere, heavy in a sense, people were being very vulnerable
 Light with serious moments
 Very serious, yet engaging. I like how interactive it was
 Compassionate and mindful
 Supportive
 Powerful
 Welcoming and brave
 Good attitude all around
 Fun and active yet serious
 It was very open and easy to talk
 Balanced lightness and heaviness well
 Safe and inspired
 Curious, somber
 Friendly, educational
 Influential and moving

How did you hear about this event?	
A student	1
Colleague	1
Counselor	2

CSUSM app / website	3
Friend	5
FSL	1
Greek life	32
Hope and Wellness Center	4
I participated on the panel	1
Professor / class	10
Service Learning	1
Student Health Center	1
Student Life and Leadership	1
Work	2

What was your main takeaway? (Highlights - see raw data for all answers)

There are many going through this
 Be there for people who have been through sexual assault
 Mental health and sexual assault are a big part of our society. Talk about it
 Be more open at talking about sexual assault
 Ask more questions on how to help/support
 I'm not alone
 To be there for people who have been through this
 Be more aware of how someone is feeling
 There are a lot of resources for me
 Language is powerful, give people space
 Believe and listen, SUPPORT
 How to get help if I or someone I know goes through sexual violence
 It's important to LISTEN to the survivor, and expressing your support
 I am now aware of how serious this issue is
 There are particular actions we can take to be more supportive
 Nothing is universal, people deal with things differently
 We can all do better to help survivors
 How strong Katie was, and how that can inspire others
 Be open to learning from survivors

If you were telling a friend about this workshop, you would describe it as:

(Highlights - see raw data for all answers)

Engaging and informative
Empowering, effective
Informational, moving
Empowering, helpful learning skills
Interactive to where you really listen and internalize content
Inspiring and gives compassion
Fun and impactful
Interactive way to feel different responses survivors experience
Take advantage of the resources provided at campus
It was a different way to discuss a sensitive topic
A way to learn what is going on outside of your own world
Beneficial for collegiate life (have all freshmen go through this)
Super informative and a chance to connect with the community
Interactive, powerful, increases empathy
A great experience to learn how to positively impact survivors
Giving you tools to talk with those who have been sexually assaulted
Better than you might think
Influential and a must

How might you use what you learned today? (Highlights - see raw data for all answers)

In my RA role
Use it to help me be there for my friends
To be more supportive of peers with these challenges
Ask people how they want to be helped
How to better communicate to survivors
Be careful with what I say / notice the signs
Take care of my mental health better
By reaching out to people who are isolated
Pay attention to people's body language
I will be more understanding when comforting people
Learn to accept the difficulties of others
Share how to better support talks by being conscious of our tone/words
If I know someone going through something I better know how to talk to them
Tell my story
I would give people more of my time
To be an ally for those impacted by sexual violence

What are the biggest barriers to your community being safe for and supportive of survivors? (Highlights - see raw data for all answers)

Judgement
Not being open or educated about it
People don't understand or know how to react
Lack of education and appreciation
People lacking the skills to have these hard convos
Stigma, culture
Knowing that you have a safe community
Not feeling comfortable
Not being sensitive to others
There's not enough of this interaction and sharing
It's not talked about enough
Culture of power and oppression, rape culture
Peer pressure
Religion, cultural pressures to uphold a specific image
Victim blaming
Misinterpretation
Being afraid to share how they feel
Feeling awkward in not wanting to say wrong thing

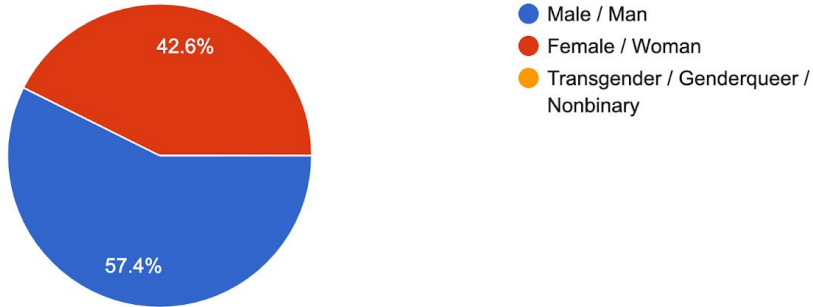
How can we improve this event in the future? (Highlights - see raw data for all answers)

Great job (x9)
Bigger room (x7)
More activities (2)
More panelists (x6)
Talk about rape at parties/frats, alcohol
Better food
Maybe make a small movie (x3)
Provide more details about what is consent to some people
More examples on what to do
Maybe have a male speaker as well
I'd say marketing it
More engagement with audience (x2)
Handout with definitions
Talk more about feelings people are scared to talk about

Major	
Arts and Tech	2
Biochem	1
Biology	1
Business	8
Business Administration	3
Communications	2
Computer Science	3
Criminology / Sociology	1
Criminology Studies	1
Economics	1
Economics / Finance	1
Engineering	1
Human Development	9
Human Development / Counseling	1
Kinesiology	6
Mathematics	1
Media Studies	1
Psychology	11
Sociology	4
Sociology and CHAD	1
USAR	1

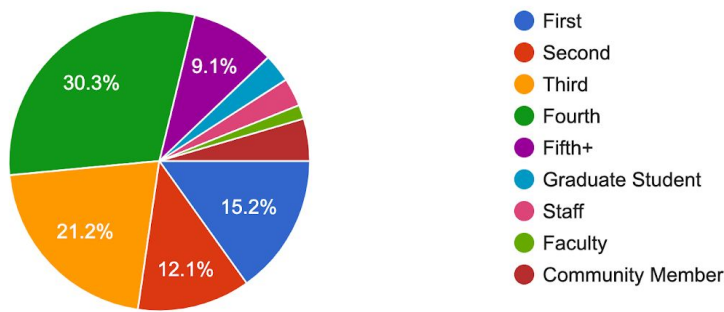
Gender Identity

61 responses



Year

66 responses



Race / Ethnicity		
Asian / Asian American	11	17%
Black / African / African American	3	5%
Hispanic / Latinx	25	39%
Middle Eastern	1	1.5%
Pacific Islander	1	1.5%
White / Caucasian	12	19%
Multi-racial	11	17%