

Our Bodies, Our Minds

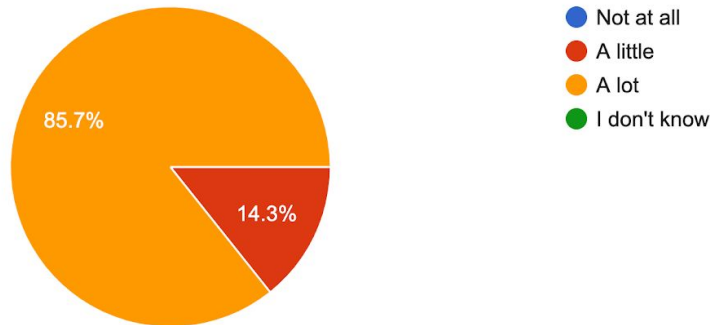
Post-Workshop Evaluations

School: CSU Channel Islands
Date: February 26, 2020

Number of attendees: 50
Number of evaluations: 42

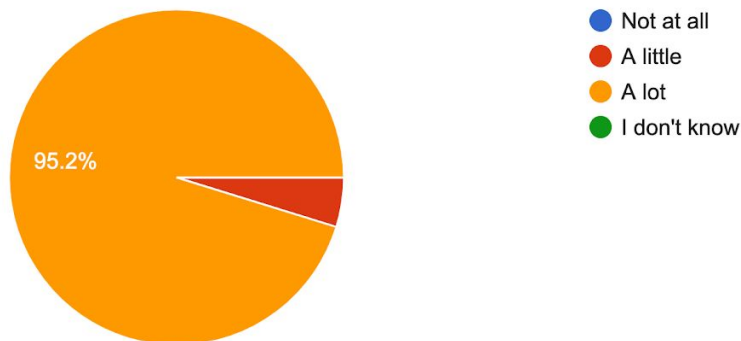
In your opinion, did this workshop raise awareness about the mental health impacts of sexual violence?

42 responses



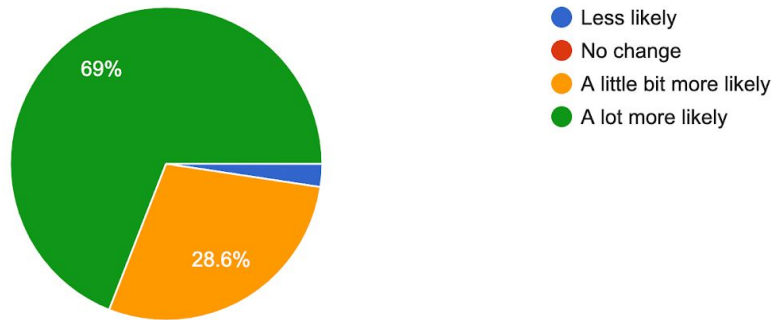
In your opinion, can this workshop help communities be safer and more supportive of survivors of sexual violence?

42 responses



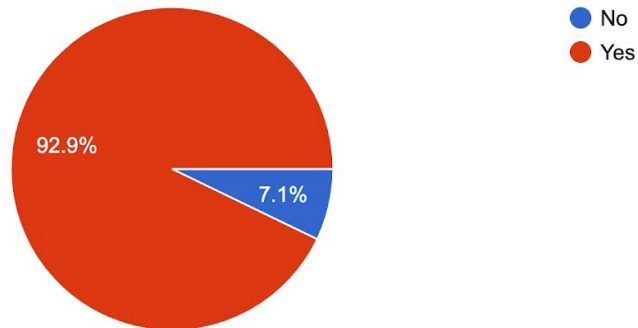
After this event, are you more or less likely to take action to support yourself or others when it comes to healing from sexual violence?

42 responses



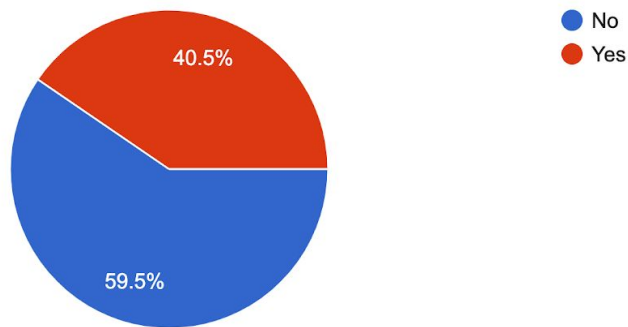
Did you learn about new resources relating to mental health and sexual violence?

42 responses



Did you know about the Mental Health Services Act before this event?

42 responses



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

(Highlights - see raw data for all answers)

Always offer support, be patient and understanding (x2)
 Be kind to myself, it's okay to feel, reflect internally
 Greater empathy and compassion. Giving space and time to heal, but always letting someone know you are there for them (x3)
 Improve collaboration with campus partners
 Check ins and how to better navigate a situation (x5)
 Using forgiveness as a way to rid myself of shame
 Be honest
 Listen, be compassionate, set boundaries (x4)
 Don't force someone to talk about something if they don't want to (x2)
 To not be afraid to seek help, professionally, and convince others to do the same (x3)
 Understanding and hope
 Counseling, talking to friends / just reaching out to others (x3)
 Better listening, understanding and acceptance (x5)
 I know how to talk to a sexual violence survivor and how to help them
 I will actually take the time to speak to someone about the event instead of holding it in
 Walking and acknowledging emotions
 Sharing my experiences with others, helping provide a support system
 How to be open-minded
 Holding my personal emotions back from influencing the survivor

How did you hear about this event?

Psi Chi	12
Dr. Christy Teranishi-Martinez / Event Organizer	10
Professor / class	1
Friend / girlfriend / panelist	8
Posters / flyers	1
Wellness Promotion and Education	2
Work / co-worker	3
Other	2

What was your main takeaway?

(Highlights - see raw data for all answers)

This was an amazing learning experience

Support is always available

Sense of community and knowing there are people who care and we are not alone (x4)

We all are affected in different volumes and depths (x2)

It gets better!

Reinforces the continued importance of having events like these / awareness (x2)

One takeaway is seeing how powerful and strong the panelists were in sharing their stories. Strong women!

Respect is key (x2)

To be supportive and compassionate (x3)

How to respond with greater sensitivity if someone discloses experiences of IPV

Love myself

Let someone tell their story organically / sharing stories is important (x2)

Sexual violence is very complex and multidimensional (x5)

Sexual violence can be a hidden timebomb. Take care of yourself and others

Action is being taken in addressing such an important issue

Many people are incredibly strong and live with domestic violence experiences

Seek and ask for help, it's available

Be more aware of what others might be going through

Sexual assault is defined differently by every single person (x2)

It's my body and mind

Be more thoughtful

Mental health needs to be talked about more (x2)

Safety is a top priority

Be open-minded

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

(Highlights - see raw data for all answers)

Creative, informative and important. And healing! (x4)

Informative and safe place (x5)

Empowering, healing (x3)

Pushes you out of your comfort zone, but overall empowering so you can support yourself and others

Informative and experiential (x6)

It was a life-changing and informative workshop

A way to gain exposure and learn about resources

An awesome workshop to gain awareness

A great tool (cultural toolbox) to gain understanding of others' experience in sexual/partner violence

Enlightening, inspirational
Amazing
Validating and comforting
Theater, interaction, learning how to talk about hard stuff (x5)
Introspective, thought provoking, enlightening
Incredibly moving and informational
Informational at the expense of your emotions
An opportunity to learn and listen from a new perspective
Impactful
Very resourceful
A good way to broaden your knowledge of mental health/sexual violence (x3)
Better way to approach survivors
Empowering, hopeful, inspiring

How might you use what you learned today?

(Highlights - see raw data for all answers)

Just by being supportive, always
Support others, create boundaries (x2)
To help others, as well as myself
My listening and respecting boundaries are importantly growing. Everyone has their boundaries. They should always be respected
Feeling better in teaching others to support survivors (x2)
Take info back to team
I plan to use it in my current and future relationships
To further the support I can offer to those around me (x7)
Asking permission to have conversation
Be more open to the women in my life to share their experiences
Learn to love myself
I'm better aware of resources and how to support someone (x4)
Day-to-day life!
Help spread awareness (x4)
Keep it fresh in my mind
Listening to friends and loved ones without judgement
To be more open to talking to others
Advocate for myself and look for other resources
I now have a better understanding on how to be a good ally (x4)
Better approach
How to approach and apologize

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

(Highlights - see raw data for all answers)

Misogyny (men and women), stereotyping, victim blaming/shaming
Not listening right. Not hearing right. Basic, not caring is the big problem
Lack of knowledge about resource and/or access to them (x4)
Some people might take awareness more serious by being educated on the topic
Misinformation/misinterpretation
Cultural views and gender roles
I never really have thoughts about it until now
The minimizing, "Well it could've been worse"
Insecurity and ignorance of the communities understanding of this violence (x2)
Cost of mental health services
Not feeling safe, fear (x2)
Stereotypes, cultural views
Cultural norms / societal norms (x2)
Stigma against speaking out / shame (x4)
Accessibility and cultural competency
Myths about victims / people assuming (x2)
Judgement and misunderstanding. Unaware of others' feelings (x2)
Not being able to communicate or be understood / not knowing what to say (x3)
I think it's hard for people to seek help
Lack of education about the topic / lack of awareness (x3)
Expectations, stereotypes of victims/survivors
Compassion
Toxic masculinity, sexual judgement (x2)
More diversity for WOC who are survivors

How can we improve this event in the future?

(Highlights - see raw data for all answers)

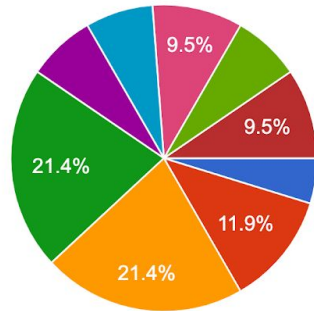
Allow more time to go to booths
I have no complaints / great event! (x4)
I think Maya does a grand job
Consideration of hosting more than one event to capture more students
Have more activities, I enjoyed them!
I personally was not super into the first activity, maybe find a way to engage people differently
I loved the activity where we walked, do more like that

If turnout isn't big losing some chairs. Empty spaces are intimidating
 A little bit shorter but so great. Thank you
 Bring more speakers
 More small group interactions
 More role playing
 Advertisement to get a bigger turn out, lots of students can benefit from this / advertise early (x6)
 Less interactive - I don't want to share my experience yet
 Less pressure to participate in exercises
 Public reading of monologues
 More scenarios
 Introducing acted out skits
 Breaks to use restroom, maybe a video to share
 Less monologues
 Timing, but of course life and hiccups happen, and that's okay!

Major	
Biology	1
Business	1
Graphic Design	2
Health Science	2
Nursing Science	1
Political Science	1
Psychology	23
Psychology, Chemistry	1
Psychology, Chicana Studies	1
Psychology, Sociology	1

Year

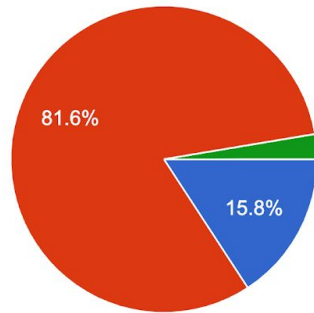
42 responses



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

Gender

38 responses



- Male / Man
- Female / Woman
- Transgender / Genderqueer / Nonbinary
- The A/V Dude

Race / Ethnicity		
Asian / Asian American	0	
Black / African / African American	2	5%
Hispanic / Latinx	15	36%
Middle Eastern	0	
Indian / South Asian	1	2%
White / Caucasian	13	31%
Multi-racial	11	26%