

# Our Bodies, Our Minds

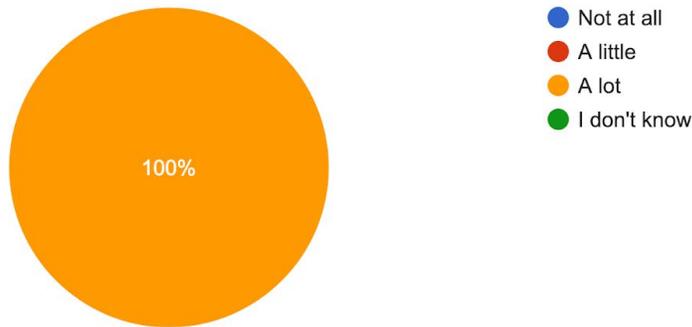
## Post-Workshop Evaluations

CSU Channel Islands  
February 20, 2019

Number of attendees: 20  
Number of evaluations: 12

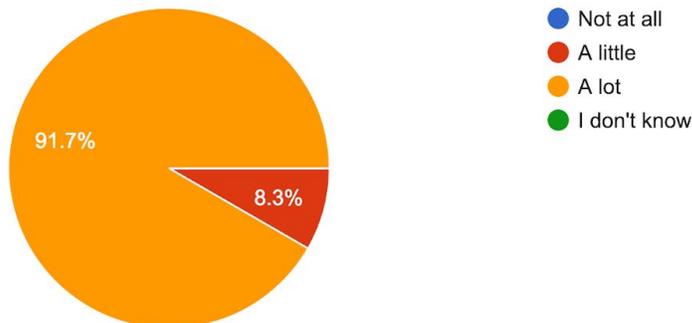
In your opinion, did this event create awareness of the mental health impacts of sexual violence?

12 responses



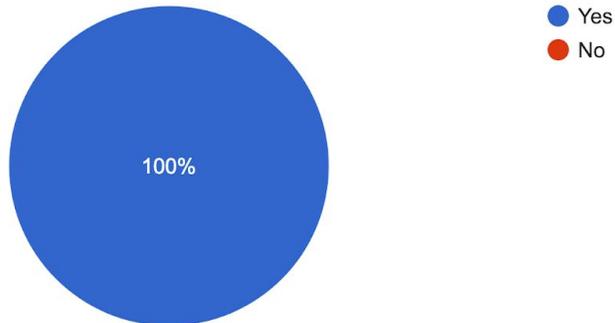
In your opinion, can this workshop help communities be safer and more supportive of survivors of sexual violence?

12 responses



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

11 responses



### What were the introductory activities (moving around the room, making sculptures) like for you?

Enabled me to feel how different moods and experiences affect my body and breathing  
Interesting - educational  
I liked it  
Powerful  
Interesting and interactive!  
Moving, emotional, powerful  
I don't love the movement activities because I'm not very body conscious, but I see their value  
A little embarrassing to be honest  
I enjoyed them as they helped put me in the mindset and feel what victims might be going through  
It was different and fun  
Awkward, but inspiring and eye-opening  
Eye-opening

### What were discussing the monologues and doing the scene exploration like for you?

Really powerful  
Really enjoyed it  
Very informative  
Informative

Explorative, learned different perspectives  
Loved the monologues. Learned a lot  
[Illegible]  
It helped me explore the many different facets of sexual violence  
It helped me be in the person's life and understand the situation  
It was very realistic and let me place myself in the victim's shoes. I became EMPATHETIC  
It was amazing!

### What was the panel of speakers like for you?

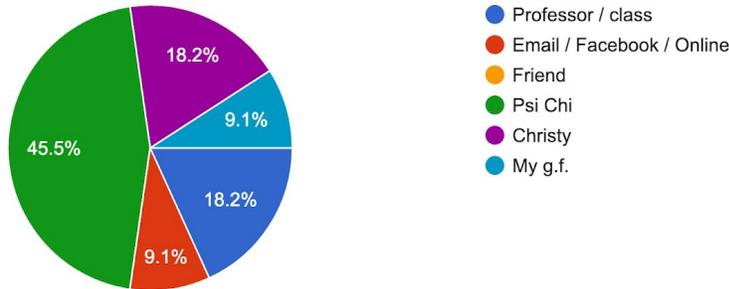
Outstanding, powerful stories  
Survivors were great! So brave  
Amazing  
Resourceful and helpful to know what is available  
Awesome, because I was a panelist :)  
Very good - wish we had more time  
[Illegible]  
Informational and made me feel not alone  
Fun and educated  
VERY emotional. Made me open my eyes  
I loved them and their courage

### How would you describe the tone or feeling of the workshop?

Safe, educational, engaging, informative  
Good balance of serious and light  
Intense but felt safe  
Positive, hopeful  
Sensitive, but insightful  
Informative  
Uplifting  
Safe, caring, educational  
Open and educational  
Upbeat and positive :)  
Powerful

### How did you hear about this event?

11 responses



### What was your main takeaway?

- How you approach the conversation changes everything!
- Approach with love and kindness
- I'm not alone
- There are plenty of resources available
- How to provide support as a friend
- Empathy
- Be aware of others' energy
- Help is available and many survivors exist
- You are not alone
- Be understanding and supportive
- How to approach people

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

- Very helpful and interactive
- Do it
- A workshop / support system
- Interactive, informative, empowering
- Moving, impactful
- Interactive and interesting
- [Illegible]
- Beneficial to all as they probably know someone that has experienced it
- Different and helpful
- Life-changing, inspiring, WORTH IT
- Very powerful!

How might you use what you learned today?

The way I talk to others who might be having a hard time  
 I'm just glad I came. I feel supported  
 Be more open and resourceful  
 When talking with friends and students  
 Changing how I express my support for people  
 [Illegible]  
 For myself and help others  
 Think of others situation and see how you can help out, be there for others  
 I'm going to be a better friend and family member and community member by being as supportive as I can

What are the biggest barriers to your community being safe for and supportive of survivors?

Lack of knowledge about resources  
 Most people don't speak out  
 Not having enough support and resources  
 Talking about it!  
 Law enforcement stigma  
 [Illegible]  
 Language barrier; there's a lot of disconnection now in days

How can we improve this event in the future?

Warmer room. Brrrrr! Hot beverages might help  
 Let the people who join have the chance to express / speak  
 Stay on time  
 Shorter and warmer room  
 Timing, just because we went over  
 [Illegible]  
 It is PERFECT!

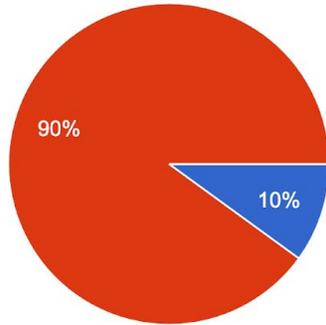
Major

Psychology

6

## Gender Identity

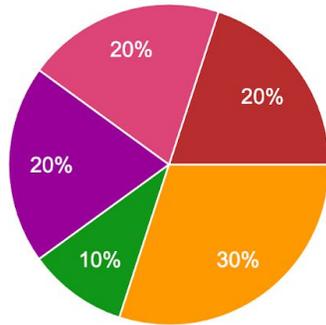
10 responses



- Male / Man
- Female / Woman
- Transgender / Genderqueer / Nonbinary

## Year

10 responses



- First
- Second
- Third
- Fourth
- Fifth+
- Graduate Student
- Staff
- Faculty
- Community Member

Race / Ethnicity		
Asian / Asian-American	1	11%
Hispanic / Latinx	2	22%
White / Caucasian	5	55%
Multiracial	1	11%