

Our Stories Our Voices: LGBTQIA+ 2021

Post-Event Evaluations

Coming Out Twice
August 10, 2021

Approximate maximum attendance: 57
Number of evaluations: 15

Gender Performance and Mental Health
August 10, 2021

Approximate maximum attendance: 47
Number of evaluations: 19

The Intersection of Queer Sexual and
Mental Health
August 11, 2021

Approximate maximum attendance: 48
Number of evaluations: 12

The Colonization of Gender and
Sexuality
August 11, 2021

Approximate maximum attendance: 63
Number of evaluations: 13

Queer Identity and Artistic Expression
August 12, 2021

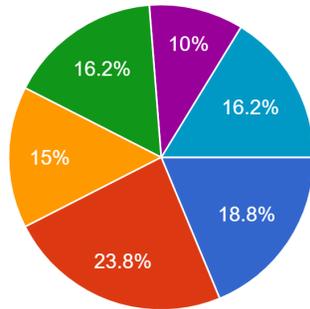
Approximate maximum attendance: 37
Number of evaluations: 8

Intergenerational Wisdom and Queer
History Across Cultures
June 23, 2021

Approximate maximum attendance: 38
Number of evaluations: 12

What event did you just attend?

80 responses



- Coming Out Twice: Finding the Right Time to Tell a Story
- Gender Performance and Mental Health
- The Intersection of Queer Sexual and Mental Health
- The Colonization of Gender and Sexuality
- Queer Identity and Artistic Expression
- Intergenerational Wisdom and Queer History Across Cultures

What are your initial thoughts about your experience at today's event:
(Highlights: see raw data for full list)

I loved how you could feel the rawness of the emotion in both films. And how talking about Mental Health reduces the stigma.
This was wonderful. I really enjoyed my experience to get to know the community and hear the speakers
I could relate to their coming out stories.
This experience was super validating and it felt really nice to know this space exists
The content and moderators were all amazing, inclusive, and brilliant!
I loved participating in the event. It's so important to provide these spaces for deep, vulnerable self expression.
I was very happy to hear from other human beings that are like me. Despite the fact that we identify differently and come from different backgrounds, I was so happy to hear their perspectives. The videos were really effective and also made me more empathetic and not feel alone. I felt very safe too, I felt the safe space to listen to what they had to share and safety to share my experiences.
It was very powerful and an honor hearing people's journeys, struggles, thoughts, and hearts.
Excellent, it was diverse and well facilitated!
I loved the power of vulnerability, range of resources, and strength in community
I liked the format. The short videos with questions afterwards for the two creators was perfect for keeping attention.
I thought it was an inspiring and insightful event. I learned a lot and I'm interested in attending more events.
Absolutely beautiful and trauma informed
So awesome. The films were beautiful and the panelists all had insightful things to say and the moderator guided us beautifully
Absolutely beautiful. Chills. So captivating and the panelists were such warm, kind, safe presences.

What was your key takeaway?

We are stronger together.
Mental Health is a journey we all take at some point in our lives. Some of us live with it daily. But the intersectionality of Mental Health with the LGBTQ+ community is high.
The importance of being your true self and finding those who support you whole-heartedly.
It can be as difficult or more difficult to disclose mental health challenges as it is to disclose your sexuality
Steph said it: "Gender is weird". <3
Gender and sexuality are like a buffet - take what you like and leave the rest.
Drag gives a great opportunity for supported gender performance
My femininity and masculinity are completely valid, and it's beautiful! It is essential to continue dismantling what has been trying to be embedded in me as a child from my origin/family and certain internal homophobia from some of the LGBTQIA+ community (not all). There are still some internalized/colonized problems. But seeing/hearing these 3 artists really reassured me to keep going and continue to show up to my fullest self.
Gender Performance is something that was taught to us since birth and is based on cultural norms
We have come a long way but need to continue to make changes to ensure equality.
Thinking about ways to intentionally connect with folks younger and older than me
Our artistic expressions may be step by step and we can move through our feelings of regret and insecurity to express what we want within art!
There were very many relevant points made about queer identity, how expressing who you are with the Arts is really helpful.
They asked all the right questions, I want to take some time to write about my answers.
Culture plays a major role on gender and stereotypes but making a conversation about this can be educational to both parties.
Art is a way to express what's inside but can also be a way to bring others in
The role of trauma in art requires boundaries and we're not beholden to share our traumas with others, even though there's a sense of wanting to connect.
The power of vulnerability shined in this session.
You're not alone in your pain. Someone out there relates; maybe in a different way, but similar.
Made me realize the importance of access to role models to facilitate belongingness and community.

How might you use what you learned today?

I would like to share these films with my students to provoke conversation.
I will use what I learned today in my personal life and professional life by decreasing my own personal beliefs of inferiority, and by continuing to believe in my cause to counsel members of the LGBTQ+ community in

hopes of providing support, education, and coping skills to enrich their lives.
As a teacher, I will strive to be someone my students feel comfortable sharing their identities with.
It was really inspiring to see how other people have navigated their way through things and I want to learn from their strategies
I will be more compassionate towards others, in general. Because other people are going through difficult things that we don't even know about
I now have greater awareness of gender performance (not expression) and how it can help gender non-conforming people's mental health
I'm going to move forward with a more accepting view of myself and others
Definitely, as a dance artist, I would love to continue creating art and intertwining mental health elements to my choreography and speak through my art, in hopes to reach other people or at least 1 person that can relate. Today was very inspiring to see the 3 artists (especially since each one is so different, yet alike).
Heading to a drag show, post-covid :)
I will use this information to better serve my clients and to be a more compassionate member of the queer community
I will explore and figure out what I identify as.
I will learn more about the history lived by LGBTQIA elders
I feel more comfortable knowing that other queer people feel similarly in their artistic expression and processes.
I want to connect more with folks like me and the amazing people on the panel today.
This session made me reflect on strategies to facilitate spaces that are inclusive of both older and younger generations in the LGBTQ2SIA+ community. For example, they talked about fundraisers for LGBTQ2SIA+ individuals sometimes being catered more to youth, thus discouraging older generations from attending.

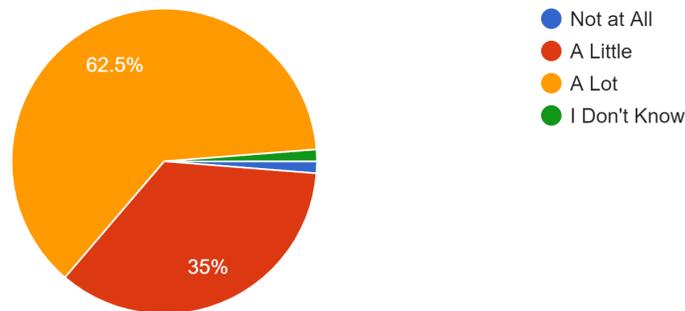
How can we make an event like this better in the future?

More age diversity. Not everyone confronts these issues before 50!
Less stigmatizing language about mental health - mental illness isn't "positive" but it doesn't have to be as negative as it was discussed in the chat. More knowledge about mental health in the speakers / panelists -- the emphasis was definitely on queer experience here, and that was great, but some basic info about the dual spectrum of mental health could be handy (having a mental illness doesn't mean you have to have poor health! People with no mental illness can really struggle with their mental health too)
More about mental illness and queerness
Maybe a verbal q&a at the end instead of the chat alone
The discussion part felt a little long and not as structured towards the end (even though I acknowledge that there were guiding questions). Maybe the speakers could engage with audience questions as well?
Ironing out tech issues
Perhaps continue this conversation, with different nationalities, BIPOC/Disabled, and intersections inside our LGBTQIA+ community.

There were some tech issues with getting the films to play that made it difficult to follow along
Maybe having someone moderating the discussion who's not one of the panelists?
Have events about colonisation facilitated by someone with a lived experience of it. I didn't think the questions asked of the panelist were very good, they were a bit generic and at the same time difficult to answer. I would have felt more comfortable as a POC listening to a conversation on decolonisation, if the person asking "how do we decolonise" wasn't white, expecting Black and Indigenous people to explain it to him.
Manage time so that it's not so dragging
Include Continental Africans in the diaspora.
I think consistent messaging around the title of the event and what the event actually is would be awesome.
Have a key facilitator/mediator during the conversation to ensure all guest speakers have a chance to share.

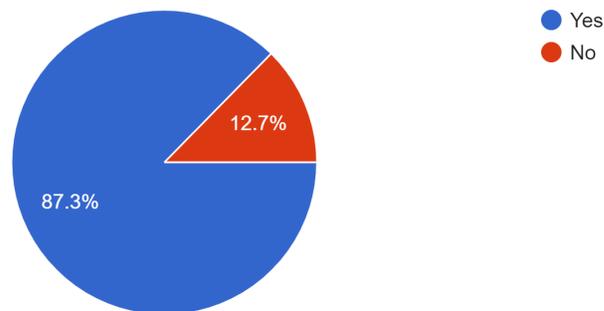
Did this event enrich your understanding of LGBTQIA+ mental health experiences?

80 responses



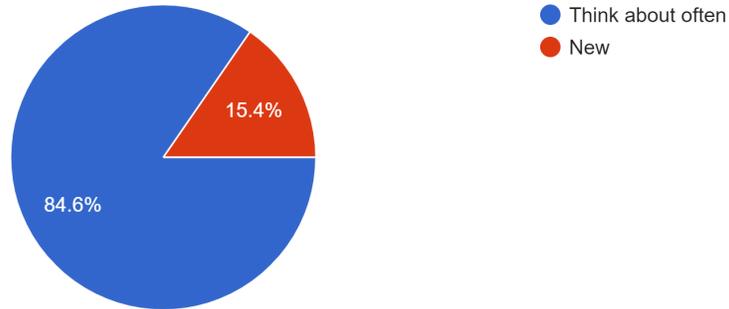
Did the films expose you to new perspectives on mental health issues experienced by LGBTQIA+ communities?

79 responses



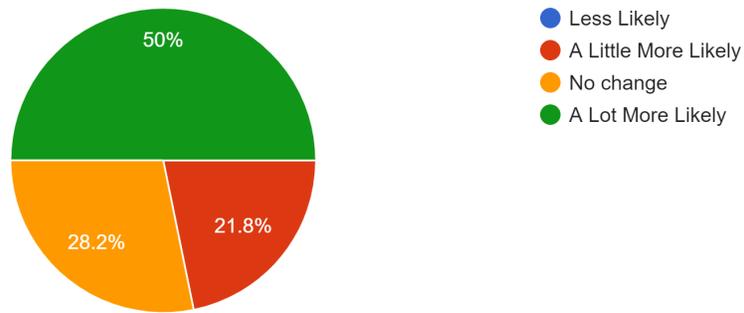
Was the topic of today's event something you think about often, or was it new for you?

78 responses



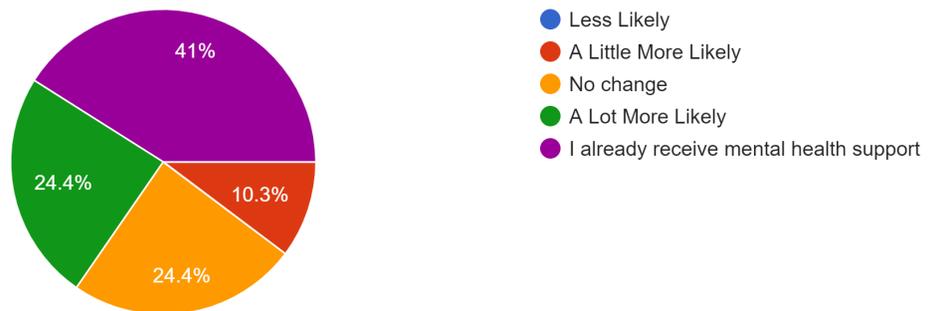
After this workshop, are you more or less likely to take action to support the mental health of queer folks in your life?

78 responses



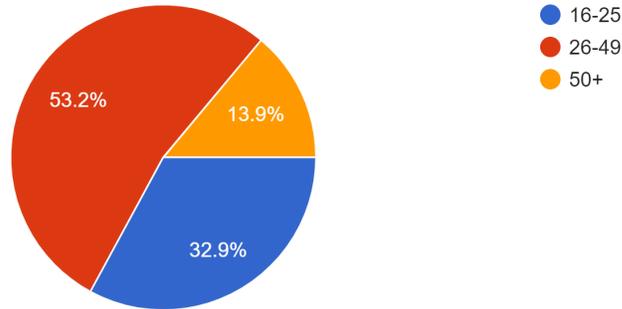
After this event, are you more or less likely to seek support for your mental health?

78 responses



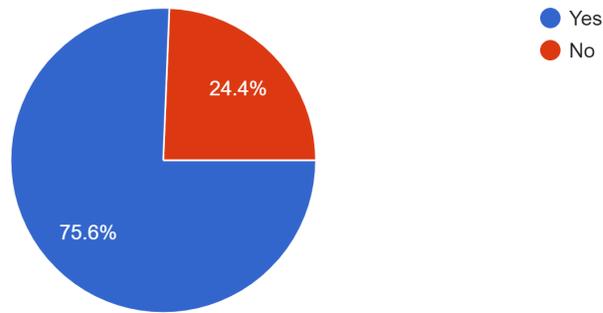
Age

79 responses



We are interested in your connection to the topics we're exploring through this program; do you identify as LGBTQIA+?

78 responses



What country did you tune in from?	
United States	46
Canada	26
Philippines	1
Mexico	1
United Kingdom	1

What state/province did you tune in from?	
California	27
British Columbia	11
Ontario	9
Utah	3
Washington	3
Quebec	3
Hawaii	3
North Carolina	3
Alberta	2
Saskatchewan	1
Virginia	1
Puebla	1
Pennsylvania	1
Oklahoma	1
Massachusetts	1
New York	1
Indiana	1
Colorado	1

Are you a...?	
Student	30
Artist	27
Mental Health Professional / Volunteer	24
Staff / Faculty at a post-secondary institution	12
Graduated	7
Organizer / Activist	5