

Our Bodies, Our Minds

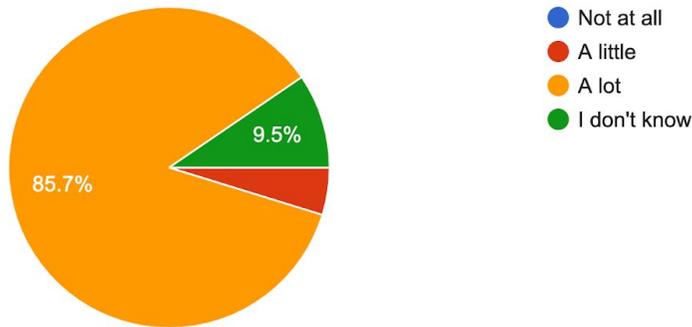
Post-Workshop Evaluations

East Los Angeles College
April 25, 2019

Number of attendees: 30
Number of evaluations: 21

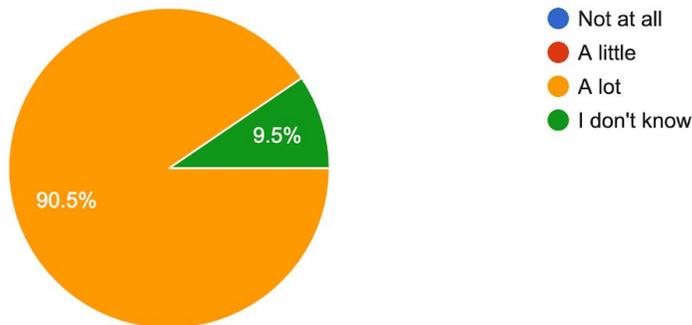
In your opinion, did this event create awareness of the mental health impacts of sexual violence?

21 responses



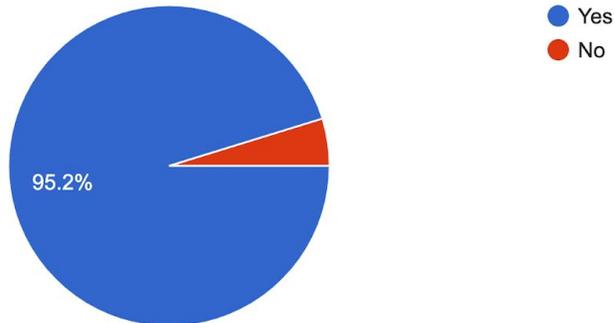
In your opinion, can this workshop help communities be safer and more supportive of survivors of sexual violence?

21 responses



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

21 responses



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

Made me feel refreshed
 Amazing!
 It felt so good to let go of all these bad emotions
 Exercises were useful to get insightful
 It was interesting and made me realize that people go through a lot without us even knowing
 It was weird but good and a lot at the same time cause it made me go back to certain moments and also realize how my body expression changes just by thinking about a thing that happened or a feeling
 Very therapeutic
 I felt like myself
 Realization of the feelings people carry daily
 Real; invoked character's emotions

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

I was able to engage and learn visually
 It helped me to understand better what kind of feelings survivors usually carry in themselves
 I loved how we remodeled conversations. It gave me hope
 I liked that we could see in real time how someone in that situation would act and also get in their shoes

I think it was a very nice way to show us how a victim feels (more in depth) and how we should approach them

Exciting

I got an exclusive look at the mentality of others

They helped us really understand their situations

They made the monologues more meaningful

Interesting and informative

Very powerful

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

Very informative and helpful

Great! I learned a lot more

All of the speakers were very informative about resources

Relatable

I liked learning about their stories and learning about the work they do every day

They gave a lot of information and we even got a girl to tell her story

It's good to hear someone else's experience and resources that can help us

Hear something important

Interesting

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

Very open and safe

Positive and relaxing

It was warm, welcoming, supportive. It made me feel I am not alone with that kind of problem

Realistic, but hopeful

I loved it. It was perfect and made me want to listen and learn more

I think it's great how they showed us how these people feel, because one thing is know it and other is to be in their feet and truly understand them

Soft, inviting

Open, kind, compassionate

Chill

Inviting and supportive, open door to any feeling or situation

Comforting

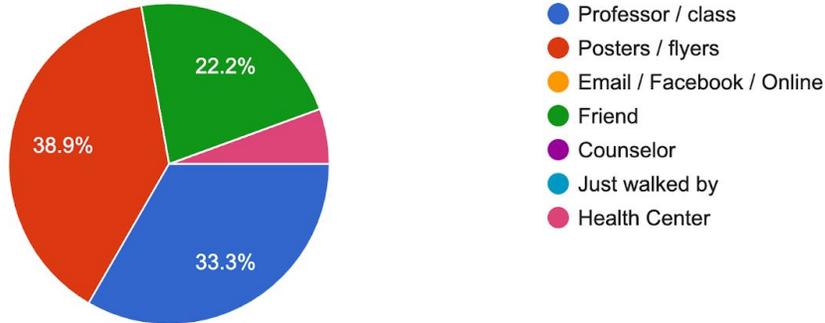
Sad, informational, interesting

Impactful

Mix of light-heartedness and heaviness when acting out scenes

How did you hear about this event?

18 responses



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

The effects of sexual violence on mental health
 That speaking up is important
 There are always someone for you. If close people are not available, the community will always welcome you
 There is hope!
 We need to learn to help others and ourselves. To always be there
 People go through a lot, we should understand them and approach them in a nice way so they can trust us
 That as someone helping or a survivor, no one's perfect. We should talk about it, but not be pushed or push a person to do it. We talk when we're ready
 People will heal differently, it's OK
 To be there for everyone who is going through a personal situation
 To listen to survivors in a non-judgemental way

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

(Highlights - see raw data for all answers)

You have to be there
 Very educating and gives tools for survivors and their loved ones
 It's a great experience. It's not fun, it's actually serious and strong and when you finish it you may see things a little different
 Very helpful, I'M NOT ALONE
 Very informational and eye-opening
 Relaxing, helpful

Info about sexual abuse and awareness
Very interested and informative, educational
A powerful experience and to join next time
Tips for survivors / families of survivors

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

I would take it back to my community and friends
Be more open and supportive for people who suffered from any kind of violence
The understanding of experience of loved ones
I'm going to try to be more open-minded and make sure everyone around me is okay
That I ever or someone close to me go through something like this, I can let them know that it's not their fault and they can trust me
I'll try to be open to anyone who needs a person to talk to
More positive self talk
Support my sister
Help anyone who feels alone
Share my experience with others
Treat others with kindness because you don't know what they're going through
How to properly be there for someone
By listening non-judgmentally

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

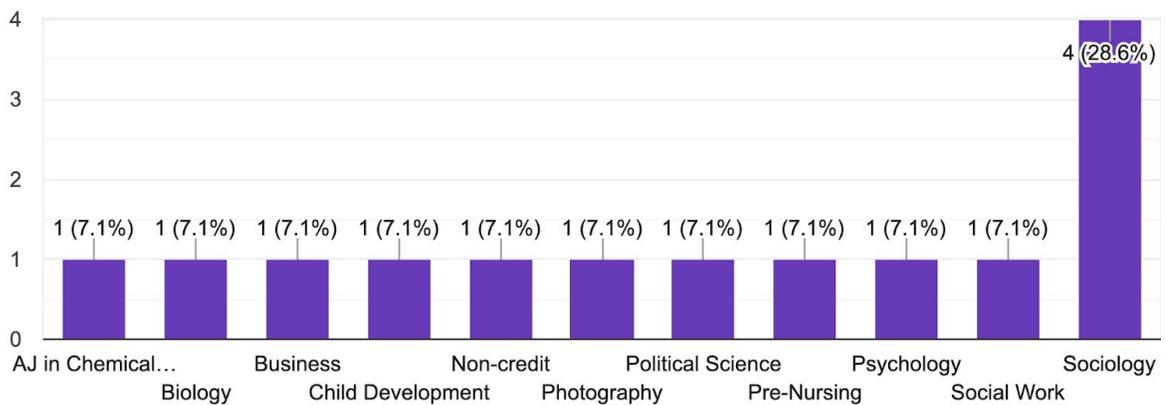
Creating a safe environment
Being only quiet rather than welcoming
Judgement, ignorance, unwillingness to recognize the issue
Being scared to help or ask. It's like a taboo in our society
They usually blame women and some people whether are victims or want to help, feel uncomfortable to talk about it
Judgement
Cultural disbelief / resistance (machismo)
Need to feel safe that law enforcement will protect victims of sex crimes
Economic instability, no outlets
Gang violence
Safe spaces, knowledge
Being scared to open up
Not enough resources

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

More marketing (x3)
 Room not as cold (x2)
 Use a microphone (x2)
 More time for open discussions
 Maybe information about the whole topic
 Better activities
 Maybe a video about what survivors go through with sexual assault
 Everything was pretty good

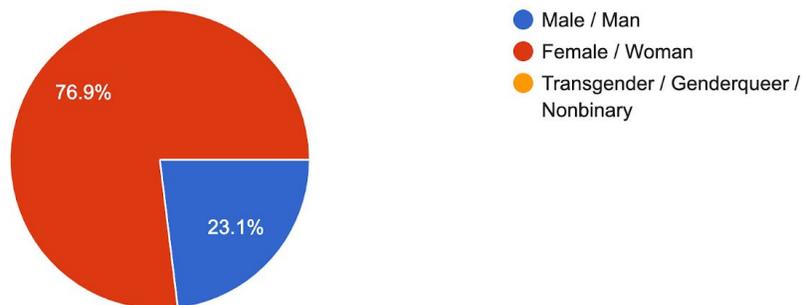
Major

14 responses



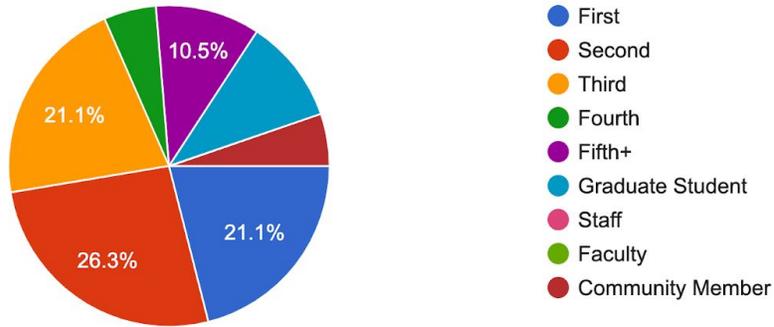
Gender Identity

13 responses



Year

19 responses



Ethnicity

20 responses

