

Our Bodies, Our Minds

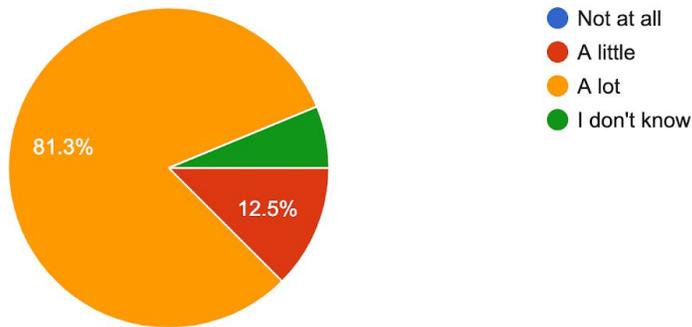
Post-Workshop Evaluations

School: Riverside City College
Date: October 30, 2019

Number of attendees: 30
Number of evaluations: 16

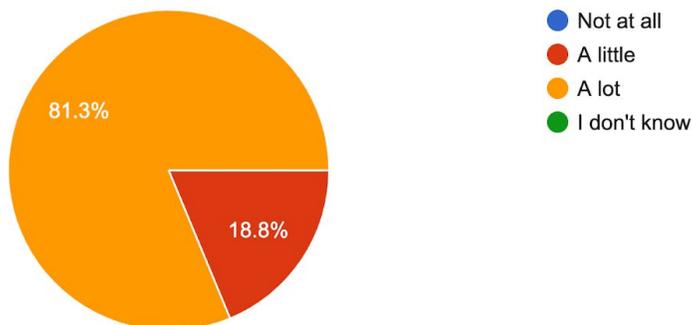
In your opinion, did this workshop raise awareness about the mental health impacts of sexual violence?

16 responses



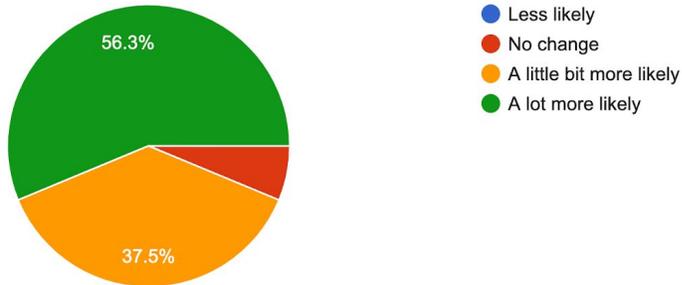
In your opinion, can this workshop help communities be safer and more supportive of survivors of sexual violence?

16 responses



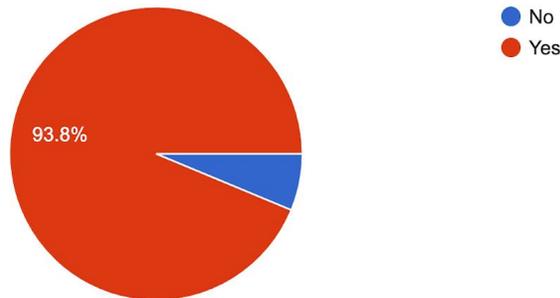
After this event, are you more or less likely to take action to support yourself or others when it comes to healing from sexual violence?

16 responses



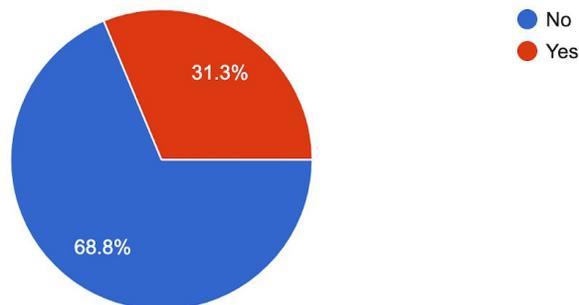
Did you learn about new resources relating to mental health and sexual violence?

16 responses



Did you know about the Mental Health Services Act before this event?

16 responses

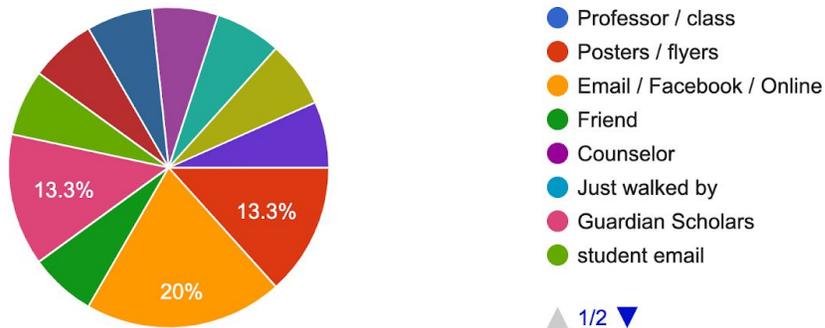


What types of tools or action do you think you might now take to support healing from sexual violence for yourself or others?

It's not personal if someone can't understand
 Watch what I say
 Better communication - different techniques
 Giving myself more space to feel valid and finding community
 Be more understanding and to also open up to help yourself and others
 To listen and support them no matter what
 Empowering others to share their story if they are in the healing process
 Just to communicate with others
 The circle or space tech
 Take up space
 Stopping to listen to others & try to be

How did you hear about this event?

15 responses



What was your main takeaway?

Support feels a lot too
 Be more open
 Many different types of people who experience / how to help
 That everyone deserves respect and to be truly listened to without judgement
 It's ok not to know how to respond, to not have answers, as long as I communicate I can listen and care
 People are going through things every day and you may not know
 I suggest there needs to be a 501C for sexual violence survivors of battery for straight men and women too

That sexual assault can effect people differently
Emotion
All of it
Body language
Don't feel insecure, try and get out of your boundaries
There are resources that will help you

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

(Highlights - see raw data for all answers)

Active, but doesn't require self-disclosure
Fun
Comforting experience / welcoming (x2)
Fantastic. A must!
I would describe it as very understanding and useful for the mental health topic
Impactful, great presenter (Carly)
I would describe it as very helpful (x3)
If you want more knowledge about sexual abuse you should go / educational (x2)
Interesting / revolutionary (x2)
Good

How might you use what you learned today?

Work w/ support
Help my friends
Better communication with others
I'm more aware that I need to just offer to hold space and not project my ideas/feelings
I will probably try and open up more, try to get help to better myself in the future
Plan to make use of mental health services
To comfort anyone that needs it
I already know what I learned today
To be considerate with her emotions
Talk to someone about a problem
Body language
To stand up
Talk to others more personally

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

Lack of education about survivors and different responses
 Unaware
 Not enough understanding
 Extreme religious beliefs
 Being respectful and not being judgmental
 Survivor shame + isolation, survivor support feeling inadequate
 Not having another counselors who are un-judgmental and who are survivors too
 Just trying to understand what they been through
 Communication
 Unity
 Being ridiculed / shamed

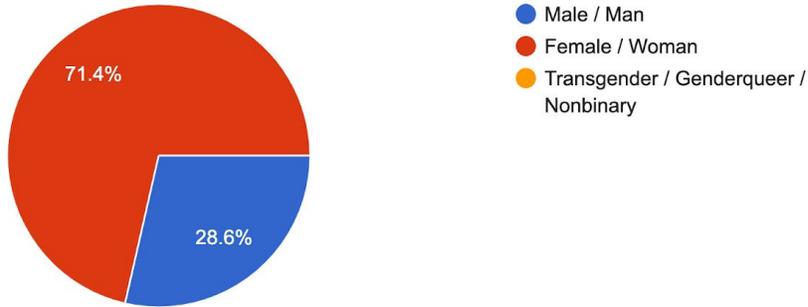
How can we improve this event in the future?

Warm up exercise that's less heavy/related to sexual violence, so small groups are more inclined to interact
 Try to learn / better understand
 Have it somewhere passers by can notice & join in
 I think it was fine how it is. I really enjoyed it, thank you for having me (x6)
 Have more interaction in a theatrical there
 Improve on activities
 To listen to others

Major	
Anthropology	1
Psychology	2
Basic TV Production	1
Nursing	5
Music	1
Human resources	1
English	1
Film/Business	1

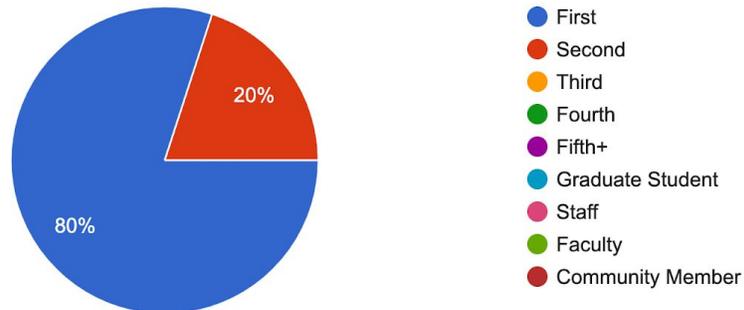
Gender

14 responses



Year

15 responses



Race / Ethnicity		
Asian / Asian American	0	
Black / African / African American	3	20%
Hispanic / Latinx	5	33%
Middle Eastern	0	
White / Caucasian	3	20%
Multi-racial	4	27%