

Movies for Mental Health (Online)

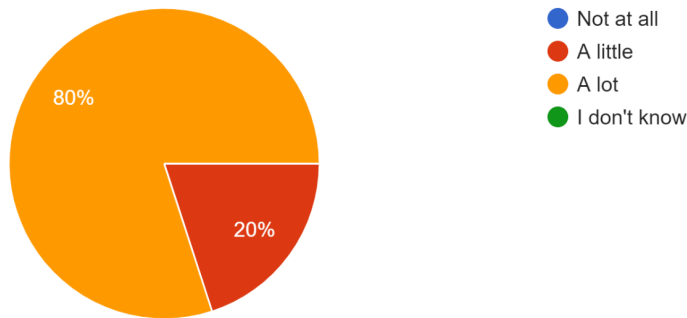
Post-Workshop Evaluations

Kwantlen Polytechnic University
April 6, 2022

Approximate maximum attendance: 20
Number of evaluations: 11

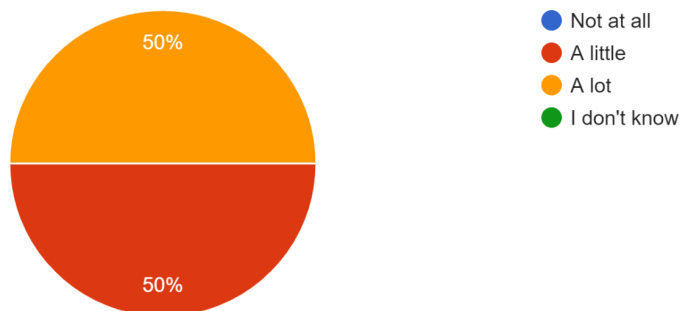
In your opinion, did this workshop raise awareness about the mental health impacts of sexual violence?

10 responses



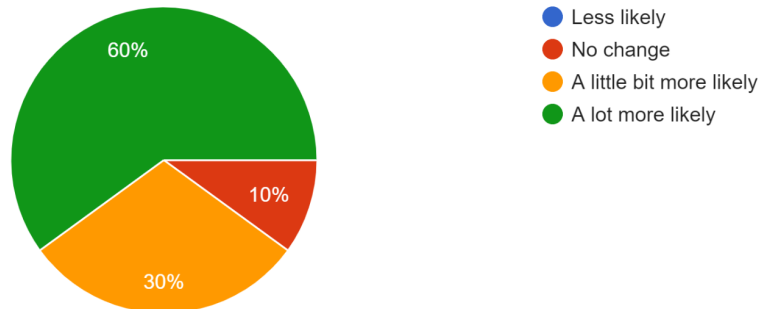
In your opinion, did this workshop help you confront and address stigma related to sexual violence and its mental health impacts?

10 responses



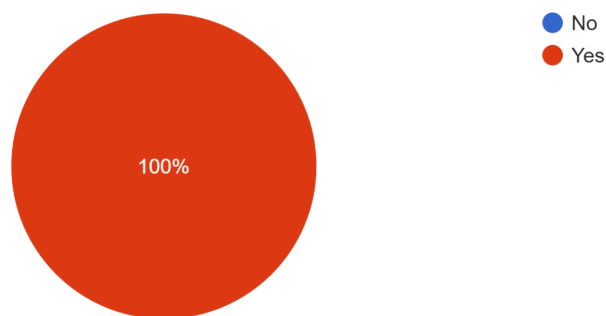
After this event, are you more or less likely to take action to support yourself or others when it comes to healing from sexual violence?

10 responses



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

11 responses



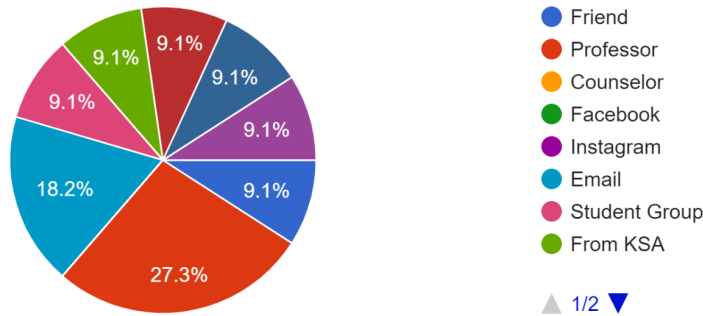
What types of tools or action do you think you might now take to support healing from sexual violence for yourself or others?

- Referrals and active listening when they need it.
- Being more attentive to others and just be there to listen to them and not just throwing advices (if they feel hesitant)
- Breathing
- Being present and available to offer support
- The short videos and the variety of them was very impactful.
- KSA/KPU resources that are available to students
- Talking to someone - therapy

- Continue my own learning to support those healing from sexual violence. Read, listen, act and attend events such as the one this evening.

How did you hear about this event?

11 responses



What was your main takeaway?

- Lessened the stigma of sexual violence, but also everyone from all backgrounds can experience sexual violence.
- It is normal to have mixed feelings about intimate experiences and feel used/mistreated.
- The importance of sharing resources with others
- Continued dialogue is so important
- Healing is possible after sexual assault
- Very engaging short films
- Healing is not linear
- A lot of excellent work already happening to support those who are harmed by sexual violence and education/ awareness about mental health supports and resources.

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

- A helpful workshop to learn more about the impact and healing from sexual violence
- Educational and empowering
- It was very well organized, informative and interactive

- It is a must to make yourself aware
- Very well run and worth the time spent
- Well-organized, interactive, informative, respectful, and trauma-informed.

How might you use what you learned today?

- More empathetic listening to survivors.
- Spreading more awareness regarding sexual violence
- Deep breathing is relaxing
- I will adapt some strategies learned in helping anyone who reaches out to me for support
- I will use the conversations today for others outside of this workshop
- to help myself and those around me- more outreach, spreading awareness
- The healing journey is not linear and everyone has their own unique experiences with how they process trauma/ pain or harms.

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

- Stigma.
- Sex offenders being let into society
- The stigma associated with the trauma
- Getting the word out and getting students to come to events like this
- Stigmas and harder to report

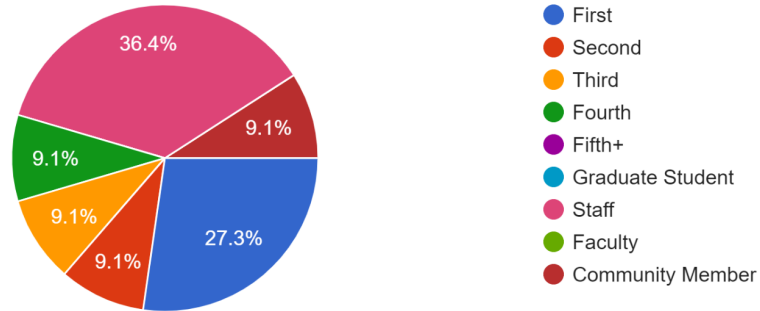
How can we improve this event in the future?

- Maybe longer movies to discuss more
- If people feel comfortable, they could share their own experiences regarding the topic (if they have one)
- A little bit more engagement, more activities
- One or two more films as they are quite short but interesting
- The event itself was great - perhaps offer more than once in a week to provide a daytime option
- Excellent event! Thank you for hosting. So glad I attended.

| Major |
|---|
| <ul style="list-style-type: none"> ● Psychology (3) ● Science ● Criminology ● Human Resources ● Arts |

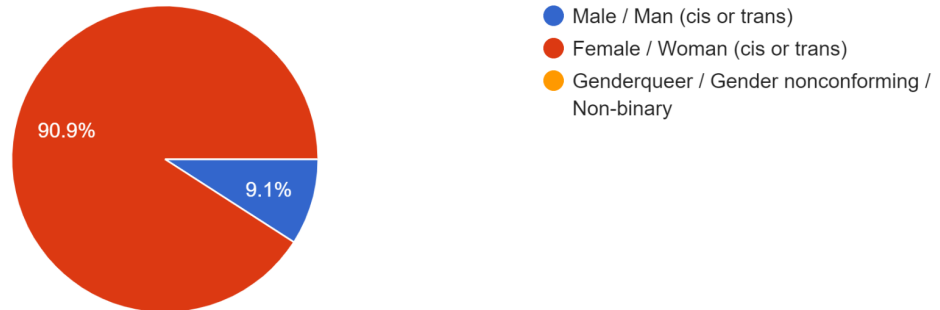
Year

11 responses



Gender

11 responses



Ethnicity

11 responses

