

Our Bodies, Our Minds

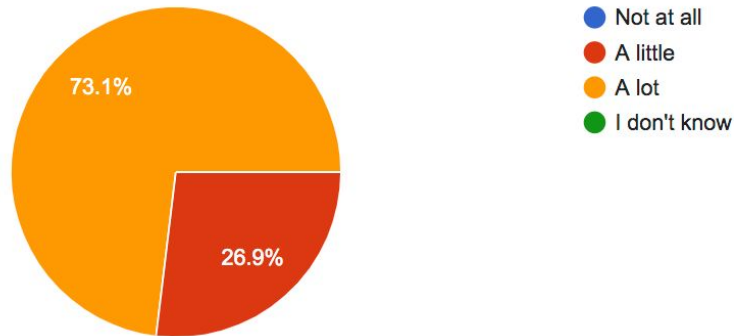
Post-Workshop Evaluations

McGill University
March 10, 2020

Number of attendees: 55
Number of evaluations: 26

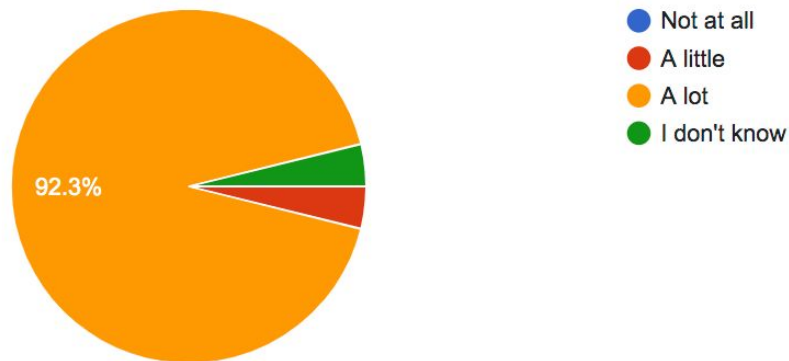
In your opinion, did this workshop raise awareness about the mental health impacts of sexual violence?

26 responses



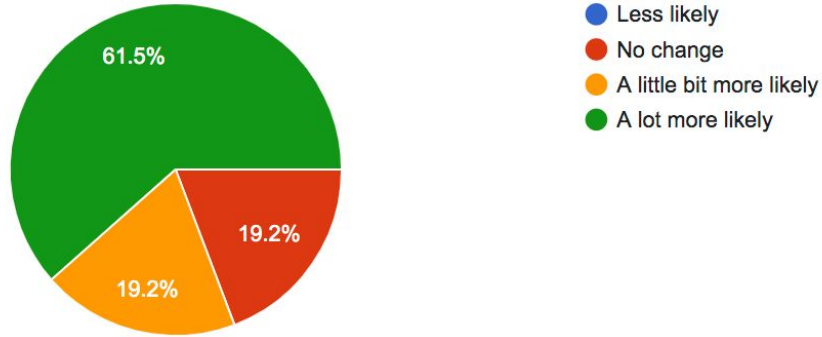
In your opinion, can this workshop help communities be safer and more supportive of survivors of sexual violence?

26 responses



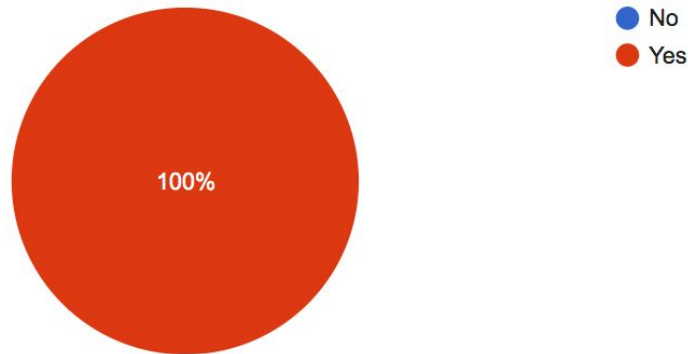
After this event, are you more or less likely to take action to support yourself or others when it comes to healing from sexual violence?

26 responses



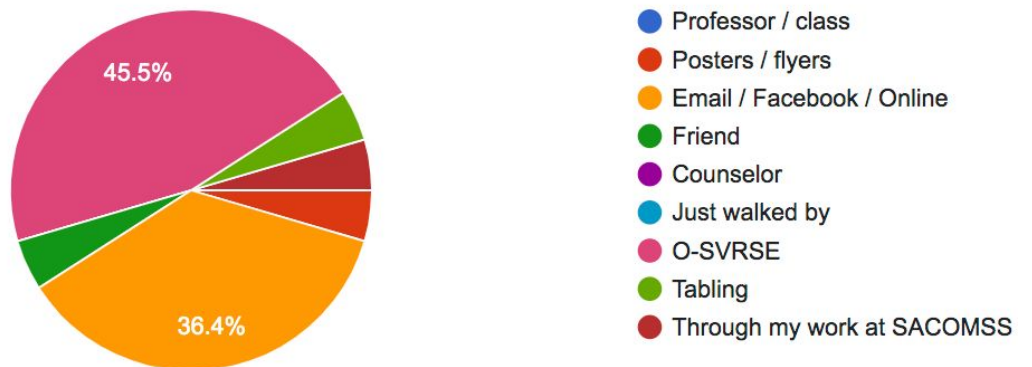
Did you learn about new resources relating to mental health and sexual violence?

26 responses



How did you hear about this event?

22 responses



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

- Recognizing boundaries and different experiences
- I liked the brainstorm of ways to respond once you've already responded in a way you may have wanted
- Resources available, better equipped to assist
- Listen, be there for them, believe them
- I learned more about how SACCOMS works
- Active listening, provide community resources
- Listening to their stories, finding professional and social support groups in the community for friends and for myself when healing from sexual violence
- Listening and not jumping to problem-solving
- Active listening, resources referral, validating what the person wants to do with this disclosure
- A way to talk to a person asking for support
- Checking in with myself regarding my own experiences
- Compassion, positivity, open-mindedness, non-judgemental attitude
- Drama
- Knowing resources
- I would consider SACCOMBS & O-SVRSE and the Montreal Support Center

What was your main takeaway?

(Highlights - see raw data for all answers)

- Sexual violence can be various forms
- Really great way to help others feel empathy, so they can better support victims/survivors
- We need to be more supportive
- Everyone experiences and reacts to sexual violence differently
- Resources and community
- We are all figuring it out and helping/supporting/educating ourselves and each other
- Reflection on how widespread
- It's important to discuss these topics to create safer spaces
- That kindness and being supportive is so helpful
- Insight into real survivor stories
- Experience of sexual abuse affects the person's life so much, and if their stories are not heard it's too easy to become insensitive to that. I also took away how important it is for people around survivors to be aware and supportive.
- I know how I can better approach supporting survivors
- To provide space for everyone around me

- Sharing can be a powerful tool
- Learned some tools for helping a person asking for support
- The panel was great
- Thinking about such issues
- Community
- It's ok to take your time
- To understand every person involved in a sexual violence situations's perspective
- Resources at McGill that I wasn't aware of
- Movement and body movement
- Trauma isn't linear!

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

(Highlights - see raw data for all answers)

- You should come. Everyone should spend time to be involved
- Really engaging, intelligent way to raise awareness
- Safe
- Wholesome
- Different approach as it was very interactive
- An informative, theatre-based workshop on sexual violence
- A theatre focused workshop about sexual violence and mental health
- Awkward but cute and worth it
- Empowering, thought provoking
- Helpful resources
- Empowering, empathetic, and effective
- Engaging, thought-provoking
- Something they NEED to attend and know
- Insightful
- Great
- Very informative and interactive!
- Great workshop! Do try it!
- Energetic, brave
- Interactive, global approach, humour
- Arts and discussion on sexual violence survivors
- Acting exercises, and a panel with stories shared, provides lots of resources
- Engaging, challenging, insightful
- I would say the part with the panelists was very moving and wish it was longer

How might you use what you learned today?

- Yes, definitely
- For my work, spread the word on resources
- In culture works
- Knowing how to approach disclosures
- In my practice as a supporter
- In handling disclosures
- To support survivors
- As a teacher if students reach out to me, as well as friends
- Useful and cohesive
- I will look at organizations in my community to find ways to volunteer, and try my best to be as sensitive as I can be in my every day life.
- I'll use it in my interactions with others as a volunteer with O-SVRSE
- Talk to my friends
- Advocating to others
- At every situation
- I'm a sex educator for high school students and the activities gave me lots of ideas!
- In dealing with a sexual violence survivor
- Self reflection
- It was inspirational
- In my social work career as a listener
- To better support people
- I will refer people to the resources I learned about

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

- Privacy, prevention
- Society needs to be a lot more supportive and less prejudiced against victims
- People not being believed
- Intimidation to accessing/navigating resources
- Patriarchy
- Judgement, cultural differences and how it is perceived
- Stigma and stereotypes
- Administrative barrier
- Patriarchy!
- Lack of knowledge of resources

- Not having more serious consequences for abusers and not having more visible support for survivors.
- Being an international student, cultural barriers
- Faculty-students relationships, grades fear
- Awkwardness
- There are lots of people on campus who are uninformed/misinformed
- I don't know!
- Power structures
- Stigma and confidentiality
- Perpetrators being favored over survivors
- A lot
- People approach survivors' stories from an investigative stance instead of believing and supporting

How can we improve this event in the future?

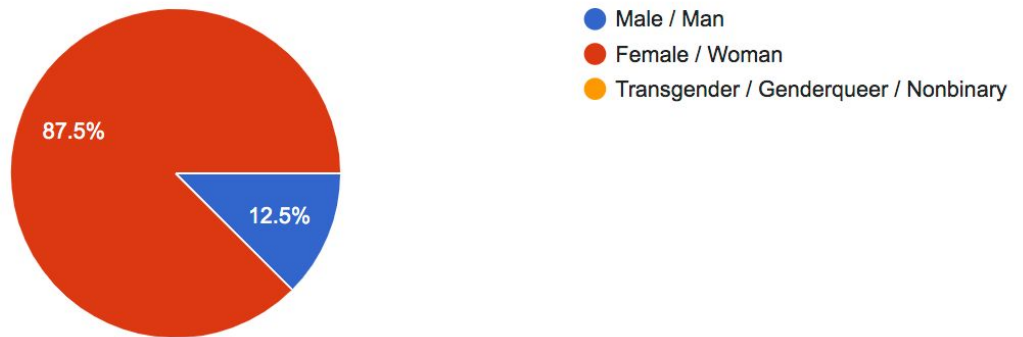
(Highlights - see raw data for all answers)

- Change the time
- May refrain from getting people to sign in when panelists are speaking
- Shorter talks and a debate
- More explaining of why drama therapy helps
- Pressured to participate after being told we did not need to do anything we didn't want to do
- More examples of scenarios or situations
- More informative, less theatre-based activities
- Other non-theatre activities
- Great!
- More happy activities
- I think it was really great to know that participants were from different backgrounds, and it would be awesome to keep seeing diversity in the workshop! :D
- The speaker was amazing :)
- By getting more people to attend!
- No comment, it was great!
- It's great!
- Advertise on radio
- More time for activities
- Include other cultures in topic description
- Maybe a bit more focus on mental wellbeing. There was pressure to participate even though it was supposed to be only participate if you feel comfortable
- Talking more about mental health specifically

| Major | |
|--|--------|
| Arts, Business, Economics, English Cultural Studies, French, History and Political Science, Neuroscience, Nursing, Occupational Therapy, Psychiatry, Science | 1 each |
| Engineering | 2 |
| History | 2 |
| Psychology | 2 |
| Social Work | 2 |
| Sociology | 2 |

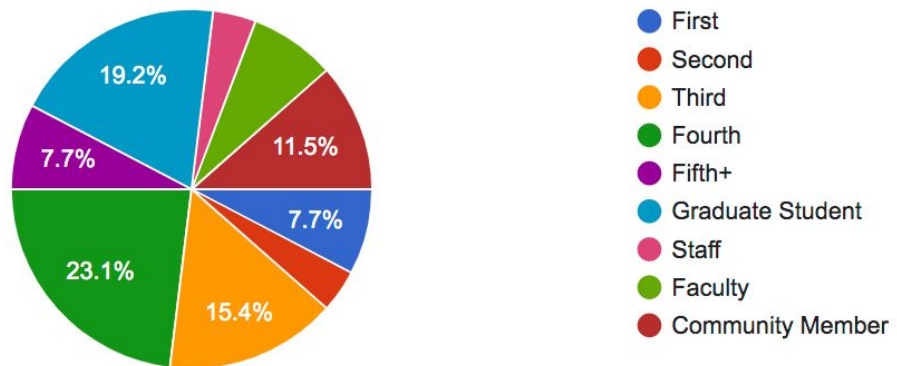
Gender

24 responses



Year

26 responses



| Race / Ethnicity | | |
|-------------------------|-----------|--------------|
| Asian / Asian Canadian | 7 | 27% |
| Hispanic / Latinx | 1 | 3.8% |
| Indian / South Asian | 3 | 11.5% |
| White / Caucasian | 15 | 57.7% |
| Middle Eastern | 2 | 7.7% |