

Movies for Mental Health (Online)

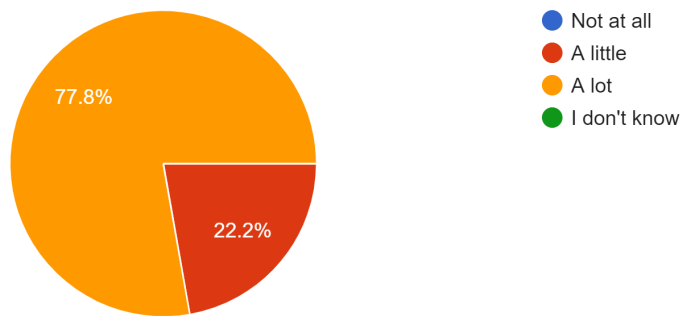
Post-Workshop Evaluations

College of San Mateo
April 28, 2021

Approximate maximum attendance: 42
Number of evaluations: 19

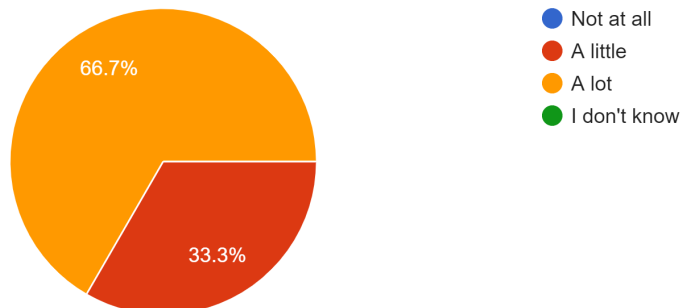
In your opinion, did this workshop raise awareness about the mental health impacts of sexual violence?

18 responses



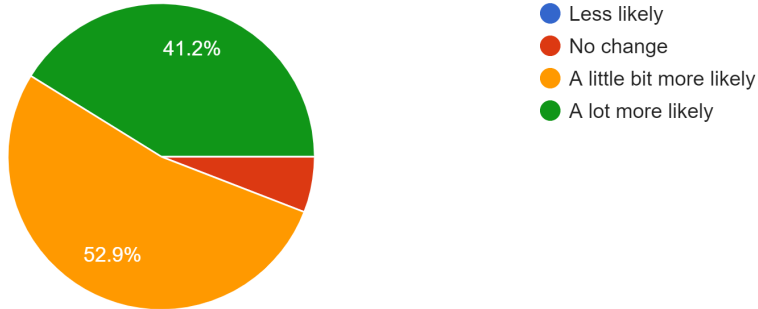
In your opinion, did this workshop help you confront and address stigma related to sexual violence and its mental health impacts?

18 responses



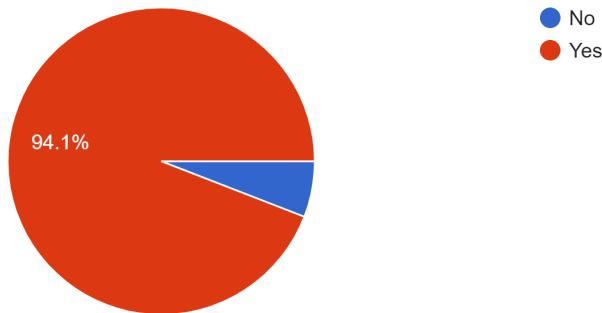
After this event, are you more or less likely to take action to support yourself or others when it comes to healing from sexual violence?

17 responses



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

17 responses

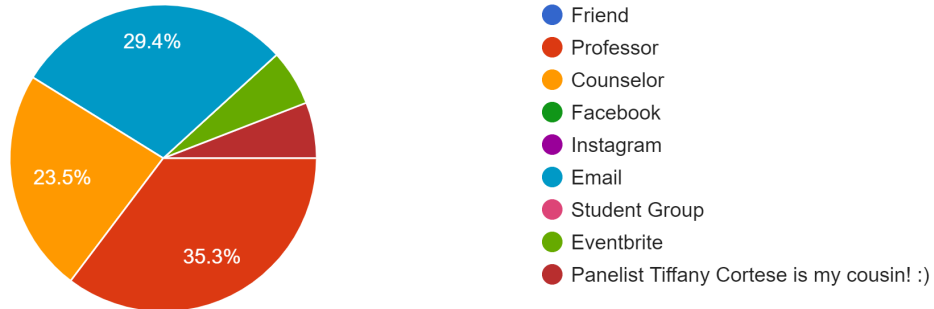


What types of tools or action do you think you might now take to support healing from sexual violence for yourself or others?

- Ask for help
- Always listening to people and giving them the room and opportunity to open up and speak out
- More understanding if some people are hesitant to take action and to be a better listener.
- Just being more open to talk to others
- Being an active listener and being there even when they don't want to talk.
- Body scan
- Always being there even if it is just to listen
- It's NEVER the victim's fault and it is ok to seek help.
- Talking to counseling services about trauma
- I will take action in giving others the resources and knowledge that I gained in today's workshop

How did you hear about this event?

17 responses



What was your main takeaway?

The importance of understanding what stigma means and how to overcome it in order to believe ourselves and other peoples stories.
 the importance of mental health
 Anyone can be a sexual assault victim or have a mental illness
 Sexual assault is not linear
 You never know what people are going through that is why we should be respectful toward everyone.
 There is many different resources for help and support
 How impactful stigmas are and that we need to raise awareness that works against it
 That there is hope to heal and be a support system to survivors and their families
 Using art/movies to help in healing
 You are not the only one who experiences sexual assault. It is not the victims fault. Coping skills for emotional support
 How there are many stigmas about mental health and sexual violence
 Sexual violence is not just physical violence.

If you were telling a friend about this workshop, you would describe it as:
 (Highlights: see raw data for full list)

Really engaging, raised awareness, super inclusive
 reflective
 A descriptive workshop that shown films discussing what it may be like to go through sexual assault and the developing mental illnesses that may rise from those traumatic experiences.
 sexual assault impact on mental health
 Strong/Powerful.
 Empowering, inspiring
 A very informative event about mental health
 Helpful and the films showed were powerful
 Inspiring and very educational
 Informative

Sexual abuse has a mental health effect on both people and populations. a chat-based, anonymous dialogue about the mental health consequences of sexual harassment and the stigma that often surrounds these issues

A very supportive and informative workshop
Interactive and informative.

How might you use what you learned today?

I think i might go back and show some of the films we have seen to family members or friends
Be more positive to everyone because I don't know what they've been through.
In my own personal healing and as great reminder to be a good support system for sexual assault survivors
Treat others like you would like to be treated.
I would reach out for help more from counseling, etc. so i can take care of myself
It's something that is always on my mind so knowing that there are local resources is always helpful
I might talk to my friends at college about this and might recommend the next workshop that is being held
Another tool in my RTS volunteer bag
A takeaway on how sexual violence impacts mental and physical health. There are resources to support individuals who felt that they are alone
I will tell others the knowledge I gained today
If I write a character who is a victim of sexual violence I'll be mindful of showing the healing process.

What are the biggest barriers to your mental wellness and/or receiving mental health support?

Not believing victims, or even the horrible horrible assumption that i have seen some people make in saying that "oh this would have never happened to you"
Not believing in victims and victim shaming may be a major barrier
stigma related by cultural impact
Access to help, counseling, therapy, having to reach out
I think lack of knowledge of the difference resources and support out there
The idea of "Destroying" reputations in school when coming out with SV stories
Stigma! This is what holds many back from learning and supporting survivors.
Being insecure or ashamed
The biggest barriers would be not knowing the resources that are out there that support people
Willingness to talk about uncomfortable things.

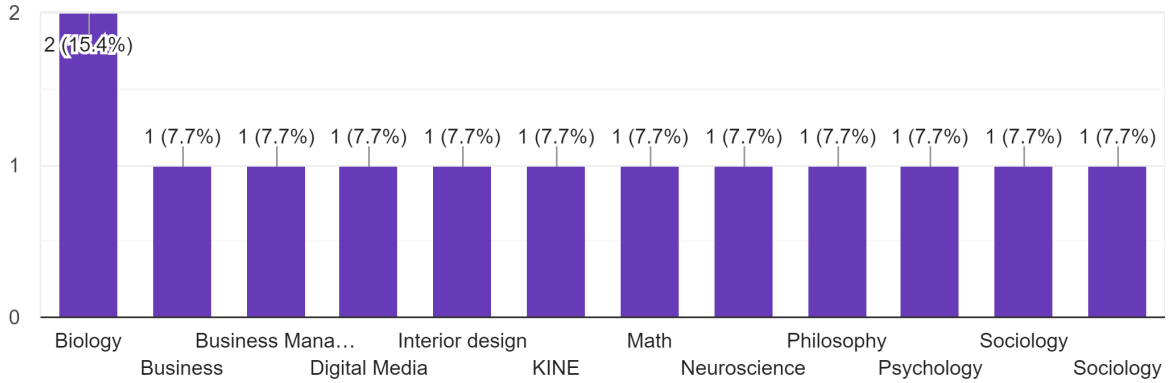
How can we improve this event in the future?

I had a hard time logging on to the meeting, and kept losing the voice connection every once in a while
It takes me a while to find out how to join the event after registration
Include trigger warnings before the films
More talk about how different cultures, sexism, etc can impact sexual assault. define sexual assault and consent. send out the powerpoint
I think this was an excellent event. Very informative!
I thought everything was well done! Great activities between each film showing
I think it was very interactive with polls and the short films. I think it was all around very well put together.

I feel that this workshop does a successful job of making the audience feel somewhat comfortable and connected to a community that wants to help bring students to mental health workshops
 It would be interesting to learn some of the neuroscience or psychology behind PTSD or the effects of sexual violence.

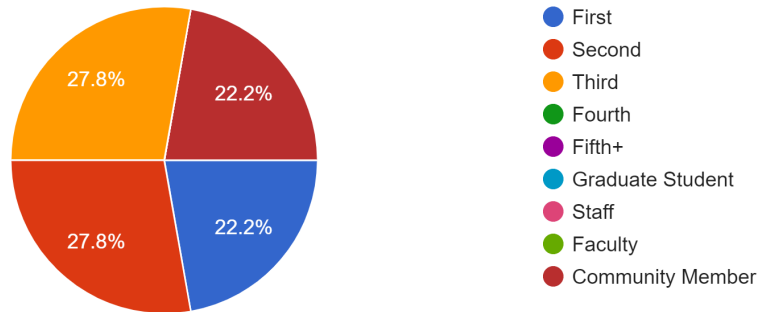
Major

13 responses



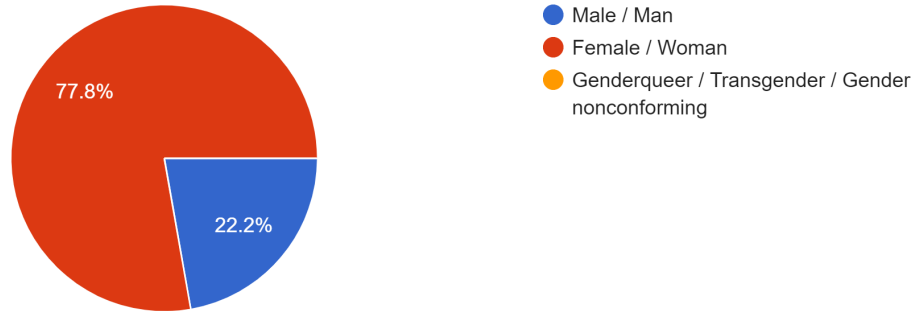
Year

18 responses



Gender

18 responses



Ethnicity

18 responses

