

Movies for Mental Health (Online)

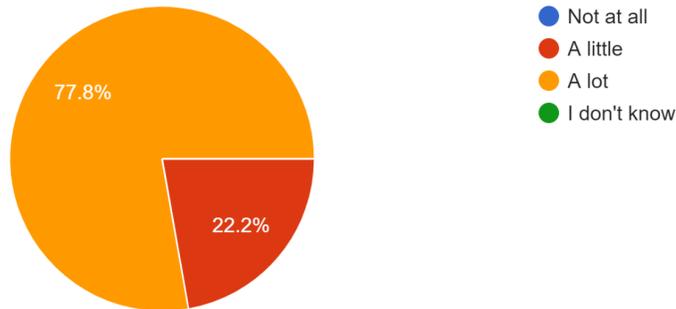
Post-Workshop Evaluations

Conestoga College
July 18, 2022

Approximate maximum attendance: 25
Number of evaluations: 12

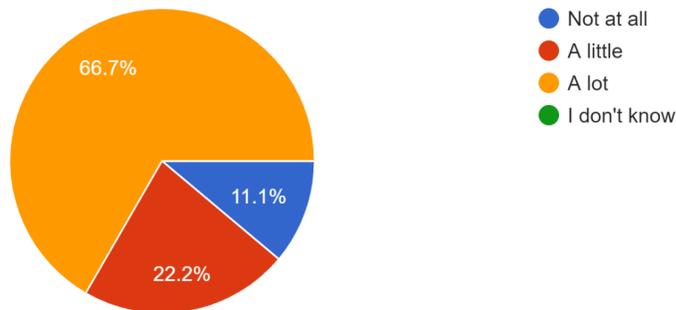
In your opinion, did this workshop raise awareness about the mental health impacts of sexual violence?

9 responses



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

9 responses



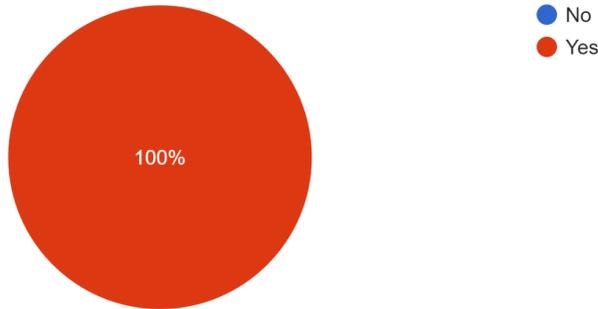
After this event, are you more or less likely to take action to support yourself or others when it comes to healing from sexual violence?

9 responses



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

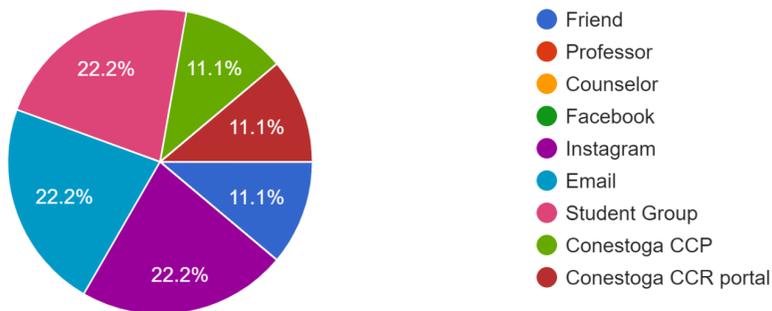
8 responses



What types of tools or action do you think you might now take to support healing from sexual violence for yourself or others?
Reach out to those that can provide support to me whether it be by talking, comforting me or just listening to me.
Showing compassion
Seeking support and help from organizations or resources available.
Active listening, meditation, ask for help
To support someone who had gone through sexual violence, the first thing I would do is direct them to crisis services Canada. I would try my best to listen to their problems, help and support them as much as I can.
Show compassion and actively listen to the survivors without judgement and support them in any way possible. Also, share the sources for getting in the community such as Good2TalkOntario and practice deep breathing exercises for myself and be more mindful.

How did you hear about this event?

9 responses



What was your main takeaway?

You're not alone and there is support out there.

Essential to ask for help

Awareness on Sexual violence and its impact on individuals.

The main take away from this workshop was that we do have help that is required. It is just that we do need to go forward and seek help as it is important for our own mental health and wellness.

Sexual harassment is everywhere. But we should not let our past demons to control us. Help is available and it's better to get healed instead of living in the trauma. Nobody is going to judge you if you come forward with your issues

What strikes me are the barriers that keep survivors in seeking help and our roles and the importance of compassion while interacting with survivors who could be your friends or family members.

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

Informative and helpful

New perspective of an unpopular topic

An excellent workshop, gave us alot of information on resources that we can use to seek help during any mental breakdown or sexual violence situation. The films shown were mostly relatable and have saved the website for future to watch the rest of the films.

A good informative workshop

Insightful and informative event on how sexual violence impacts mental health through movies and discussion with experts and get informed on various potential resources and actions for relevant situations.

How might you use what you learned today?

If someone is having trouble and I know about it then can take help of resources shared

Be aware to look for victims or survivors and offer to help them

Today's workshop was so relatable to me personally. I liked the breathing and intentional release technique that was used after each video. I would be able to use these whenever im feeling down or negative.

by talking openly

Share what I learned today with everyone in my circle. Encourage everyone to be bold and never tolerate sexual violence and don't be a spectator while witnessing it

I recently learned of a friend who went through a similar experience. So, I would reach out to the friend with a compassionate approach and make them feel heard, loved and supported. I would also inform them of the help that is available in our community.

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

People not speaking about it
Social stigmatism and ignorance.
Stigma and fear of being judged.
Gender equality
It's the stigma surrounding the sexual assault victims. There's always victim blaming. And victims are afraid to come forward fearing how the society would treat them
Fear of judgement and normalizing the experiences of the survivors.

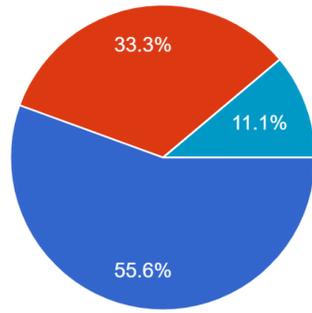
How can we improve this event in the future?

Better interaction
The workshop was very well organized. In fact there were some audio issues in between the talk.
It's very good. no need for improvement
There were issues with data connection from the host and we were not able to hear her properly. It felt distracting
Perhaps a bit more time allocation for the question and answer session at the end would give more time for the participants to address any questions they might have.

Major	
Nursing	1
Health administration	3
Cloud Data Management	1
Mechanical technician cnc	1

Year

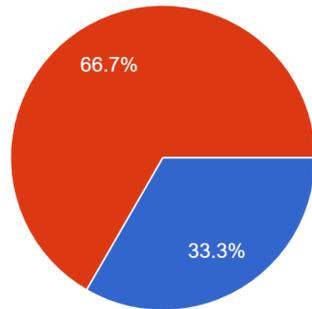
9 responses



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

Gender

9 responses



- Male / Man (cis or trans)
- Female / Woman (cis or trans)
- Genderqueer / Gender nonconforming / Non-binary

Ethnicity

8 responses

