

Our Bodies, Our Minds

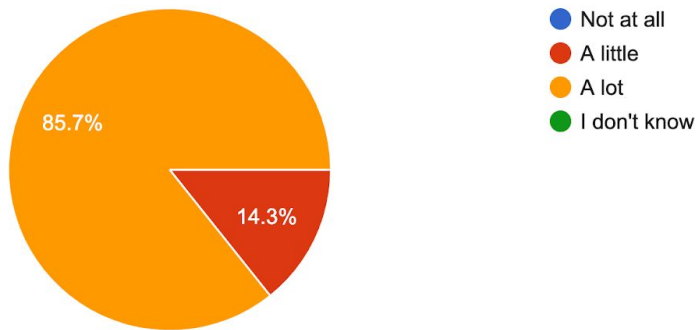
Post-Workshop Evaluations

School: Manhattan College
Date: November 12, 2019

Number of attendees: 20
Number of evaluations: 14

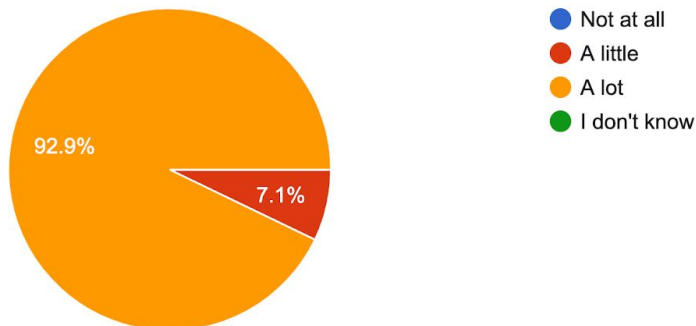
In your opinion, did this workshop raise awareness about the mental health impacts of sexual violence?

14 responses



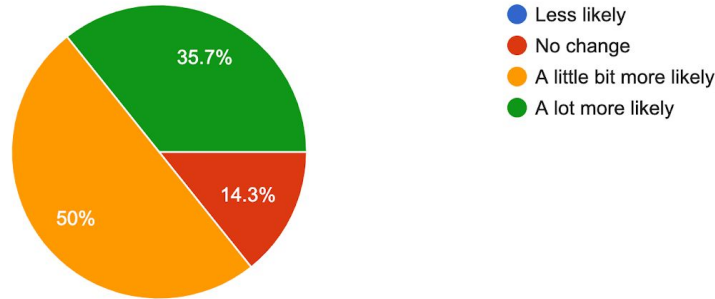
In your opinion, can this workshop help communities be safer and more supportive of survivors of sexual violence?

14 responses



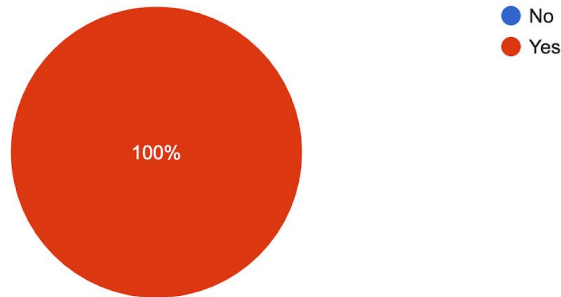
After this event, are you more or less likely to take action to support yourself or others when it comes to healing from sexual violence?

14 responses



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

14 responses



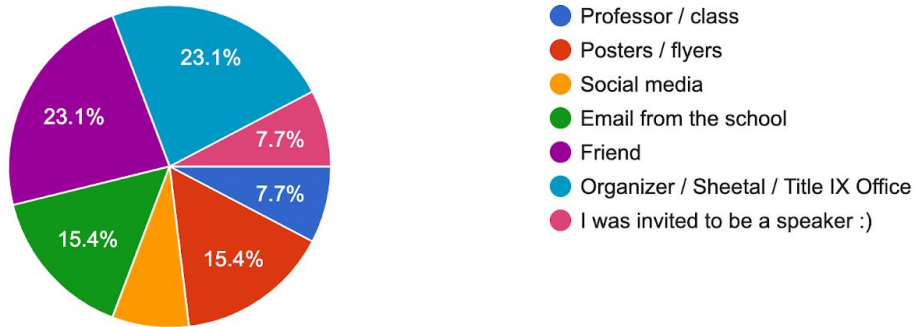
What types of tools or action do you think you might now take to support healing from sexual violence for yourself or others?

(Highlights - see raw data for all answers)

- Reaching out to the community center in Kingsbridge / local resources (x2)
- Asking for help
- Holding space for others without pushing (x4)
- Distraction
- Positive reinforcement validation!
- I think I just may do more check-ins with myself and others! And rewarding / giving myself more credit
- Instead of being scared to talk about helping a sexual assault survivor, I now know how I can initiate a conversation

How did you hear about this event?

13 responses



What was your main takeaway?

We have resources; we heal differently!
 Be supportive, don't insist
 Still processing. Mostly that people heal in different ways and there is no wrong or right way to do so
 Need more workshops about supporting others
 Small intimate settings can be really great
 Community in healing
 I don't know everyone's story just by looking at them
 So many people are affected
 Resources
 I have a lot of people in my community who care about me <3
 Survivors don't have many people to turn to. I can be someone to try and help them.

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

(Highlights - see raw data for all answers)

Interactive experience to learn about how to heal and support sexual violence survivors (x5)
 Intimate and warm
 Engaging!
 A journey into knowing resources / helpful (x2)
 An enlightening experience
 Powerful
 Empowering, caring, supportive
 An interactive workshop that makes you more aware of your emotions

How might you use what you learned today?

I am going to research more, like Maya did
Be more open-minded
To support others. I have a better idea of how to communicate
To create support workshops
Be more aware of how to support people
Check in on a friend
As a resource to others
To be an ally for survivors
In volunteering at resource services
I now know how I can start a conversation with a survivor

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

Small campus! Bad news travels fast
Don't like talking about things like this
Stigmas around gender and sexual violence
Apathy, fear of retaliation
Perception
Taboo culture
The stigma behind sexual violence
Communication!
We're scared we will say something wrong or won't know what to say at all

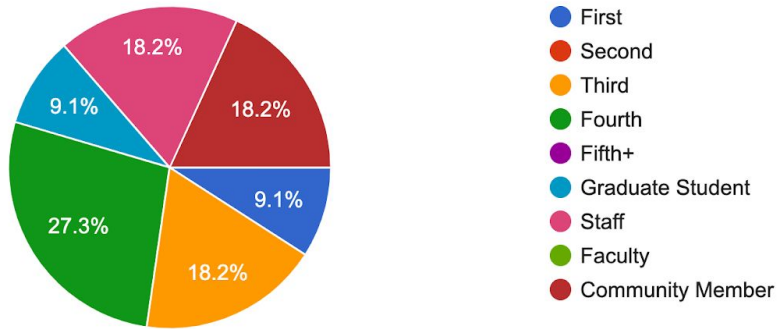
How can we improve this event in the future?

Broaden the conversation to more than just a girl, her boyfriend, and her sister
Online evaluation. Time at the end for more open discussion. More discussion after monologues
Can't think of any
Less time overall
It was perfect
Nothing!
I'd like to see more options / activities on how to discuss this topic if the survivor is willing to talk

Major	
English, Peace Studies	1
Allied Health	1
Biology	1
Management and Marketing	1
International Studies	1
School Counseling	1
Political Science and International Studies	1

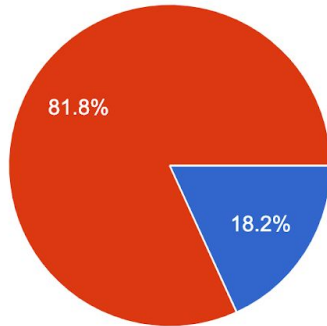
Year

11 responses



Gender

11 responses



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

Race / Ethnicity		
Asian / Asian American	1	8.3%
Black / African / African American	1	8.3%
Hispanic / Latinx	3	25%
Indian / South Asian	1	8.3%
White / Caucasian	6	75%
Multi-racial	0	