

Our Bodies, Our Minds

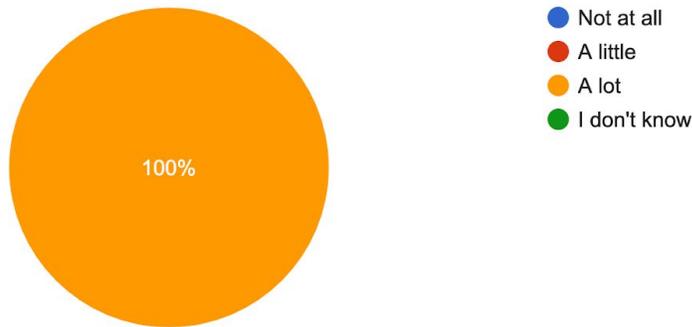
Post-Workshop Evaluations

Truckee Meadows Community College
April 18, 2019

Number of attendees: 30
Number of evaluations: 24

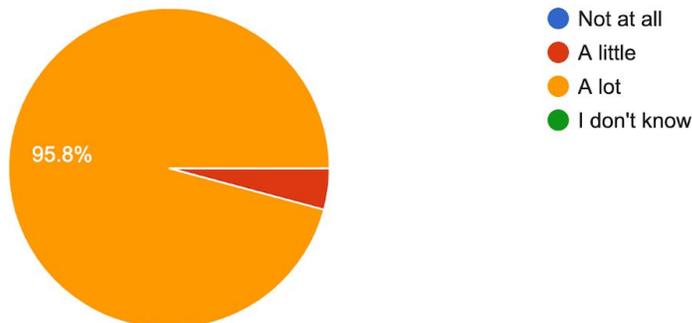
In your opinion, did this event create awareness of the mental health impacts of sexual violence?

24 responses



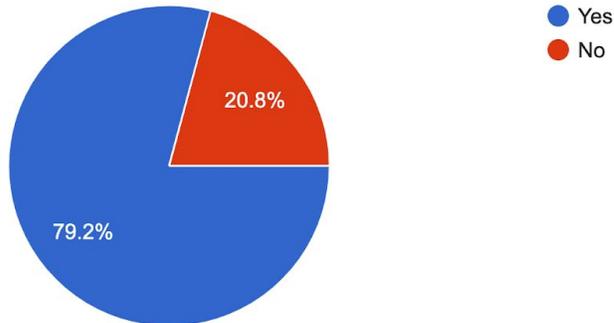
In your opinion, can this workshop help communities be safer and more supportive of survivors of sexual violence?

24 responses



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

24 responses



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

I liked the movement and explanations of the events
 A new experience
 They were mind changing, opened my mind so much.
 Very familiar
 Not my favorite, but I understand the significance behind it.
 Definitely different feeling moods quickly
 Good to connect
 Fun and engaging
 Seeing how words made people feel
 Good warmups, setting the scene
 It's good. It makes us guess around
 Eye-opening

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

I felt like I learned something new that's not said a lot
 They were very relatable
 So engaging
 Good, it brings a lot of attention to the feelings of the individuals

Seeing different points of view were good and helpful with understanding
Introspective
Made me more self-aware
Fun and also more personal
Emotional
It was good. Small groups seemed appropriate.

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

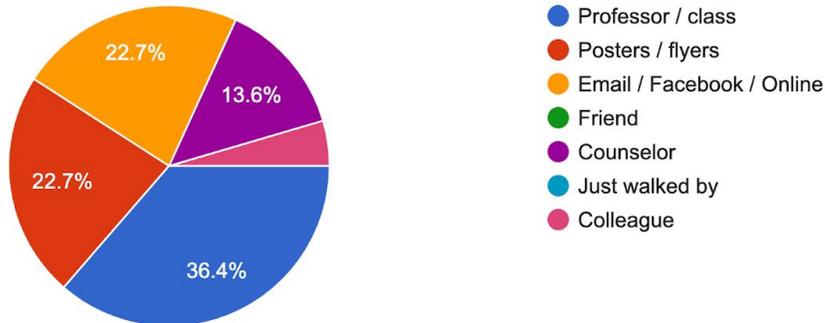
Positive
Encouraging!
They were amazing
Very emotional because I saw myself in their shoes, I'm a survivor as well.
Heartbreaking
Great! It makes people feel like they're not alone.
The speakers were powerful - best part of the program, in my opinion
They were helpful in talking situations out
Helpful and educational
Very informative and important
Passionate
Very open

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

Engaged
Lifting
I left hope
Warm, safe, very educational
So calm.
Supportive. Safe
Safe, comfortable, low-key
Educational, uplifting
Really enjoyed it
Positive
Serious and moving

How did you hear about this event?

22 responses



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

How to help others
 Get help and speak up.
 I'm not alone
 How ubiquitous the heinous crime of rape is
 People are here for you
 To listen, encourage, and not to try to "solve" a person's feelings
 The importance of doing more of this on campus
 Trying to help in any way you can
 Be compassionate
 Awareness
 The effects
 It just seemed like a nice forum for community reflection / conversation.
 There is help

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

(Highlights - see raw data for all answers)

Super fun and you learn a lot!
 Life-changing
 Excellent
 Supportive, a safe environment, informative, transformative
 Supportive, safe environment
 Helpful in understanding what is going on with people around us

FUN!

Experiential

Educational

Active, diverse, performative

Moving

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

To encourage survivors to get help

Tell others what resources to use

I will no longer feel out of place. I will act like I belong.

Telling people that if someone did something wrong to you, report them right away.

To help others around me feel comfortable to help myself heal.

Being understanding of others

Confidence to help in any way I can

To be kind and caring

Telling people they aren't alone

Educate others

That we might not say "get over it."

Try to come to terms with my own experiences

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

Victims feeling safe to disclose

Nobody talks about it

People have closed minds. They simply don't like talking about it.

Be careful who you choose to get involved with.

Communication, fear of rejection

Fear, shame, lack of awareness of resources

More resources

Trying to see things from the other people's perspective

Not speaking up

Stigma. Lack of education and skills.

Fear

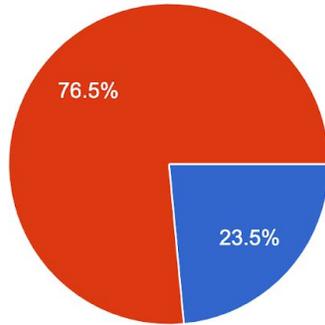
How can we improve this event in the future? (Highlights - see raw data for all answers)

Everything is perfect (x4)
 A support group
 Give more good advice about what people should do about cases like these.
 SHORTEN the program by cutting it way down. RECYCLE paper (ask for them back... the stories)!! :)
 Maybe incorporate more of the audience
 Having peers maybe share their instances if comfortable
 More pictures
 I'd teach more techniques.
 Make it a bit more noticed

Major	
Accounting, Information Sciences	1
Biology	1
Business	2
Computer science, math	1
Nursing	1
Professor of women's studies	1
Psychology	1
Social work	2
Wildlife conservation	1

Gender Identity

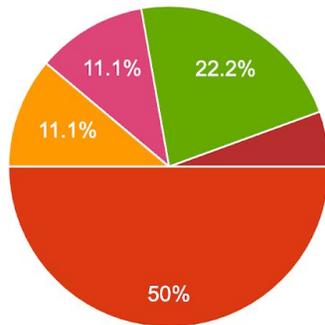
17 responses



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

Year

18 responses



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

Race / Ethnicity		
Asian / Asian American	1	5%
Black / African / African American	1	5%
Hispanic / Latinx	7	35%
White / Caucasian	8	40%
Multi-racial	3	15%