

# Our Bodies, Our Minds

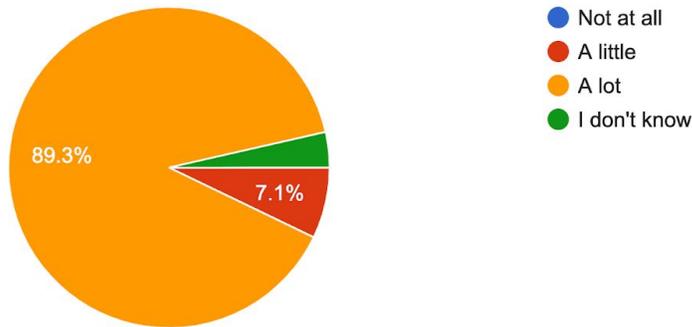
## Post-Workshop Evaluations

Santiago Canyon College  
April 24, 2019

Number of attendees: 35  
Number of evaluations: 28

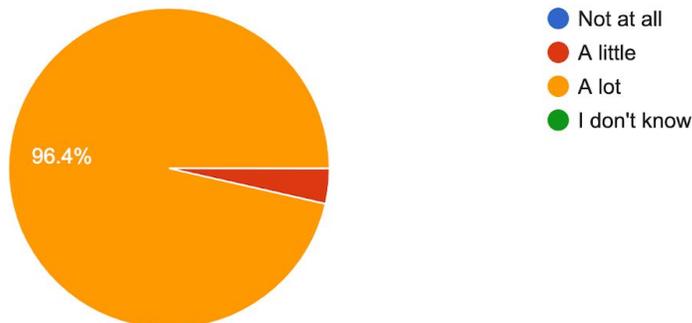
In your opinion, did this event create awareness of the mental health impacts of sexual violence?

28 responses



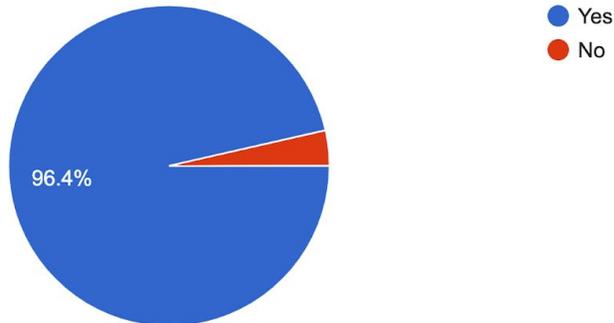
In your opinion, can this workshop help communities be safer and more supportive of survivors of sexual violence?

28 responses



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

28 responses



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

As a survivor it was heavy but I think effective  
 It was really good. "Therapeutic" in one word  
 I thought they were helpful  
 Wonderful  
 For me they brought me more into the conversation and made me feel more involved  
 They were eye-opening and informative  
 It felt interesting to think about our emotions  
 They were unexpected in a good way  
 They were extremely opening to my own self  
 It was very acknowledging of how I was actually feeling  
 Helped to not hold in uncomfortable feelings  
 Eye-opening, made me realize differences between people  
 Becoming aware with my body connecting with my emotions

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

Emotional, relatable, and helpful  
 Helped me realize thoughts aren't the same  
 Enlightening

They showed some insight on how survivors and their loved ones may feel in these situations  
It made the situations more real  
Fun and eye-opening  
They were helpful to get in depth of a situation  
It felt empowering and peaceful  
It really helped me think and even understand what it is like for survivors or even the supporters  
It gave us multiple different perspectives that I wasn't aware of  
Good to see different perspectives  
Made me want to help people

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

It was inspiring  
Resources were helpful!  
Love it, can we get more?  
Amazing!!  
Very informative and had a lot of useful tools  
Very deep, all of them are amazing  
Awesome!  
The panel of speakers were very helpful  
They seemed helpful and friendly  
Very nice. I went to high school with Bri so it was nice to see  
Brianna is so strong and the other women are God-sends for helping all these men/women who suffer  
I liked hearing about all of the different resources available  
I really liked this a lot because hearing someone share their story always brings out how severe it is to go through that

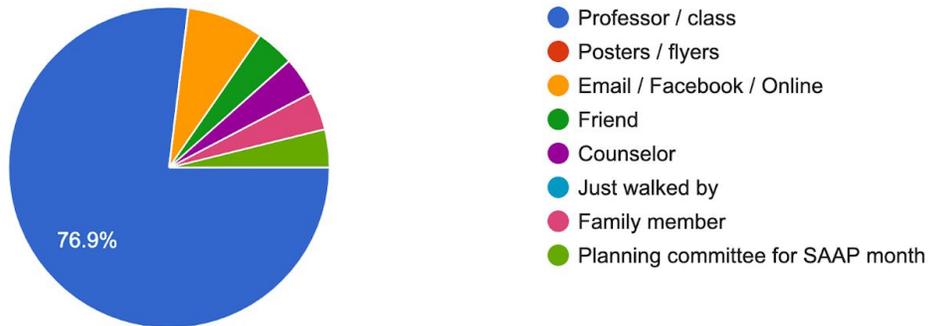
### How would you describe the tone or feeling of the workshop? (Highlights - see raw data for all answers)

Informative, safe, engaging  
Educational and hopeful  
Safe  
Open and supportive for everyone to be involved  
Positive and empowering  
Healing, nice, deep, emotional  
Comfortable  
The tone is welcoming and supportive  
Very uplifting but heavy at points

Honestly it felt like a safe place  
 Empowering, uplifting  
 Hopeful  
 Welcoming, accepting, open-minded  
 Comfortable and open discussion

### How did you hear about this event?

26 responses



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

It wasn't our fault  
 How much miscommunication occurs between survivors and loved ones  
 Useful and important  
 That survivors of sexual violence have resources open for them and they aren't alone  
 How to best support survivors  
 How to deal with sexual assault as a supporter and survivor  
 The use of monologues is a really useful technique to explore this issue  
 Not to blame yourself, resources  
 Survivor NOT VICTIM  
 Knowing how to help survivors of sexual assault  
 Be empathetic  
 How to help survivors and even support them  
 Resources and options  
 That it was not my fault  
 Giving others room to speak  
 Sexual violence is more serious than what people say it is  
 To be open and not fearful of communicating your traumas

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

(Highlights - see raw data for all answers)

Helpful, fun, informative  
Informative and open to everyone to be involved  
Interesting  
Powerful  
Empowering  
Inspiring and helpful  
Eye-opening and worth going. You'll definitely learn a lot  
Positive and safe  
Cool!  
Essential and powerful and inspiring

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

To help / support others  
If I ever need any of these tools I have them now for friends or myself  
To speak to survivors and be more understanding  
I am going to use some of the victim resources  
Resources to help others  
Use my knowledge for the others around me  
To be understanding  
Well if I ever come across a survivor I'll know how to support them  
I will carry the knowledge with me for future experiences  
Be supportive  
If I ever know someone who is a victim, how to help

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

Stereotypes, misunderstanding  
People usually don't want to talk about things that make them uncomfortable  
No one wants to acknowledge the problem  
People who don't take sexual assault seriously  
Be made fun of  
Not being educated enough  
Prejudice and discrimination  
Lack of culture support

Not enough resources and language  
 Our stories sometimes isn't as bad as others so we don't think we feel the same  
 Communication  
 Being able to learn about it

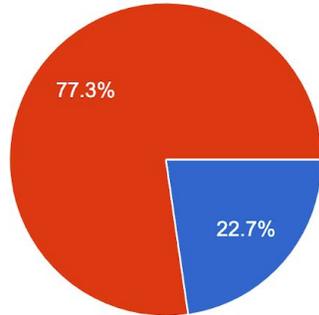
**How can we improve this event in the future?** (Highlights - see raw data for all answers)

It was great! (x8)  
 More marketing (x4)  
 Legal source what can people do  
 Maybe a male survivor. As a male victim I often feel so alone and isolated  
 Having more moving activities  
 More survivors

Major	
Art	1
AS	1
Biology	1
Child Development	1
Criminal Justice	1
Fine Art	1
History	1
Human Services	1
Liberal Arts	1
Non-declared	1
Nursing	3
Philosophy	1
Political Science and Psychology	1
Psychology	3
Women's Studies	1

### Gender Identity

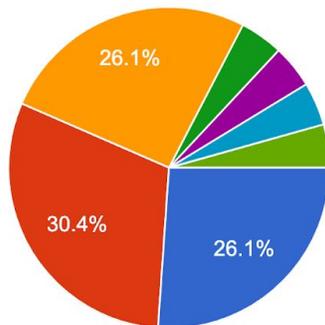
22 responses



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

### Year

23 responses



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

Race / Ethnicity		
Asian / Asian American	2	9%
Hispanic / Latinx	6	27%
Middle Eastern	1	5%
Pacific Islander	1	5%
White / Caucasian	8	36%
Multi-racial	4	18%