

Our Bodies, Our Minds

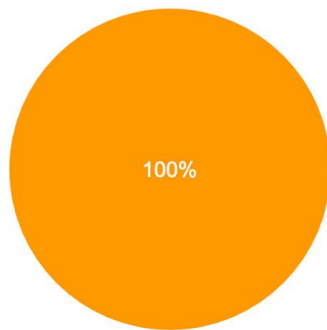
Post-Workshop Evaluations

Cal Poly Pomona
April 9, 2019

Number of attendees: 30
Number of evaluations: 24

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

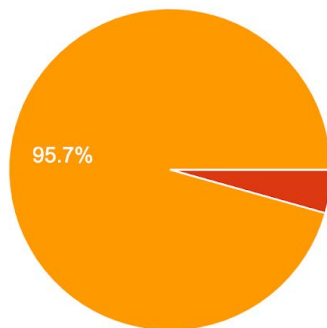
24 responses



- Not at all
- A little
- A lot
- I don't know

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

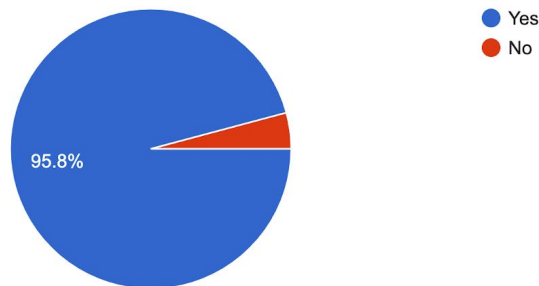
23 responses



- Not at all
- A little
- A lot
- I don't know

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

24 responses



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

- They were engaging
- It made me aware of my emotions and learn more about myself
- Very helpful
- At first it felt silly, but then focusing on the body language and the word it open up my eyes to understand that feeling
- Interesting, this was the liberating activity that got me out of my "bubble"
- A little intimidating, but a nice change of pace
- Helpful to know that others go through things that are similar
- Uncomfortable
- It gave me a visual explanation of different feelings
- I found it interesting on how just hearing words changed my breathing
- New and thought provoking
- Awkward but useful to help you learn
- They were weird but helped me understand

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

- I could instantly recognize the feeling in the monologue
- It was an experience I had never felt before
- Getting the feeling of what it would feel like
- I felt they were a realistic rendition and had my attention

I was able to hear how others felt or understood from the monologues and what I felt with shared feelings, as well as learning other feelings
Made me live the moment
Unknown territory. Interesting perspectives
Interesting and deep
Uncomfortable
I felt like I can relate to it a little more
It helped me see things from different perspectives
Powerful
Help me really get in the situation
Openness and freedom to see where mistakes are made on a daily basis

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

It made me feel some intense feelings about their experience
It was the best part. Xica is freakin' awesome
It was emotional
Inspiring in that they didn't stay quiet
Great! Resourceful
The panel of speakers is helpful and it makes you see that it's not easy to overcome the trauma but it is not impossible
They were informative
Gave me the perspective that couldn't be available otherwise. Enlightening
Educational, gave me more info about what services are available to me
Knowledgeable and supportive
Empowering
They shared the experience making want to help victims
That was the most moving part of the presentation. Thanks for sharing!!

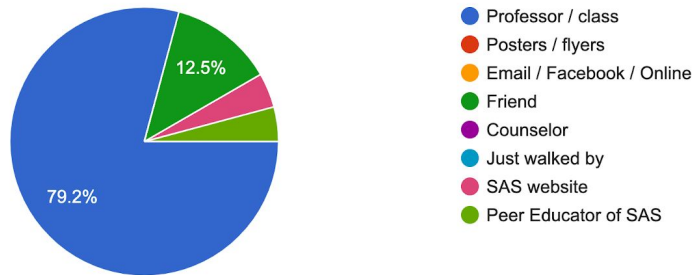
How would you describe the tone or feeling of the workshop? (Highlights - see raw data for all answers)

It was open for expression
It was empowering
Good vibes
Compassionate and again helpful with message delivery
The tone was inviting and informative
Full of motivation to get/seek help
Perfect

Comfortable and warm
 Welcoming, passionate
 Safe, inviting
 Supportive
 Exciting
 Welcoming and understanding
 Welcoming and safe
 Safe and comfortable

How did you hear about this event?

24 responses



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

You are not/never alone
 There are ways to be supportive to a survivor. There are resources
 It is not one's fault for being sexually assaulted
 Those who were assaulted need to talk on their time
 My main takeaway is that there are so many resources available for when one is ready to talk
 Listen
 How to approach and speak to survivors I know
 It is not your fault. You are not alone
 To better yourself for them and not to make any assumptions
 You never know what someone is facing
 Everyone has different feelings and it's okay but we must respect what the others are feeling too
 How to be a better ally for survivors
 Being more aware of my surroundings
 We need to talk about this more
 Be supportive and don't force anything
 Pay attention to words

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

(Highlights - see raw data for all answers)

A way to learn about resources for sexual violence
Really helpful. There are people out there to support you
There are real issues that you wouldn't think of prior to taking this workshop
Helpful, feel like you have many who care, and you can find peace
Informational workshop on how to deal with assault or others who've been sexually assaulted
Very helpful, and you feel not alone
How to console/support sexual violence survivors and their troubles
Helped me better understand survivors, and how I can support them
An entertaining way to learn about mental health
It's a great learning experience
Thought provoking and different
Interesting and helpful way to help rape victims
Helpful resources of mental and psychological workshop
Very needed, please do not miss it again if presented

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

If a friend confides in me I will tell them about the help they can get and I will be there
To be empathic and reframe things I say to potential survivors I encounter
I will work on myself and my self-confidence
Just being more conscious
This has given me helpful tips to approach someone I know in a way that does not feel like it is judgmental
Tell my friends about resources
Apply it with survivors I know
Telling about it to my friends
To be quick to listen, slow to speak, and slow to assume/act
Being able to understand others' emotions
I will definitely start going to these places to receive services
I will be more aware of how I talk to survivors
Hold friends accountable

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

Not connecting with people who don't know or maybe they do
Ignorance

Cultural beliefs and expectations
 The biggest barriers is people judging and family not talking about anything bad that happens
 Not many resources available
 That there are many people who want to help and although not everyone may understand, that the first step is all you need to heal
 It makes them uncomfortable
 Victim blaming instead of blaming the abuser/perpetrator
 Acknowledging what happens
 Speaking out if you see something suspicious
 People don't want to give this help
 It is scary, would people accept this help

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

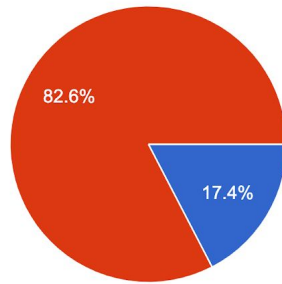
Honestly this event is good as it is (x7)
 Add more topics like verbal abuse
 Advertise more
 Less drama, more info
 I feel it was very educational
 More serious theatre
 Add or include a video clip to all of this that happened

Major	
Animal Science	1
Business Administration / Marketing	1
Communications	2
Computer Science	1
Criminology	1
Dietetics	1
Kinesiology	2
Psychology	2
Social Work	1
Sociology	10

Sociology / Criminology	1
Urban and Regional Planning	1

Gender Identity

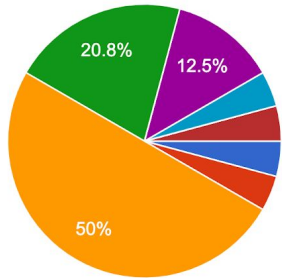
23 responses



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

Year

24 responses



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

Race / Ethnicity		
Asian / Asian American	2	9%
Black / African / African American	2	9%
Hispanic / Latinx	12	52%
Middle Eastern	1	4%
White / Caucasian	1	4%
Multi-racial	5	22%