

Movies for Mental Health

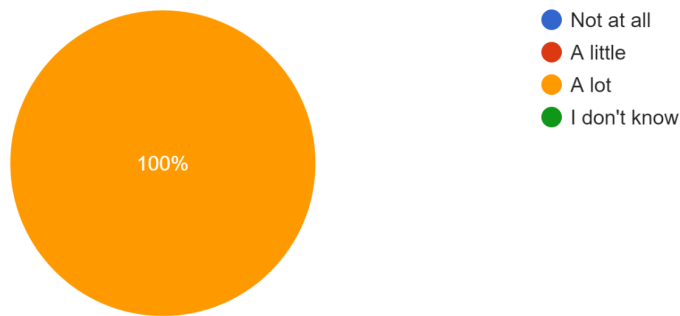
Post-Workshop Evaluations

McMaster University
December 1, 2022

Approximate maximum attendance: 18
Number of evaluations: 9

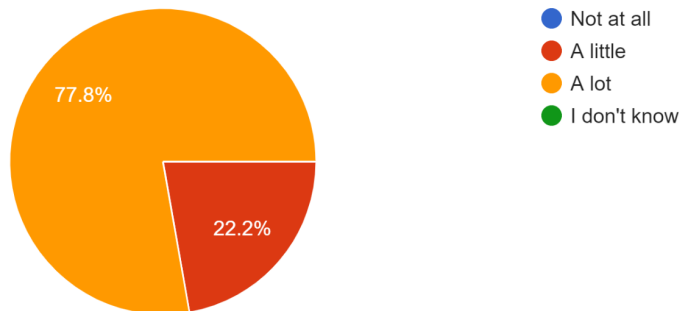
In your opinion, did this workshop raise awareness about the mental health impacts of sexual violence?

9 responses



In your opinion, did this workshop help you confront and address stigma related to sexual violence and its mental health impacts?

9 responses



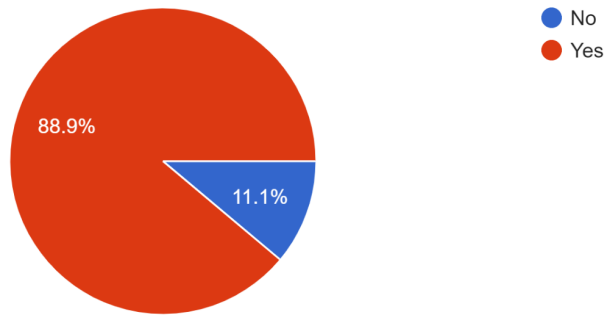
After this event, are you more or less likely to take action to support yourself or others when it comes to healing from sexual violence?

9 responses



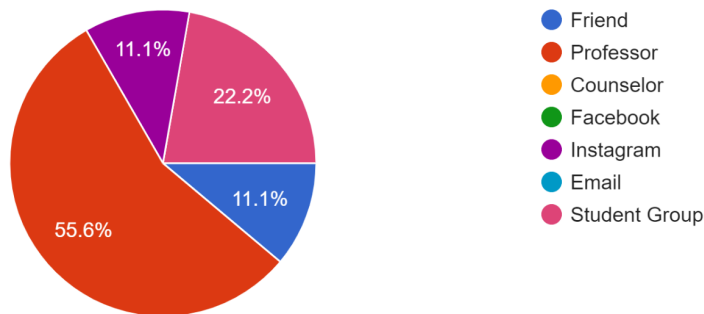
Did you learn about new resources related to mental health and sexual violence?

9 responses



How did you hear about this event?

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?

- Recommend SACHA
- validation of myself more often
- Knowing some of the supports there are to offer
- Better self talk, being a safe space for friends, creating safe space for myself
- I will definitely into arts with impact and their work as well as the offered out of campus resources in the city as well as my hometown
- Rather than immediately giving advice, I will ask my friends what i can do for them and how i might be able to support them
- Self love and self care, reaching out to friends!

What was your main takeaway?

- We all struggle
- It's okay to talk about sexual violence
- more experiencing than myself!
- Knowing where and how to find the supports
- There are many more creative ways to normalize and talk about hard topics we just have to think outside the box and be open to trying
- GBSV manifests in many ways and we still have such a long way to go, but these discussions are always important
- Sexual violence is a vast and diverse experience, and there are many people and supports to help
- Healing looks different for everyone, especially when taking an intersectional lense, but the main thing is to find support and self-care.

If you were telling a friend about this workshop, you would describe it as: (Highlights: see raw data for full list)

- Insightful, meaningful
- Interactive
- Powerful
- amazing and thought provoking!
- A great conversation
- Powerful, accessible, inspiring, engaging

- Informative
- Kind, safe space, worthwhile.
- A sexual violence prevention workshop that highlights the importance of considering mental health, while using creative media to impactfully present/discuss these themes.

How might you use what you learned today?

- Spreading the word
- take it as confirmation that i'm heading in the right direction with informing myself
- In my work
- The structure and flow of the presentation was meaningful and good for balancing thoughtful discussion and caring for self, will keep these elements in mind for facilitating future discussions
- Whenever I discuss with people and consume media, thinking critically about why it's there and if I have a place to
- I want to become involved with organizations on campus such as WGEN and the Equity and Inclusion Office
- In discussing mental health with friends who are survivors, or checking in on my friends more since I often get busy and don't reach out.

What are the biggest barriers to your mental wellness and/or receiving mental health support?

- Not enough resources for everyone
- not having palatable experiences
- Access to supports. I live in a more rural community with not many options for transportation
- Predetermined ideas of what it means to be a survivor and victim blaming discourse
- My positionality, the time of my own experience
- Stigma; rape myths; rape culture. A mass silencing of survivors; a lack of knowledge on sexual violence.
- The hierarchical system of universities and the unfortunate nature of survivors not being believed/taken seriously.

How can we improve this event in the future?

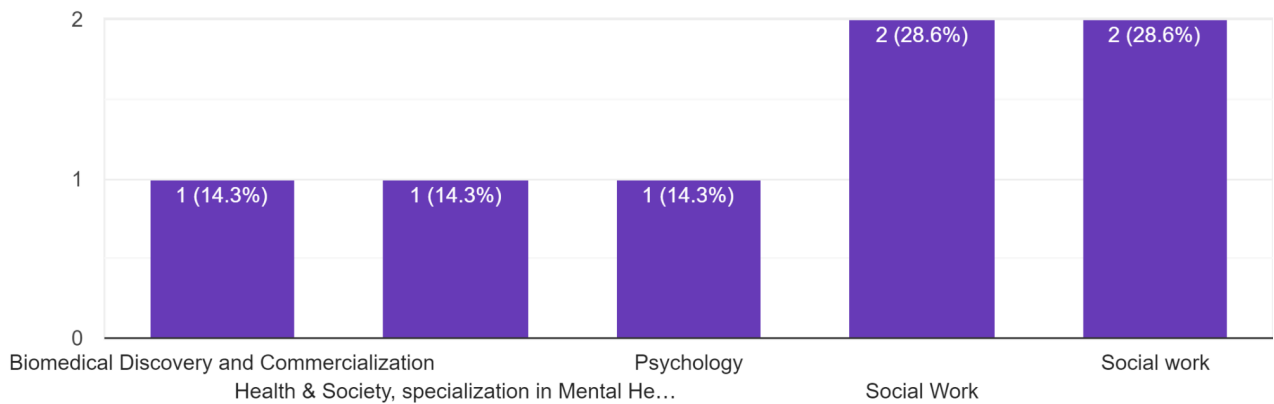
- Leave more time for discussion
- more time for discussions!
- N/A, other than making it longer hehe

- Actually lengthen. The discussion easily could have extended for an additional hour or two
- I loved all the discussion but the panel was cut short so maybe just finding a way to keep the discussion parts shorter to allow for more overall discussion with the panel at the end?

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

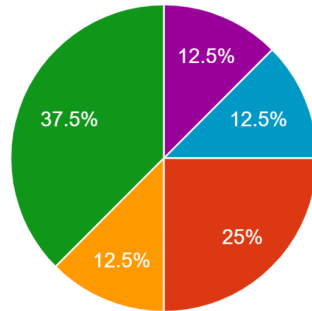
- Childhood sexual violence and how it can pack you as a adult now
- Colourism, masculinization
- None
- Understanding/reducing stigma of various mental illnesses such as BPD, schizophrenia, bipolar, etc
- How GBSV manifests in culturally diverse communities
- Consent and sexual violence; mental health and the human experience; we all suffer, and we can come together to celebrate our uniqueness.
- Accessibility/Disability

Major
7 responses



Year

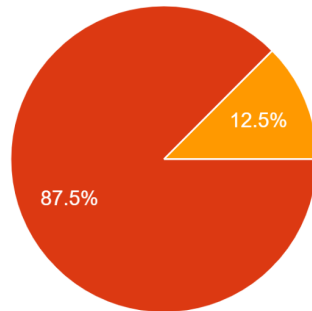
8 responses



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

Gender

8 responses



- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gender nonconforming

Ethnicity

8 responses

