

Our Bodies, Our Minds

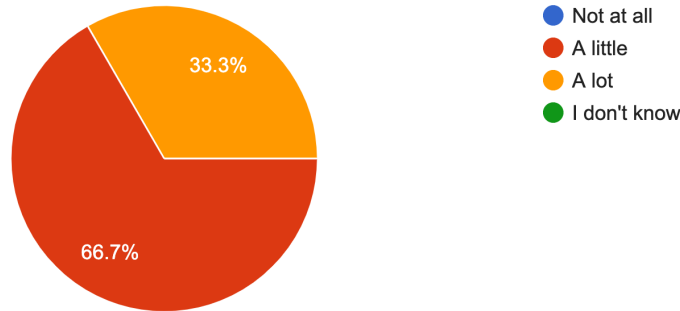
Post-Workshop Evaluations

Brown University
March 9, 2022

Number of attendees: 15
Number of evaluations: 3

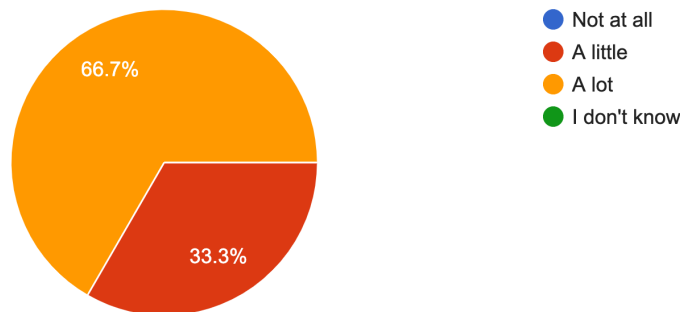
In your opinion, did this workshop raise awareness about the mental health impacts of sexual violence?

3 responses



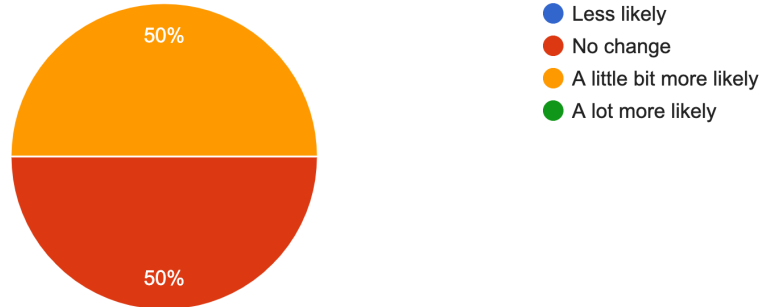
In your opinion, can this workshop help communities be safer and more supportive of survivors of sexual violence?

3 responses



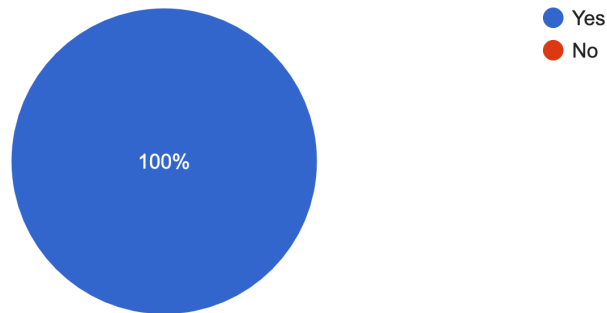
After this event, are you more or less likely to take action to support yourself or others when it comes to healing from sexual violence?

2 responses



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

2 responses



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

- Connect with student led resources in addition to institutional support
- Be here now. Just be

How did you hear about this event?

- SAPE
- Shared with me by a community member
- Email

What was your main takeaway?

- I really liked the the addition of the additional lens that a survivor may not be aware of when receiving messaging from support. There was a beat to take and understand what is being said may have been said better but also makes you feel less isolated if you give your people a minute to support you how you need it, and talk through it. Also great as a support person to be mindful of best practice on things to say.
- Appreciation for all folks doing this work and survivors on a healing journey

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

- Activity based but not scary participation
- Amazing!

How might you use what you learned today?

- Reframe approach/ narrative to meet others where they are at...support the supported in approach too
- In my daily personal and professional life

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

- Power dynamics at Brown
- Getting the people who need to hear the message to the table
- COVID imposed isolation

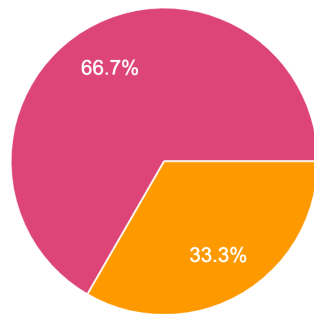
How can we improve this event in the future?

- More attendance
- Keep doing it!

Major	
Gender and Sexuality Studies	1
Psychology	1

Year

3 responses



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

Check any/all that apply

3 responses

