

Our Bodies, Our Minds

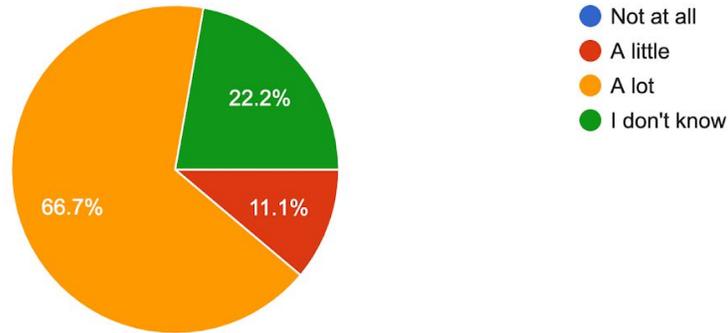
Post-Workshop Evaluations

School: Shasta College
Date: March 9, 2020

Number of attendees: 13
Number of evaluations: 10

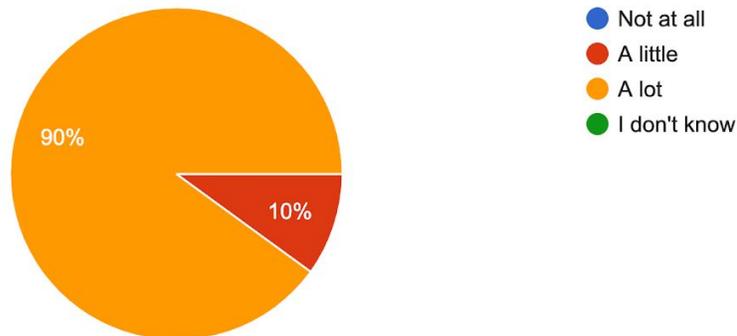
In your opinion, did this workshop raise awareness about the mental health impacts of sexual violence?

9 responses



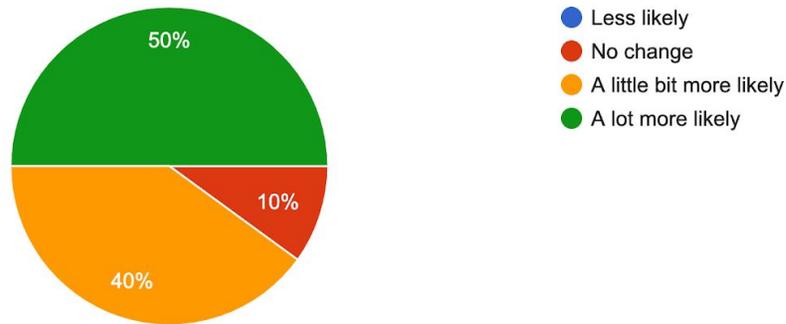
In your opinion, can this workshop help communities be safer and more supportive of survivors of sexual violence?

10 responses



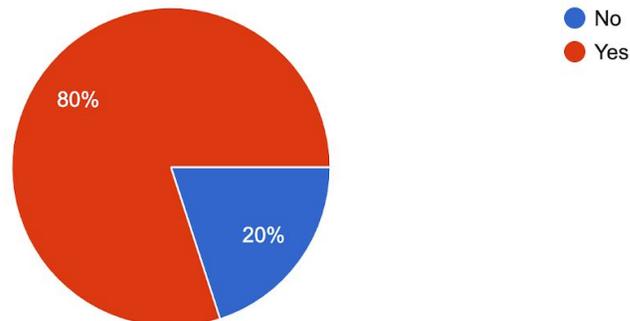
After this event, are you more or less likely to take action to support yourself or others when it comes to healing from sexual violence?

10 responses



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

10 responses

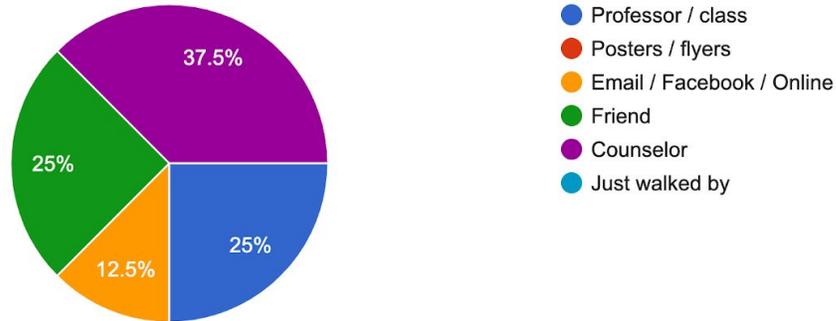


What types of tools or action do you think you might now take to support healing from sexual violence for yourself or others?

- Recommending therapy
- Just support in general
- To take time for self and use resources such as OSP and Shasta Cares
- Asking questions. No assumptions!
- There are many ways to help people struggling like Kara [character from the monologues]
- I need to remember to reach out to my support system
- Writing it out, speaking it out. Allowing the feelings and space to BE. *LOTS
- I can offer the support I've gotten

How did you hear about this event?

8 responses



What was your main takeaway?

- I'm still processing
- Be more aware
- How to handle situations better
- The importance of processing
- This is a shared experience, with a shared solution
- We can all do something to support survivors
- Lean in to help others
- Sexual violence can have more impacts than the obvious
- All the perspectives
- That I'm not alone

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

- Stressful
- Powerful
- A seminar to go over sexual violence
- Informative and helpful
- Wonderful. Comfortable. Fun. Meaningful
- Safe, inclusive, helpful
- Interactive
- Putting one foot outside my comfort zone to better understand myself
- Uplifting
- Informative, with comfort

How might you use what you learned today?

(Highlights - see raw data for all answers)

Make a change
 Use it with someone else struggling
 To help others and myself
 I would like to be a community resource
 Reach out more often to circle of friends / with friends; at work (x3)
 Not sure yet / I guess I'll find out (x2)
 I can use the shake-it-off tool to decide how to feel

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

(Highlights - see raw data for all answers)

Not really taking initiative
 Ignorance. Stigma (x3)
 More consequences to perpetrators
 Open communication
 Difficult to reach mental health services
 Resources

How can we improve this event in the future?

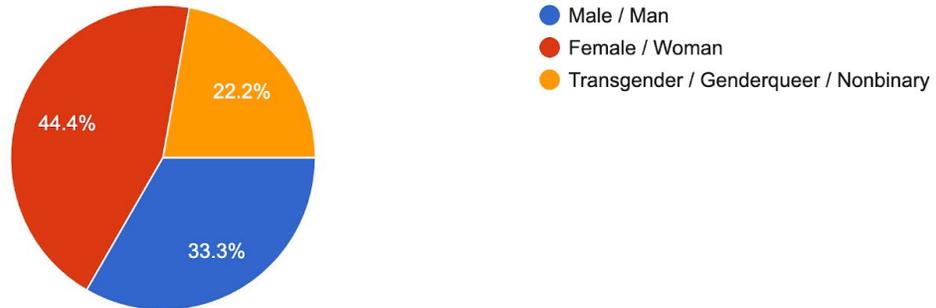
I think it does what it's supposed to do
 More time put into recruitment / participant outreach
 Highlight the "free food" aspect to improve attendance
 More time!

Major

Art	2
Liberal Studies	1
Psychology	1
Social Sciences	1
N/A	2

Year	
First Year Year	2
Second Year	2
Third Year	2
Fourth Year	0
Staff Member	2
Faculty Member	1
Community Member	1

Gender
9 responses



Race / Ethnicity		
Asian / Asian American	0	
Black / African / African American	0	
Hispanic / Latinx	3	30%
Middle Eastern	0	
White / Caucasian	5	50%
Multi-racial	2	20%