

# Our Bodies, Our Minds

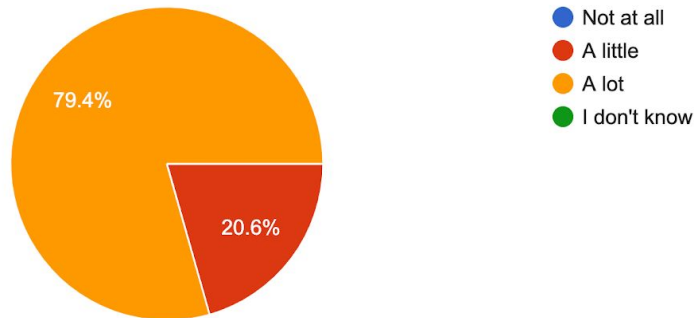
## Post-Workshop Evaluations

School: Connecticut College  
Date: February 12, 2020

Number of attendees: 40  
Number of evaluations: 34

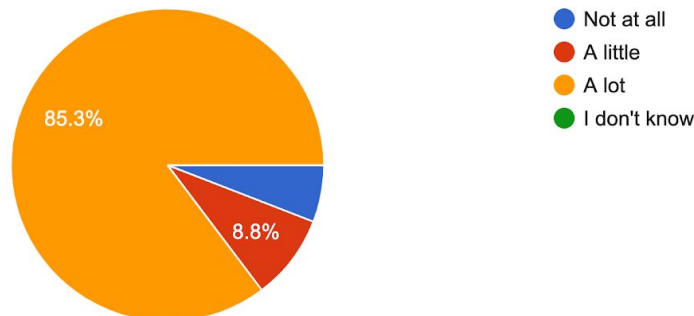
In your opinion, did this workshop raise awareness about the mental health impacts of sexual violence?

34 responses



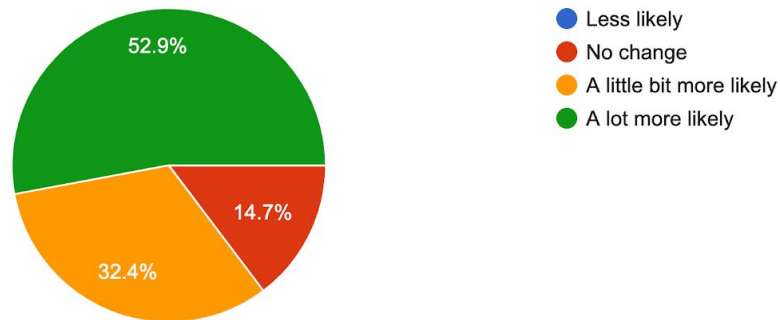
In your opinion, can this workshop help communities be safer and more supportive of survivors of sexual violence?

34 responses



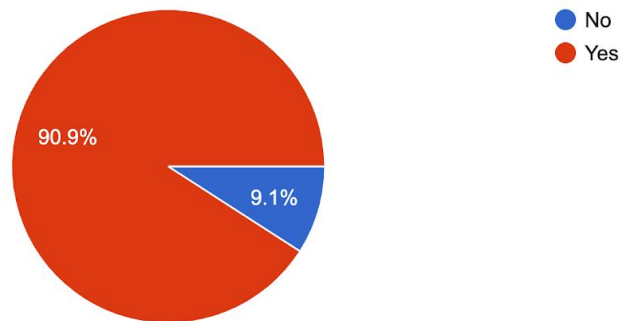
After this event, are you more or less likely to take action to support yourself or others when it comes to healing from sexual violence?

34 responses



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

33 responses



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

- Letting it be known you want to help
- Ask if they want to talk, doesn't have to be awkward or hard to talk about
- Local resources (learn location of services nearby)
- Listen to them
- Always contacting professionals
- Knowing how to best support friends and not shut down the conversation
- I'm already doing all I can to support this type of healing
- Be a better ally and supporter for survivors

Definitely more communication skills when communicating with survivors / knowledge where to direct them to resources  
 The names of community orgs doing the work; practical ways to respond to friends and family; clear definition of sexual assault  
 The advocacy office  
 Supporting people even if I don't know how, such as listening  
 Be open to hearing someone's story  
 Asking them what I can do for them by asking "what do YOU need?" (using different phrasing)  
 I will be more mindful about saying things like "I understand" and asking what support they need as opposed to what I can offer  
 "Naming," embracing the awkward  
 Always listen and let them take their time but make sure my support is stable  
 Ask, ask, ask questions. Get educated  
 Reach out for support!  
 Providing support and letting people know I am listening and there are places where they can get help  
 To be as supportive as I can and find resources  
 Listening, being there when a friend is in need  
 Reaching out to counselors  
 Community and on-campus  
 Mindful language  
 Going back to therapy - practice sharing my story  
 Reinforcing the idea that you have to set healthy boundaries

### How did you hear about this event?

Email / Facebook / Online	1
Office of Sexual Violence Prevention and Advocacy	8
Professor / class	13
Safety Net Peer Educator	6
Other	4

### What was your main takeaway?

There are always people there to help  
 All feelings are ok and real  
 Respect their space  
 Everyone needs different support

Bodies keep memory  
Trauma manifests in different ways  
I learned more about the resources for healing  
Being supportive in any way is so important  
Be respectful and open minded  
It is so common and many people feel unequipped to address it/support others  
Trauma affects many people  
Don't be afraid to reach out  
Taking into account and being open about the feelings of both people  
Sexual assault is more common than I thought  
Everyone can be a supporter, you don't have to be super informed  
We are not solving world peace but slowly changing the culture which is important too  
It's okay not to be okay  
Embrace the awkward  
Talking is important!  
Everyone's story is different. It's okay NOT to understand how you feel. You are NOT alone  
Learning ways to provide support for survivors  
People handle their experience differently  
It's okay to not be okay, people are here to help support you and to support others  
Powerful  
You are never really alone  
That there are many ways to process/heal from trauma  
You can be empathetic without actually relating to a person if you have not shared their experience  
It all looks different for everybody  
There is power in the physicality of practicing empathy  
That it's important to raise awareness

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

(Highlights - see raw data for all answers)

Powerful; inspiring  
A workshop that explores the intersection of sexual violence and mental health  
Engaging / eye-opening  
Embodied  
Learning about survivor support through body movement and theater (x2)  
Enlightening, inspiring (x2)  
Interactive, creative, informative, safe, well-facilitated  
How to be a more helpful, kind human  
Learning how to talk about a difficult subject (x3)

Informative / interactive / fun (x2)  
 Welcoming, safe, informative  
 Important and powerful / necessary (x2)  
 Drama Therapy  
 Helpful, educating, eye opening  
 A great learning experience that I would highly recommend  
 Empowering, informative (x3)  
 The most amazing experience!  
 How to empathize with and support survivors (x4)  
 A great resource

## How might you use what you learned today?

(Highlights - see raw data for all answers)

Supporting others, building SVPA work  
 How to best support my friends and folks through workshops (x2)  
 In my everyday life / to help friends/family/anyone! (x2)  
 Apply it to sexual assault survivors/victims  
 It informs my teaching and ways to better my relationships and my own healing  
 Be supportive in a better way  
 Teach others what I learned / tell others / EDUCATE! (x3)  
 Being receptive to a friend who has been assaulted  
 I can know how to talk to a survivor  
 With my friends and myself  
 I will do a lot more reflection and looking inward in the way I talk to myself  
 Intervening in the lives of friends; as a Safety Net member  
 Keep an open mind!  
 As a friend if there is ever a time they need support  
 Just be available to support the person in a manner that they wish to be supported  
 Not pressuring someone to talk, just being there to listen / I can always be a listening ear (x2)  
 Using speech differently  
 Continue to practice advocacy in my work  
 I might implement the tools we discussed today and be receptive to the fact that just because people are not opening up does not mean I am excused from supporting them  
 Being a more mindful, informed supporter  
 In class - to teach empathy

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

Addressing it and bringing it to attention  
Being believed / stigma (x5)  
Culturally competent and racially diverse counselors  
Identifying as a survivor  
Judgement (x3)  
Lack of awareness, culture that normalizes sexual violence (x2)  
Lack of education and conversation (x3)  
People are afraid to be vulnerable  
People don't know who their resources are  
Previously learned definitions of what sexual assault looks like  
Rampant violence and self-interest  
Small school - people gossip, rumor mill  
Social pressure to stay silent  
Taboo topic for some  
The awkwardness  
Language and attitude towards sexual violence survivors doesn't create the safest space in my community  
Toxic masculinity

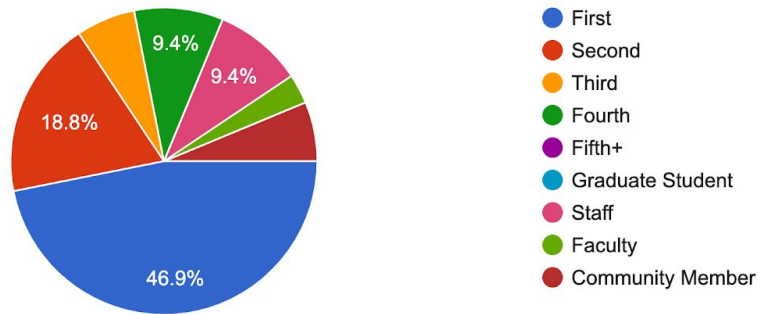
## How can we improve this event in the future?

(Highlights - see raw data for all answers)

Exploring other survivor stories  
Give a few more activity options. As a survivor, sometimes group work felt a little overwhelming  
Have it more frequently so everybody can attend  
Have people who identify as men on the panel too  
Have the questions be more individualized  
It was wonderful / <3 awesome - thank you! / flawless (x6)  
Maybe have people sit in circular style, seminar style  
Maybe more specifics about what people can do  
Maybe move the seats close to the front screen because the room felt very large  
More info, less acting  
More promotion of event, but overall really great  
More specific contact about mental health  
Some things maybe were repeated a couple times

Major	
Art / ITC	1
Behavioral Neuroscience	1
Biochemistry	2
Economics	1
English	2
English / Poetry	1
Gender, Sexuality and Intersectionality Studies	1
Government	2
Psychology	3
Psychology, GSIS, Sociology	1
Sociology	2
Sociology and Economics	1
Sociology and Gender Studies	1
Undecided	2

Year  
32 responses



Gender  
30 responses



Race / Ethnicity		
Asian / Asian American	0	
Black / African / African American	1	3%
Hispanic / Latinx	5	16%
Middle Eastern	0	
White / Caucasian	23	72%
Multi-racial	3	9%