

Our Bodies, Our Minds

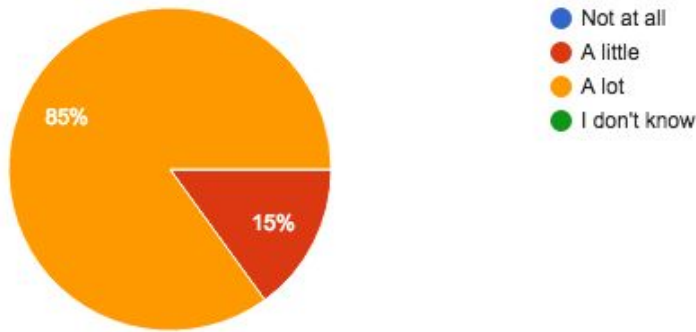
Post-Workshop Evaluations

Clovis Community College
October 12, 2018

Number of attendees: 75
Number of evaluations: 40

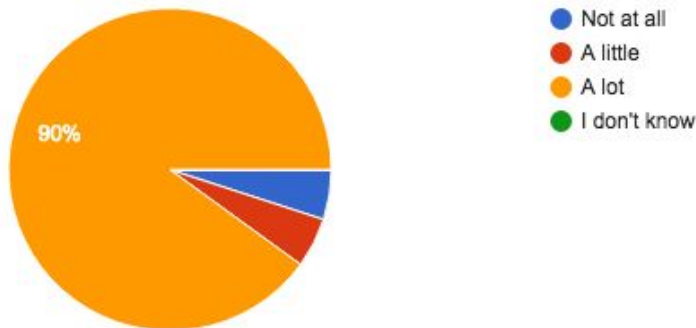
In your opinion, did this event create awareness of the mental health impacts of sexual violence?

40 responses



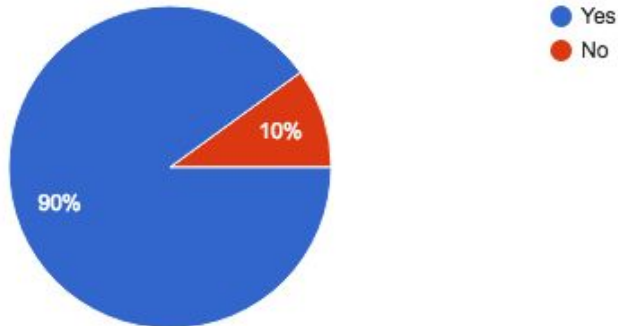
In your opinion, can this workshop help communities be safer and more supportive of survivors of sexual violence?

40 responses



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

40 responses



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

All the conversation / interaction
 Uncomfortable, but I liked it
 I was nervous at first, but got more comfortable as time went on
 Personally I enjoyed the activities and made me feel connected to others in the room
 It was very engaging and added excitement to learn more
 They were very helpful in seeing signs of being uncomfortable and sad
 At first a little weird, but they did kind of set the mood and make me feel more a part of the environment
 It opened and showed the immediate action of how we felt
 Made me feel more in tune about body language and how it impacts emotions/feelings
 Not here at beginning
 Little effect
 Making sculptures as a group
 They were very amazing scenarios because it shows too many perspectives
 Loved it!
 Unnecessary, not productive
 Empowering, created an understanding
 Self-awareness increased
 They were fun to be part of. I got to learn
 I loved it!
 It was nice
 Interesting
 I don't like walking around so much
 I am an introvert and I am not great at interacting with people. I also don't know what the rest of that was
 Kept me interested
 It's feel like little different walking in a room
 Make me think how I feel
 Made me think how I feel in different modes

Different, but I learned a lot
I really enjoyed moving around and showing emotion
It showed just how people's posture affects them
Interesting
I felt it could have been handled better. Maybe introduce everyone a bit better before throwing it out there
Helpful
Was awkward, but may be good for some
Fun, enlightening
It was fine, sitting in the ground was uncomfortable
I felt good and comfortable with everyone
A little uncomfortable
Showed good support systems

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

Robert's
These monologues felt relatable to someone I might know
It was eye-opening to feel something from another person's perspective
I like it. It helps to give a better picture
I think I learned a lot especially how other people feel and think
It helped to actually see things happen in real time
They were very helpful and showed different ways to go about helping someone
They were very eye-opening and interactive, which I enjoyed
It gave a lot of insight into sexual abuse and violence
Eye-opening how communication, tone and messages are interpreted
The monologues felt realistic and discussing them was nice, hearing other's perspectives
Helpful in seeing how different approaches can help
Eye-opening
They were very helpful, made me look into the situation more with acting it than reading
Helpful and more "real life"
Fun, interesting, analytical
Increased my thoughts about victim
It was nice to discuss with peers and open ideas
It was nice, and got the ideas flowing
They were good, got us really thinking
It was fine, just a large group comment
Helpful, because it help discussing topics
Different exercise
Strong
Showed strength
Very touching, opened my eyes to what others go through
It showed how people aren't educated about these issues
Was not as interactive as could be
Good
This was good
It opened my mind
A little hard, because I could relate severely
Help me sympathize for sexual assault victims

What was the panel of speakers like for you?

Sam's experience
 Great. Really happy I got to hear them speak
 Very professional, they have good programs to help people
 Good
 I find them helpful and they provided us with important information in how to get help
 Nice to hear from reachable resources
 Informative of the resources
 It was emotional hearing the story, but knowing what resources were available made me feel much better
 It was helpful and comforting to know how much resources are willing to help
 Informative, learned something new!
 It was nice knowing the resources we have at the school and outside of school
 Good for mentioning resources available
 Informative
 They were very good and helpful resources
 Great!
 Informative, open
 Very comforting and professional
 Great, informative
 I'm thankful for their time
 Very nice!
 Comforting
 Helpful
 They were great
 They were fine; they just did their job
 Very interactive with the students
 Explaining lot of things , work in life
 Good to hear
 Good to hear other stories
 Very nice and motivational to stay positive
 Helpful
 They were okay. Seemed somewhat informed
 Good
 N/A
 N/A
 Interactive

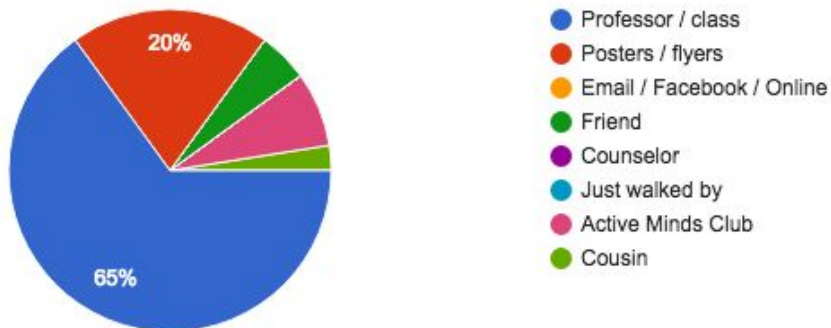
How would you describe the tone or feeling of the workshop?

Caring
 These people care
 They made it easier to talk about a very hard subject
 Very good
 Nice and easy to understand
 Very inclusive, safe, informative
 Serious but also fun and comfortable
 It wasn't overwhelming therefore it was comfortable
 Open, understanding, empathetic
 Very welcoming, calm, open

Informative and accepting
 Relaxed and open
 Very helpful, trying to assure that they'll be here no matter what
 It was relaxed and made me feel welcome and not alone
 Non-judgemental
 Calm, comfortable, understanding
 Accepting
 Positive, we were all here for each other
 Safe
 Safe
 Safe
 It was very interactive
 It mainly was about feeling good about yourself
 Serious / fun
 Strong
 Very strong
 Safe and secure
 Like we had someone to talk to
 Uplifting
 Understanding
 Very bland
 Good
 Safe but left too open
 Familiar
 Open
 Not serious, but sensitive
 Supportive

How did you hear about this event?

40 responses



What was your main takeaway?

Being mindful of everyone's situation
 There is always someone to talk to

How to help others and how to get help, also know to direct people where to go to get help
How to help consult possible victims
Support people no matter what they are going through
I'm more confident on how to deal with sexual violence and how to confront those who have gone through it
How much courage it takes to speak out
Be open, aware and speak up
That this happens more often than it is talked about
Sexual assault affects more than just the victim
Lots of great new insight and information
More people are like one another than we think
Lots of resources
The realisticness of it
Keep involved
It happens a lot
Reach out and talk to people
Be kind
Monologues
That people experience this
That some people go through events that you don't know
Extra credit
Ways we can seek help
There is a lot to learn about sexual assault
To keep yourself busy and seek help
That you're not alone
Understanding how we can help survivors
I feel more normalized to the conversation
To better understand people
There are others who care just as much

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

Empowering
Helpful workshop about mental health
Eye-opening, very helpful
Informative and fun
Interesting and helpful
A required experience
Informative and interesting
Very helpful and informational. Made the topic more approachable
Informational and helpful
Awareness of critical issues that impact ALL OF US!
An informational / interactive workshop
Helpful and insightful
Informative, fun, safe
Very helpful and makes you want to go here more often
Beneficial
Informative
Helpful
Enlightening
Helpful

Interactive and nice people
Safe space
Awareness shop
A safe zone; safe space
Fun / serious
I'll like it's so fun to work with you guys and helpful
Really broad explanation about sexual harassment
Encouraging and uplifting
A good experience and eye-opening
Helping sexual assault survivors
A good, interesting workshop with good intentions
Something that has potential
Educational, interactive
Chill
A great learning experience
Informative through the cooperation
Helpful

How might you use what you learned today?

Everyday use
How I act towards people I encounter
Listen to people and apply what I learned
Be more open and give others hope
Keep awareness and openness in my own mind
Being there for people but not pushing them
To educate and help others when needed
Share and start conversations at home and in extended families
Tell friends about the resources available
To better help those affected
Talking to friends and family
To help others or offer and tell them I'm here
At home with family
Direct people to resources
If I or anyone I knew was in a situation like those discussed
Use resources
It happens a lot
Be helpful
Talk to my friend. Help her out
I am not sure
Group engaging / talking
Yes
A lot
Use in daily life
Help others be aware
I would remember that it's okay to feel
How much support there is
I've been using what I've known before this
Have a different view that there are eases
Just be more open to the conversation
Talk to some people I have a feeling may be sexually violated

Be more aware of others' situations
How to be socially aware

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

Negative stigma around mental health
Some people are just too judgemental
Makes you feel secure and hopeful
Being able to speak out freely
Social stigma
Releasing the stigma of sexual assault and that victims are responsible
Blaming victims
Willingness to listen and step outside one's own emotions to hear what someone else needs
Cultural shame
These days no one will believe the other or they would just stay quiet
Status quo, apathy
Denial - lack of mental health and juvenile resources
Hope
I'm not sure
Being alone
Not being open
Not being open towards each other
School and counselors
Not getting help
Understanding that every survivor copes differently
Acknowledgement
Culture, economic
Stigma
Not accepting and judging them
People who are uneducated

How can we improve this event in the future?

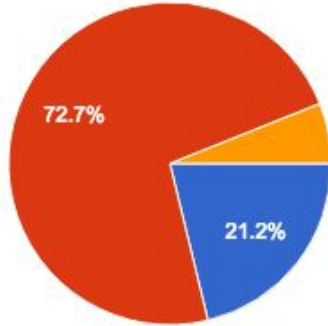
N/A
More role playing. Loved it!!
Event is very good already!
Do it more often
Honestly, this was an amazing, informative, and heart-touching event to attend
What needs to be done for prosecution to be possible?
Being open-minded and educating the younger generation
No recommendations. It was great!
Maybe send out a survey of what is a good time for those interested
More panel discussion
Better time slot
Raise more awareness about it
More studies or facts
No improvement! Organized
N/A

I would like to know again that you are in a [illegible] situation and what you can do to protect yourself
 Make this class work and have more activities
 It was great enough as is
 By giving more info
 Have more activities; discuss personal story first
 Try to present it in a serious yet not too fun tone with off-topic interactions
 N/A
 Great event; nothing

Major	
Accounting	1
Allied Health	1
Biology	1
Business	1
Business Accounting	1
Computer Science	1
Criminal Justice	1
Criminology	9
Criminology / Psychology	1
Engineering	1
Liberal Studies	1
N/A	1
Nursing	2
Nursing / Psychology	1
Political Science	1
Pre-Nursing	3
Psychology	6
Theatre Arts	1
Undecided	1

Gender Identity

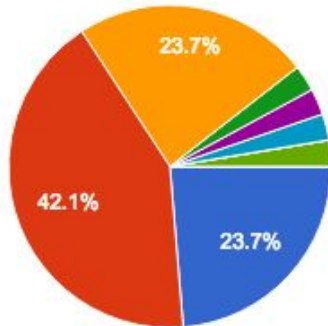
33 responses



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

Year

38 responses



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

Race / Ethnicity		
Asian / Asian-American	6	16%
Black / African / African-American	1	3%
Hispanic / Latinx	9	24%
Indian / South Asian	2	5%
Middle Eastern	3	8%
Native American / First Nations	0	0%

Pacific Islander	0	0%
White / Caucasian	12	32%
Multiracial	5	13%
Other	0	0%

Anything else you'd like to share?

This was an amazing educational experience, I am happy to see this sort of thing come into the spotlight and I hope to see this education around more. I think the theater aspect was very beneficial to really see a variety of responses.