

Our Bodies, Our Minds

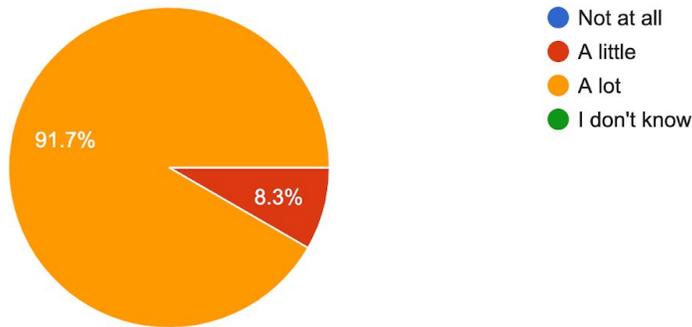
Post-Workshop Evaluations

San Juan College
March 29, 2019

Number of attendees: 12
Number of evaluations: 12

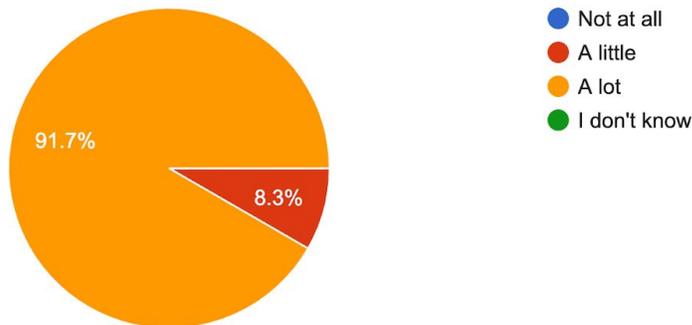
In your opinion, did this event create awareness of the mental health impacts of sexual violence?

12 responses



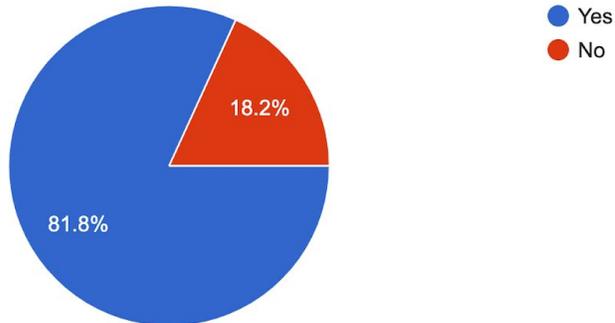
In your opinion, can this workshop help communities be safer and more supportive of survivors of sexual violence?

12 responses



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

11 responses



What were the introductory activities (moving around the room, making sculptures) like for you?

It was very helpful and destress
 Engaging, informative
 With PTSD it was not really an option
 Brought up some really old stuff that's ready to release
 Different, interesting, helpful
 I personally had no liking for the walking around aspect
 Very motivating to just be me
 I don't know
 Very different, a little awkward
 It woke me up and made me more in tune with my feelings and surroundings
 Awkward at first but very effective
 Weird, but fun?

What were discussing the monologues and doing the scene exploration like for you?

Great and eye-opening
 Okay from my chair
 Helped connect with others
 They were interesting, breaking down

Mindful

Was a great experience, opened my eyes more

It was a whole perspective, what we can learn

It felt comfortable, friendly, inviting and secure

Nice. It wasn't a real thing so I was more comfortable

What was the panel of speakers like for you?

Amazing to find my voice

Good

Kim was great!

It was very helpful

Exciting, engaging, realistic

They were very informative

Nice, and introductive

The panel was very informative and welcoming

I liked them a lot

How would you describe the tone or feeling of the workshop?

Conscious of people

Welcoming, dynamic

Positive

Excellent and well put together

Genuine, caring

Very welcoming

Relaxing, eye-opening, welcoming

It was really good and educational

Neutral, everything was explained very well

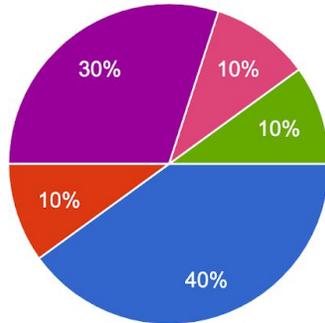
The tone or feeling felt right along with what I was feeling. Maybe a little timid, but trusting

Very inviting, safe

Awkward

How did you hear about this event?

10 responses



- Professor / class
- Posters / flyers
- Email / Facebook / Online
- Friend
- Counselor
- Just walked by
- I work at SJC
- Family Crisis Center

What was your main takeaway?

Find your voice
 I need to seek counseling
 Talk about it!
 To start counseling
 Approach on sending help
 There is help everywhere
 To learn how this relates to psychology
 There is help in this community
 I'm not alone

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

A good workshop to learn more about our bodies and our minds
 Amazing
 Awesome
 Go to it next time
 Empowering
 Eye-opening
 Fun and very informative
 To go and explore, be aware
 Great!
 An experience
 Helpful yet awkward

How might you use what you learned today?

Everything was good
Continue to speak out
Keep supporting others like I do - TAKE care of me first
Encourage others
Apply this to my life
Being mindful
To help someone in need
To be aware who is having a problem
I will use everything!
No idea

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

Lack of understanding
Not all that familiar with this area
There is way too much violence here
Being offensive
Waitlist to receive sexual assault sources for free
I don't know
Afraid of retaliation
Everything it feels like

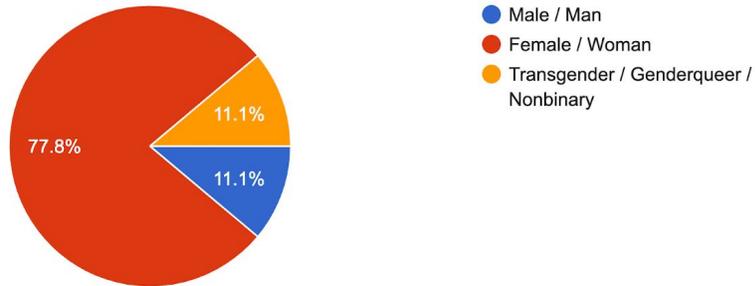
How can we improve this event in the future?

Make more workshops
Provide alternatives for activities
More survivor stories
It's already awesome
Present more on specific problems and cause and effect
None
Not sure

Major
History / Education
Dual credit
BSW
Surgical Tech
Liberal Arts
Chemistry
Service provider

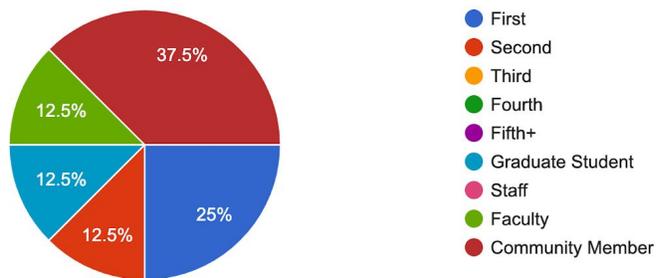
Gender Identity

9 responses



Year

8 responses



Race / Ethnicity		
Hispanic / Latinx	2	20%
Native American / First Nations	3	30%
White / Caucasian	4	40%
Multi Racial	1	10%