

# Our Bodies, Our Minds

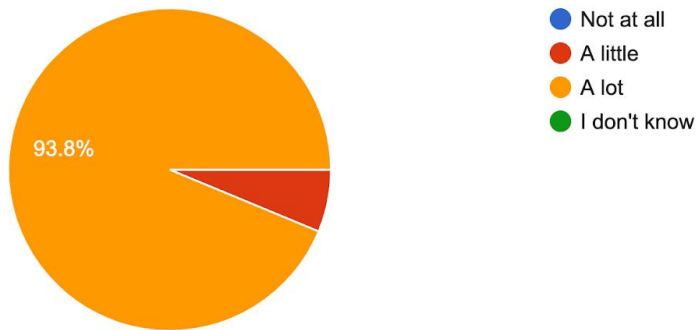
## Post-Workshop Evaluations

Concordia University Edmonton  
October 9, 2019

Number of attendees: 25  
Number of evaluations: 16

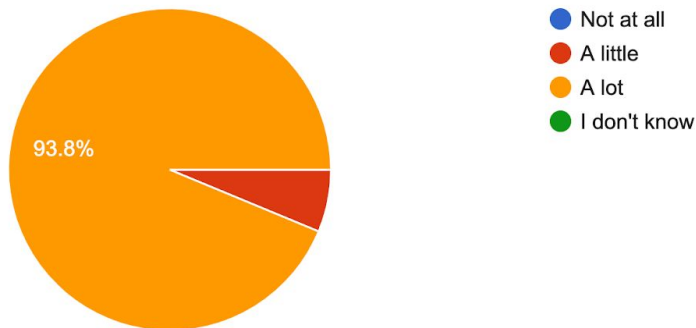
In your opinion, did this workshop raise awareness about the mental health impacts of sexual violence?

16 responses



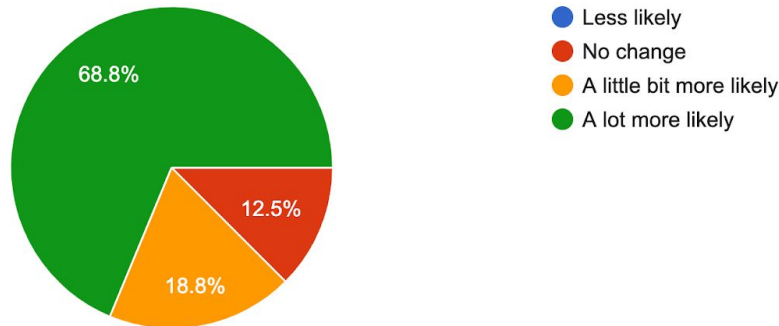
In your opinion, can this workshop help communities be safer and more supportive of survivors of sexual violence?

16 responses



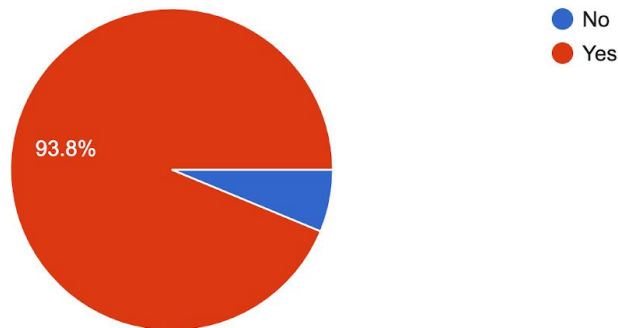
### After this event, are you more or less likely to take action to support yourself or others when it comes to healing from sexual violence?

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

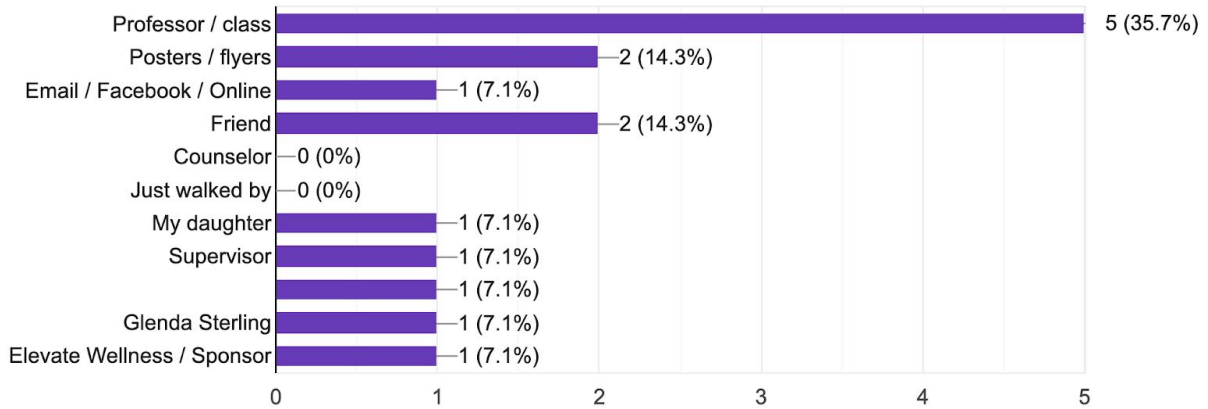
As a MC student and counsellor at CUE, I'm going to continue to learn about sexual violence and provide psychoeducation about consent

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

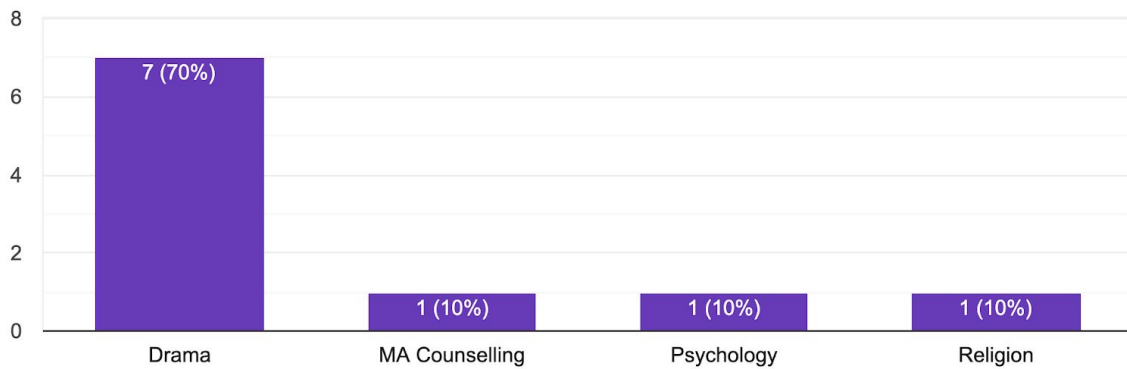
Trust  
 Culture, language  
 Fear of judgement  
 That they deserved it or they didn't know how to approach it  
 College culture

### 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

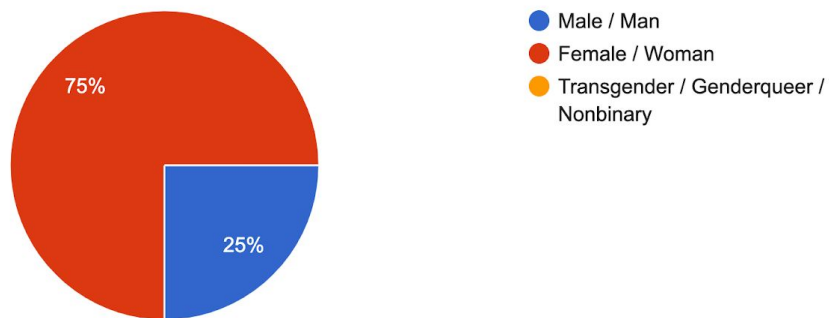
#### Major

10 responses



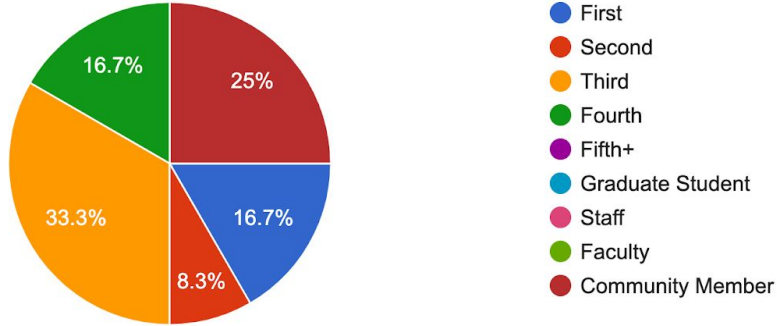
#### Gender

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%