

# Our Bodies, Our Minds

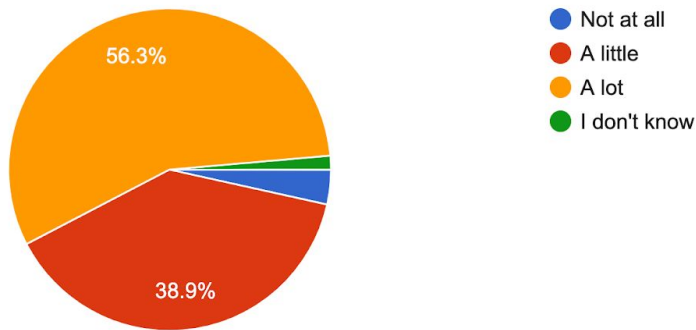
## Post-Workshop Evaluations

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

Number of attendees: 240+  
Number of evaluations: 144

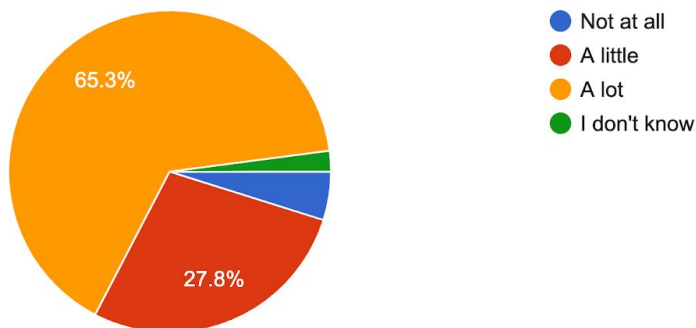
In your opinion, did this workshop raise awareness about the mental health impacts of sexual violence?

144 responses



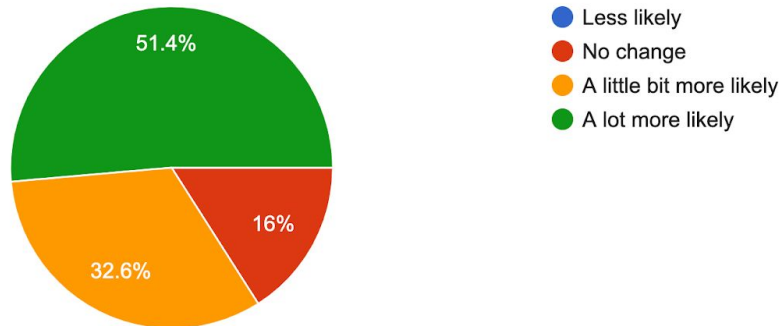
In your opinion, can this workshop help communities be safer and more supportive of survivors of sexual violence?

144 responses



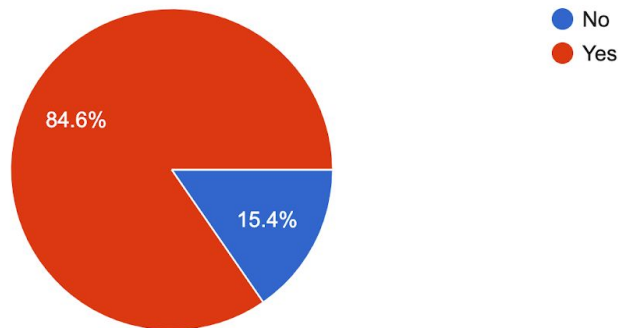
### After this event, are you more or less likely to take action to support yourself or others when it comes to healing from sexual violence?

144 responses



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

143 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)

- Communication / talking / listening / speaking up (x12)
- Let others know about resources on campus (x7)
- Making more of an effort to be available to my friends to talk to
- Use services on campus / counseling (x11)
- Ask people how they are doing more often

Call out any abuse I might see #CONSENT  
 Listen, don't be too pressury  
 Being an active bystander (x2)  
 Refer them to the advocates on campus and be there to support as well/active bystander  
 Knowing how to communicate with someone dealing with this  
 Keeping a more relatable and empathetic tone when talking to survivors  
 Be considerate  
 Just listening and being there for someone (x5)  
 Be vulnerable with others, ask how they're doing  
 Spread awareness  
 To be more empathetic / more understanding (x3)  
 Listen without pushing or giving advice (x2)  
 Being more supportive (x11)  
 Be vulnerable. Be a friend. Check in on friends/fam  
 Talk it out, you aren't alone  
 Empathy, listening (x5)  
 Being there for others, not being quick to judge  
 Seek out support from friends and family  
 Self care

### How did you hear about this event?

Greek Life (Fraternity / Sorority)	10
Athletics Department / Coaches / Teammates	63
Email / Facebook / Online	24
School / RA	7
Other	16

### What was your main takeaway?

(Highlights - see raw data for all answers)

Speak up / communication (x6)  
 Sexual assault is more than just rape, speak out  
 Be patient (x2)  
 Taking a different look at things  
 There are people willing to help, you are not alone (x5)  
 It's important to tell people you are there for them

Different ways we can be there for our friends / help survivors (x7)  
Communication is important in all relationships  
Be supportive / be there for someone (x19)  
Listening to others (x6)  
Be an active bystander (x2)  
Be mindful of sexual assault / be more aware (x7)  
Everyone is going through something / anyone can go through this (x4)  
No means no / consent (x5)  
I'm not the only one going through hardships  
Understand what others go through / empathize (x3)  
Campus resources / all the support the school offers (x4)  
Listen and don't pressure someone to talk  
How to handle situations  
We are responsible for change  
Knowing that people care  
Step up when you're ready  
How mental health ties into sexual violence (x2)  
Be open minded (x2)  
Taking care of yourself (x2)  
It's difficult for survivors to talk about their experiences  
Respect  
Other people are fighting their battles so it's good to be nice (x3)  
It's never your fault and you're not alone  
It's ok to talk about it  
That something small can change someone's life  
Support! provide safe space

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

(Highlights - see raw data for all answers)

A great tool to be more knowledgeable about sexual assault  
Powerful / very powerful (x2)  
Raising awareness of a big social issue  
Good / pretty good (x3)  
Informative / very informative / educational (x17)  
Empowering  
Information that everyone needs / important (x3)  
Helpful, encouraging  
It was an active support group (x2)

Interactive / engaging / interesting (x8)  
 Empathy in action  
 Eye opening (x4)  
 Learning ways to be there for victims and be understanding  
 A place to open up  
 Long but helpful and empowering (x9)  
 Inspirational  
 Health impacts of sexual violence (x2)  
 Educational, powerful  
 Amazing / great experience (x3)  
 A workshop to help you be an active listener  
 A helpful way to learn about how to talk to people / beneficial (x16)  
 Impactful / influential (x3)  
 Sexual assault training / learn about sexual violence (x3)  
 Inclusive  
 insightful, eye-opening, interesting  
 A helpful way to know that you are not alone  
 Unpleasant, there are better ways to convey this important topic  
 Supportive!

## How might you use what you learned today?

(Highlights - see raw data for all answers)

Help others / help friends / help peers (x25)  
 Tell friends / share information / spread awareness (x5)  
 in a situation where I know that person is reluctant to share  
 Being more vulnerable and open with friends (x6)  
 Support friends effectively / support without pressure (x8)  
 By being an active bystander (x5)  
 Empathy  
 Apply it in possible future issues (x2)  
 I am enough. keep that in mind that I am loved  
 Reach out to my loved ones  
 Be more observant / aware (x6)  
 Listen to people  
 Use resources given / campus resources (x6)  
 I'll be communicative in letting my friends know I'm there for them (x3)  
 How to talk to teammates / people / friends (x5)  
 Self care

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

(Highlights - see raw data for all answers)

Stigmas (x4)  
 Judgment (x8)  
 Lack of comfort  
 Ego  
 The need to be independent (x2)  
 Stereotypes  
 Not having the knowledge of how to help / aware of resources (x7)  
 Believing them  
 Having a support system connected with community (x2)  
 Being relatable and empathic, people think they got it worse  
 Scared to communicate / speak up / feel vulnerable (x12)  
 Blame (x2)  
 People not taking it seriously / trivialize others' problems (x3)  
 Mental and emotional distress  
 Support from services  
 Reputation and humiliation  
 Trust  
 No respect  
 Not realizing someone is hurting (x2)  
 Safety for women / violence (x3)  
 Ashamed, feeling not important (x2)

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

A lot less	<b>0</b>
Less	<b>1</b>
No Change	<b>68</b>
More	<b>54</b>
A lot more	<b>13</b>

## How can we improve this event in the future?

(Highlights - see raw data for all answers)

Food / pizza (x3)  
 More interactive experience / more activities (x14)  
 More visual aids (x3)  
 Smaller groups / less people (x2)  
 More interesting (x3)  
 More volunteers  
 More resource info  
 More real college student stories talking live  
 Better activities that relate / better scenarios (x2)  
 Keep it as is / it was great (x13)  
 Include topics of prevention of sexual violence  
 The acting was not effective  
 More humor, more relatable to our society  
 Shorter - too long to focus the whole time (x17)  
 More organized  
 Share real stories / examples / show real life expanded videos (x2)  
 Take it more seriously  
 The walking with the poses was hard to connect with  
 More info about sexual violence and what that means  
 Be more in depth  
 Have a speaker who can quiet a crowd / better speaker (x2)  
 Less interactive / too many activities (x6)  
 Professional actors  
 Provide more space for exercises

### Major

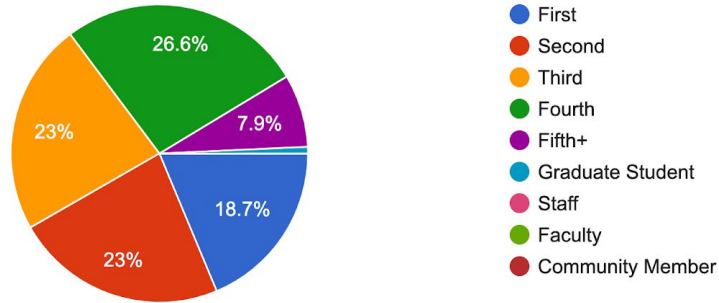
Art	4
Biology	7
Biochemistry	1
Business	8
Child Development	1
Criminal Justice	11

Communication	<b>9</b>
Computer Engineering	<b>3</b>
Computer Science2	<b>2</b>
Construction Management	<b>3</b>
Early Childhood	<b>1</b>
English	<b>1</b>
English Literature	<b>1</b>
Finance	<b>1</b>
Geography	<b>1</b>
Graphic Design	<b>1</b>
Health Science	<b>7</b>
History	<b>1</b>
Hospitality	<b>1</b>
Human Rights Interdisciplinary	<b>1</b>
Human Development	<b>2</b>
Industrial Engineering	<b>1</b>
Information and Technology Management	<b>1</b>
Kinesiology	<b>21</b>
Liberal Studies	<b>3</b>
Marketing	<b>2</b>
Mathematics	<b>3</b>
Nursing / Pre-Nursing	<b>6</b>
Political Science	<b>2</b>
Psychology	<b>11</b>
Sociology	<b>5</b>
Statistics	<b>1</b>



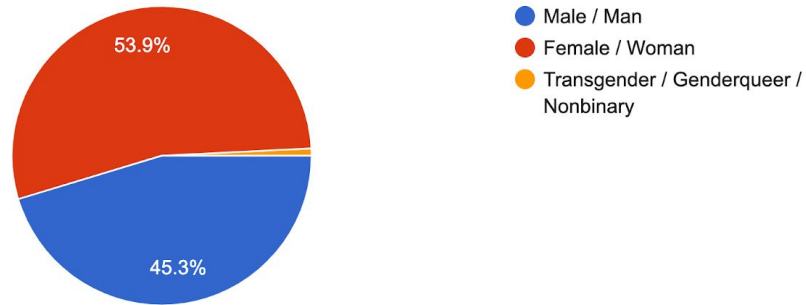
### Year

139 responses



### Gender

128 responses



Race / Ethnicity		
Asian / Asian American	10	7%
Black / African / African American	11	8%
Hispanic / Latinx	39	29%
Indian / South Asian	2	2%
Native American / First Nations	2	2%
White / Caucasian	34	25%
Multi-racial / Other	36	27%