

# Our Bodies, Our Minds

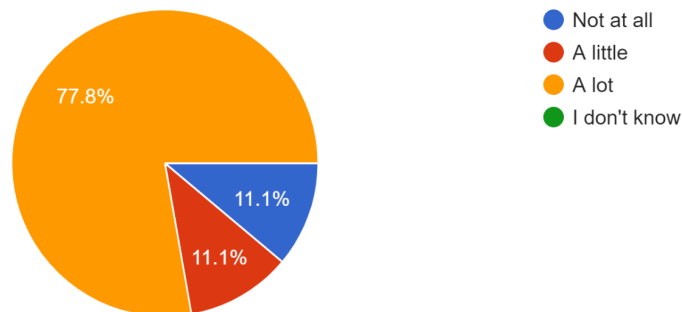
## Post-Workshop Evaluations

Kwantlen Polytechnic University  
November 23, 2022

Number of attendees: 20  
Number of evaluations: 9

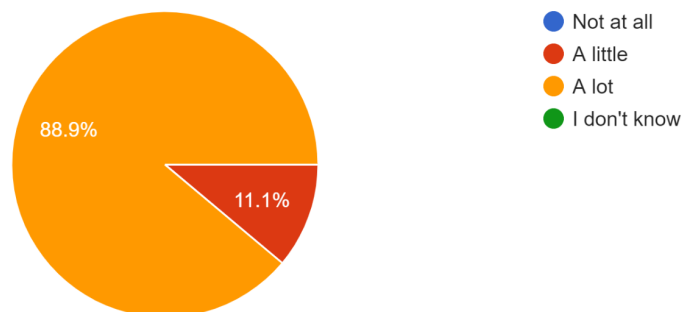
In your opinion, did this workshop raise awareness about the mental health impacts of sexual violence?

9 responses



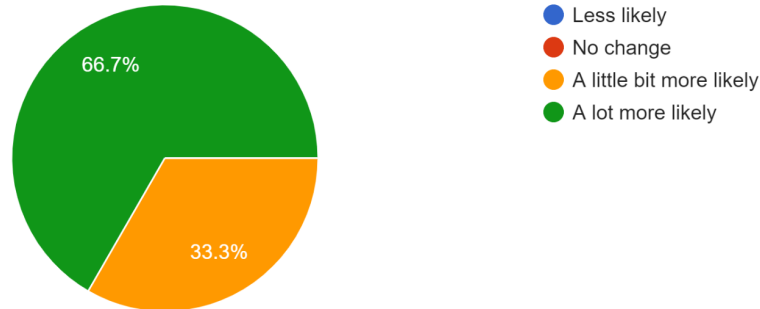
In your opinion, can this workshop help communities be safer and more supportive of survivors of sexual violence?

9 responses



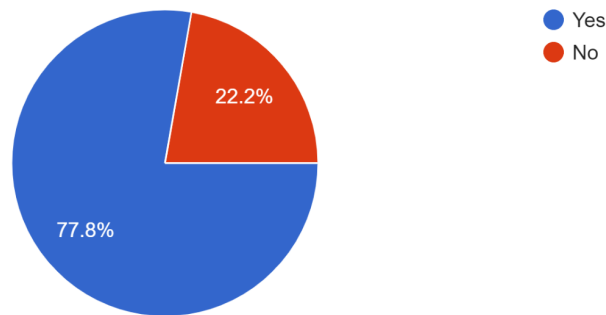
After this event, are you more or less likely to take action to support yourself or others when it comes to healing from sexual violence?

9 responses



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

9 responses



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

- Believe
- Being aware of new resources available to survivors
- Wait time and patience
- I think if someone approaches me needing support for healing from sexualized violence, I will listen to them and just provide an outlook to express their emotions.
- Looking for more specific resources to be able to be there for others in better ways; volunteering with organizations that might offer this kind of training while also helping to support survivors; reach out to get help for myself, despite my anxiety surrounding this topic

- Being aware and considering the emotions of another person
- Counseling

### How did you hear about this event?

- Email
- Work
- KPU website
- I work for the KSA, so I heard about this event through my colleagues at Peer Support
- KSA instagram
- My professor
- Through work

### How might you use what you learned today?

- Listen
- To support students I work with
- With my partner who's experienced sexual violence and hasn't spoken up about because they feel ashamed
- I would use what I learned today to better support the people around me.
- Being kinder to myself
- I would use it when I go into counseling and in my everyday life

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

- Fun, real
- Interactive
- Comfortable and safe
- A way to learn about survivor-centric support in a supportive and creative environment.
- A safe space to learn more about struggles and resources to help the healing journey.
- Very eye opening

### • What was your main takeaway?

- Believe
- Important to know to take care of ourselves as well
- There is so much support for all survivors everywhere
- My main takeaway is that the experience of a survivor can be so diverse and it is important to be conscious of our comments and how we support people.
- That it's ok to be struggling
- Being aware

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

- Maybe making the topic less taboo and more openly spoken about
- Lack of education
- Need more student organizing
- The university and province not having adequate survivor-centric legislation protecting survivors and addressing sexualized violence in the post-secondary space.
- There's mental health awareness, but despite the resources offered there isn't much space to accommodate healing – international students need to study full time to be able to work, and tuition is so expensive they need to work full time (either through formal jobs and/or freelancing), and they are not accepted into many scholarships opportunities. There's no time for healing or stepping back when your entire existence is a struggle to survive.
- I think awareness

### What other topics would you like to see addressed in future workshops that relate to mental health and / or the arts?

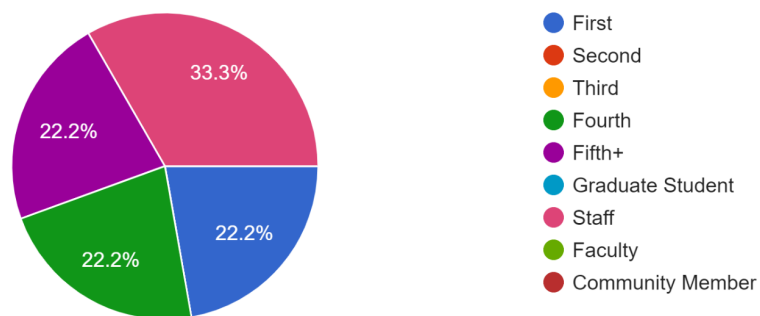
- Destressing
- How sexual violence has no gender
- I would have loved to have more acting involved in the event. I think it was lovely to get to see a scenario acted out and assess and tweak our response together in real time.

- How art can help with the healing journey, and what are some safe spaces to practice this type of healing art

Major	
Education Assistant Program	1
Applications in Mathematics with a Minor in Language & Culture	1
Creative Writing	1
Psychology	1

Year

9 responses



Check any/all that apply

9 responses

