

Our Bodies, Our Minds

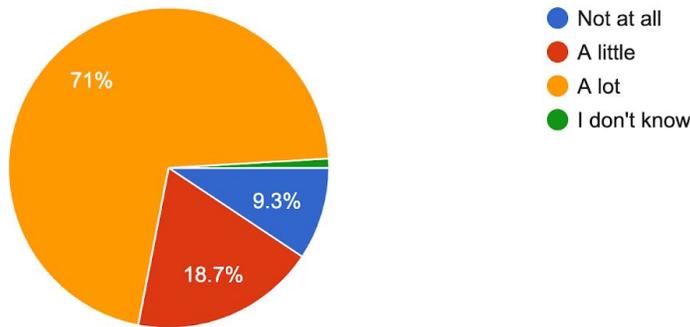
Post-Workshop Evaluations

School: Cal State East Bay (afternoon)
Date: November 18, 2019

Number of attendees: 160+
Number of evaluations: 107

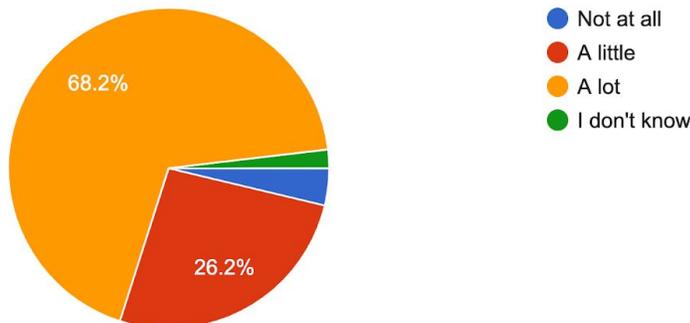
In your opinion, did this workshop raise awareness about the mental health impacts of sexual violence?

107 responses



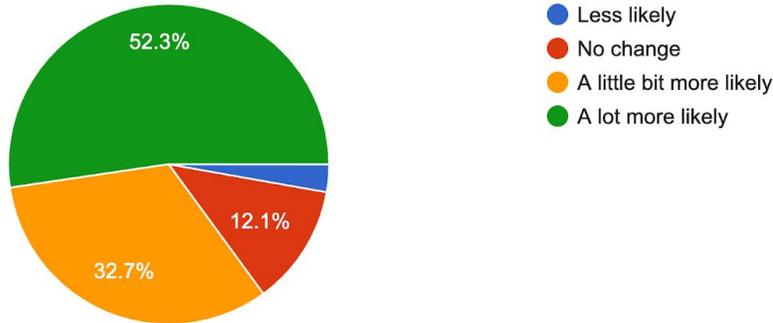
In your opinion, can this workshop help communities be safer and more supportive of survivors of sexual violence?

107 responses



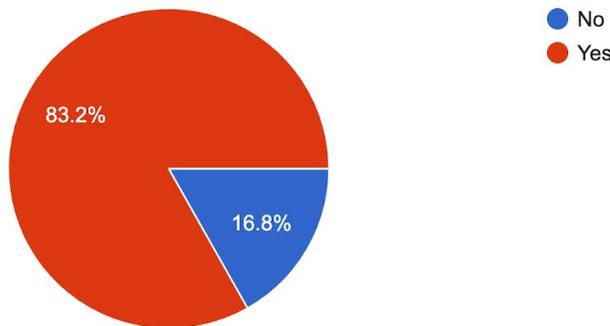
After this event, are you more or less likely to take action to support yourself or others when it comes to healing from sexual violence?

107 responses



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

107 responses



What types of tools or action do you think you might now take to support healing from sexual violence for yourself or others?

(Highlights - see raw data for all answers)

- Counseling services (x13)
- Understanding first and not forcing when to talk
- Better communication skills
- Location of services on campus
- Take care of myself better & love me before anyone else

Be more supportive and know how to support others
 Be a better listener and less judgmental
 See from their perspective
 Daily affirmations
 I have experience so, I know what course of action to take for someone else
 Be a better listener, and better communicate that I am there to help (x6)
 Asking them what they need and want
 Being more open to listening and providing resources
 Just listen to someone and take it at their pace
 To speak up and be extra aware of my surroundings
 I know what to say to someone
 Be vulnerable
 Listen and be present
 Self-care
 Paying attention to red flags
 Use the mental health services that the school provides / confidential advocate (x5)
 Being empathetic
 To act, not just watch
 Be supportive and open-minded
 After going through it, I hope this makes people take it seriously, because it's serious
 To be more open and understanding of others
 Let the ones I know that I am there for them and I can listen
 Just hear them out when they are ready
 Be more understanding (x7)
 Try to relate to others to help them feel comfortable

How did you hear about this event?	
Greek Life (Fraternity / Sorority)	14
Athletics Department / Coaches	33
Email / Facebook / Online	22
Friend	3
Posters / flyers	2
Title XI Program / Coordinator	2
Other	16

What was your main takeaway?

(Highlights - see raw data for all answers)

Be open, vulnerable and respectful
Be clear in your purpose to help
Jizelle's story
That sexual violence happens and I can help stop it
Lots of resources on campus
Allow myself to be more open with the people in my life
Be the support someone needs
Be empathetic
You're not alone, everything you feel some other people get it
That people are there for you even when you think otherwise
There are different ways to help people
Language we should use
To be understanding because you may not know what others are going through
That survivors have a hard time coming forward
The impact our own experiences have on the way we support people
Be understanding. Don't be afraid to speak up when you're ready
It opened my eyes and made me more aware of sexual violence
That it is important to express that you are there for your friends
Compassion
Take care of yourself
I'm not the only one, it's okay to talk about it
You may not know what others are going through, but always be there to help
You aren't alone and you can talk to someone
To be a better listener, don't impose my own opinion
It's ok to not be ok
Mental health is so much more important than we know!

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

(Highlights - see raw data for all answers)

Worth your time (x3)
Unforgettable
A safe space and how it helps people affected by this (x2)
Interesting / intriguing (x6)
Neutral and opportunity driven

Very open and friendly (x3)
 A sexual assault awareness workshop (x3)
 Very good fun event (x2)
 Our Bodies, Our Minds - it's all in the title
 Workshop on mind body and self
 Constructive
 A good take-away regarding feelings of sexual violence
 Eye-opening (x2)
 Insightful (x2)
 Very helpful / helpful (x18)
 A workshop to help understand more about the aftermath of sexual violence and how to cope
 Very informative / Informative (x20)
 A Title IX workshop
 Great way to educate yourself, uplifting
 Interactive / engaging (x7)
 It lets you be open and you won't be judged / safe place (x2)

How might you use what you learned today?

(Highlights - see raw data for all answers)

To be more open (x4)
 Not be just a bystander, and understand / to act (x4)
 Be supportive (x2)
 Listen better (x3)
 To help myself or others in need (x20)
 Knowing how to handle a situation as as support system (x2)
 Don't be afraid to try to help
 How to approach others struggling (x3)
 More talking / asking more questions (x4)
 By spreading the message that there is help / services and resources (x6)
 Keep look out to people around me / be aware (x4)
 Be more empathetic
 Open mindedness
 Communicating with my peers & teammates more (x6)
 I would not keep asking them to tell me
 Power, you are worth it
 In being precise with my language
 That I will be okay, I am strong
 Just to be a better overall friend (x2)

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

(Highlights - see raw data for all answers)

Closed mindedness
 Peer pressure (x3)
 Fear of judgment (x10)
 Lack of awareness / knowledge about subject matter (x5)
 Finances (x2)
 Not shown that there is help / support and resources (x4)
 Starting the conversation (x2)
 Stigma (x7)
 Not having that connection or positive communication (x2)
 Reputation
 Not everyone is open to listening to survivors
 We need to accept that having mental health is okay
 Spending too many resources on support and not enough on prevention
 People who are uneducated in this topic / ignorance (x2)
 The willingness to share / being vulnerable (x7)
 Not knowing how they'd take it / misunderstanding (x5)
 People blaming the victim for their feelings (x3)

Do you feel more or less of a sense of belonging at Cal State East Bay after participating in this event?

A lot less	3
Less	0
No Change	57
More	33
A lot more	11

How can we improve this event in the future?

(Highlights - see raw data for all answers)

Shorter (x15)
 Not during class time

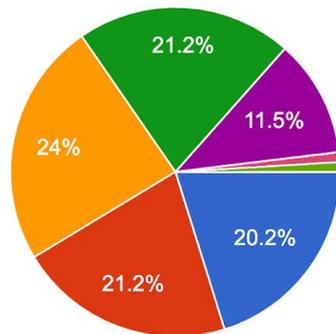
Re-do the walking / acting activity at the end
 More snacks
 Actors
 Instead of trying to interact, leave us with more concrete stuff
 Smaller groups, so people feel more free to share questions or opinions (x2)
 More entertaining (x3)
 Less awkward and work for people who don't like social
 Nothing, it was great / perfect (x6)
 More personal stories (x3)
 Less participation. Act out scenarios instead of reading them
 Less volunteer participation / less acting (x4)
 More student discussions / small groups (x3)
 Maybe input videos
 More activities / less lecture (x3)
 Control group activities / change activity / no walking around activity (x7)
 Don't let vulnerable survivors go to this event
 Be more informative / more learning (x5)
 Not meant for large groups, seeing students laughing/not caring is harmful
 More focus on mental health than feelings
 Tell people how to read the signs, not to know if someone is probably hurting when they're good at hiding it

Major	
Art	1
Biology	4
Biochemistry	1
Business	15
Communication	1
Computer Engineering	1
Computer Science	2
Criminal Justice	10
Economics	1
Environmental Science	2
Ethnic Studies	1

Forensic Science	1
French	1
Game Design	1
Geography	1
Health Science	5
Hospitality & Management	1
Human Development	3
Kinesiology	13
Mathematics	1
Nursing / Pre-Nursing	2
Political Science	3
Psychology	7
Recreational Therapy	1
Sociology	5
Speech Pathology	2
Undeclared	2

Year

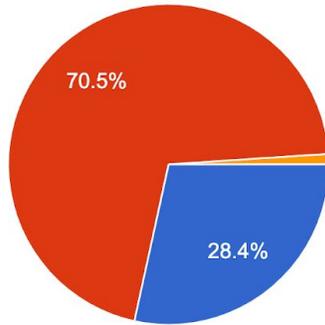
104 responses



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

Gender

95 responses



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

Race / Ethnicity		
Asian / Asian American	12	12%
Black / African / African American	7	7%
Hispanic / Latinx	38	37%
Indian / South Asian	3	3%
Middle Eastern	2	2%
Pacific Islander	1	1%
White / Caucasian	26	26%
Multi-racial	12	12%