

Our Bodies, Our Minds

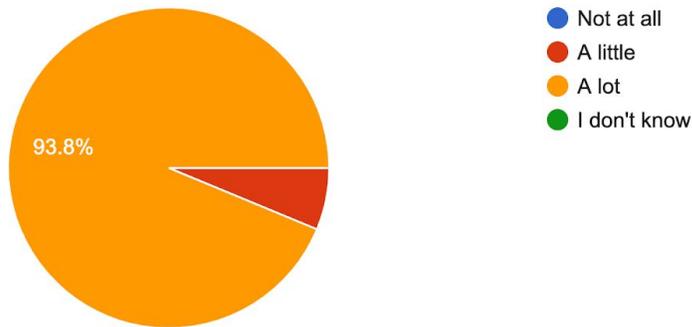
Post-Workshop Evaluations

Concordia University Edmonton
October 9, 2019

Number of attendees: 25
Number of evaluations: 16

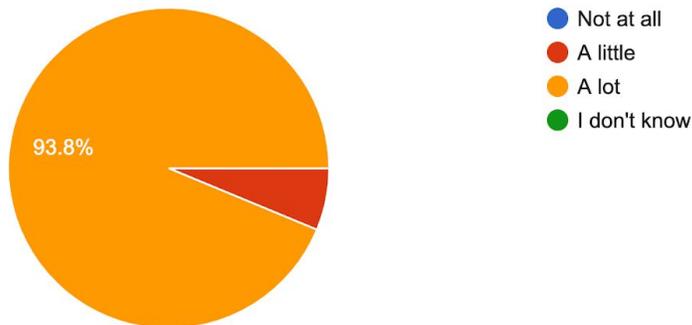
In your opinion, did this workshop raise awareness about the mental health impacts of sexual violence?

16 responses



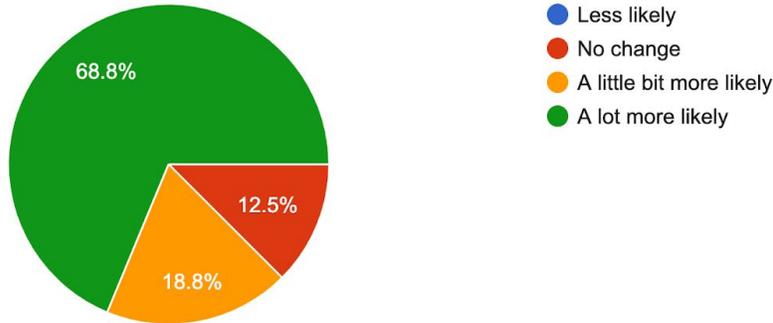
In your opinion, can this workshop help communities be safer and more supportive of survivors of sexual violence?

16 responses



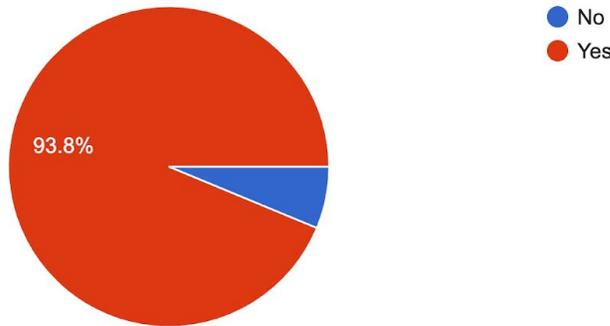
After this event, are you more or less likely to take action to support yourself or others when it comes to healing from sexual violence?

16 responses



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

16 responses



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

More confidence in checking in... listening. Better understanding of why people don't respond well to talking. Supporting victims

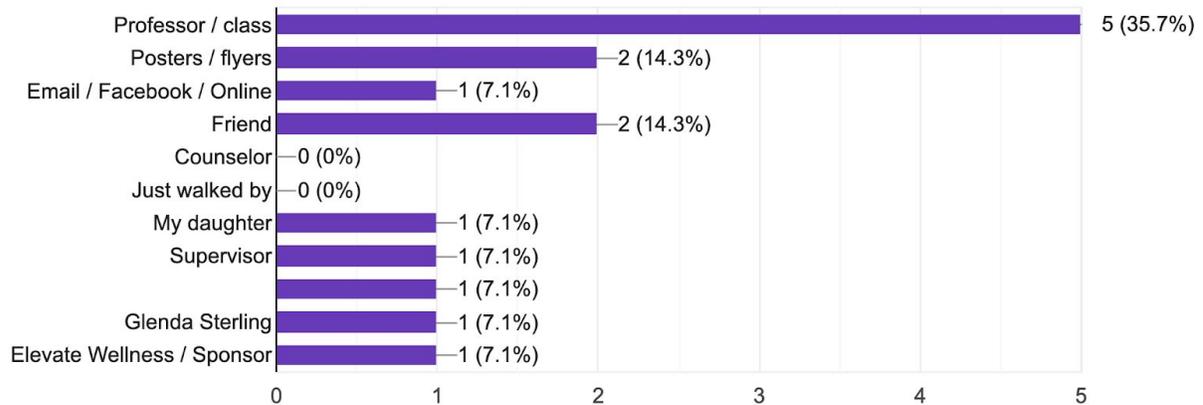
As a MC student and counsellor at CUE, I'm going to continue to learn about sexual violence and provide psychoeducation about consent

I know I have resources that I didn't know about before. I will use them to help my healing process

SACE, talk to them
 Go to counselling at Concordia
 Look into volunteering at SACE
 It's OK to not be OK. Share when you need to and can
 Counselling services
 Websites or support centres

How did you hear about this event?

14 responses



What was your main takeaway?

This really happens... people need support and confidence to talk
 So many things!
 That it's okay to feel the way I do. I'm not alone
 Always believe victims
 Be supportive, remove the stigma
 Different ways to help survivors move past trying to articulate how they feel
 Be there for people
 Miscommunication
 Different services and how to use
 Some great ways to talk to someone who is dealing with sexual assault
 Miscommunication

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

Safe... informative, helpful
Well worth going to!
Well worth it
Brilliant!
Very powerful and eye-opening
Fantastic, educational
Informative and eye-opening
Powerful, thought-provoking, insightful
Life changing
Emotional, insightful, empowering
Powerful
Informative
Helpful and interactive
Knowledgeable and powerful

How might you use what you learned today?

Feel more comfortable talking about it
Support survivors
Use it in my empathy bank!
To help others heal and come to terms with it
Empower people to speak out
Ask people how they are feeling, if you notice something that has changed, be genuine
Research more about Art With Impact and the global community - join the bigger conversation
Use it to help others
How to support those who have gone through sexual assault / survivors
Be an ear for someone and try not to judge

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

Hard to understand it
Sexual education in schools, fear
People who don't understand, victim blaming
Disbelief
Not realizing how common it is and that it happens here at Concordia
Lack of knowledge of trauma-informed practices

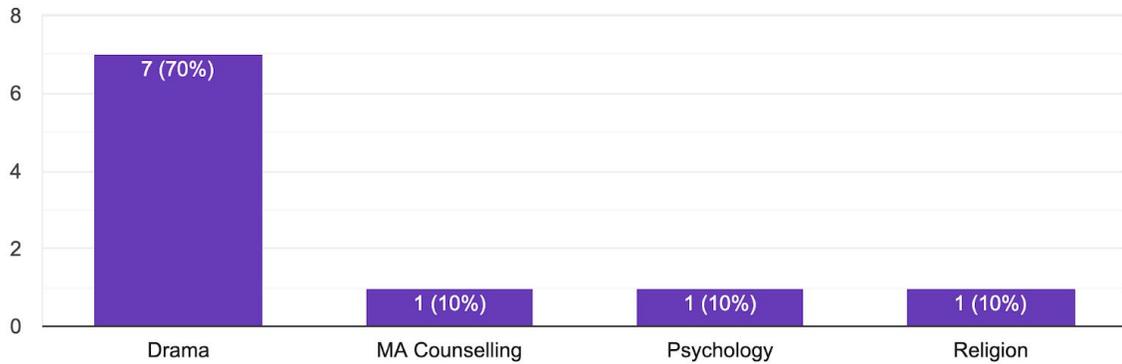
Trust
 Culture, language
 Fear of judgement
 That they deserved it or they didn't know how to approach it
 College culture

How can we improve this event in the future?

Have great self-care as facilitators :)
 Do more and more, more advertising, offer food so more people attend
 If possible, more time for the panel
 Not sure
 More advertisement, maybe have people write on whiteboard instead of saying out loud?
 Nothing - it was AMAZING :)
 Possibly one less volunteer activity

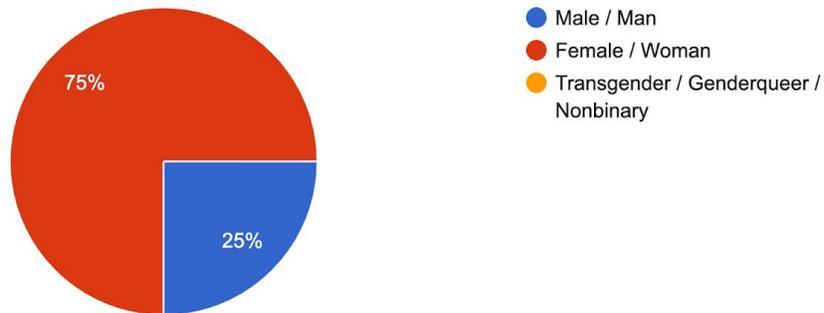
Major

10 responses



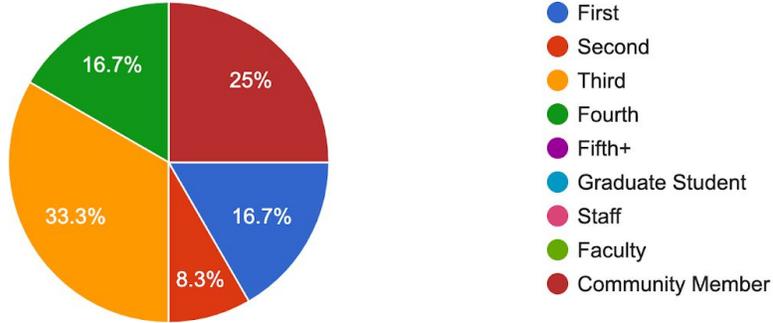
Gender

12 responses



Year

12 responses



Race / Ethnicity		
Black / African / African American	1	7%
Indigenous / First nations	1	7%
White / Caucasian	10	72%
Multi-racial	2	14%