

Our Bodies, Our Minds

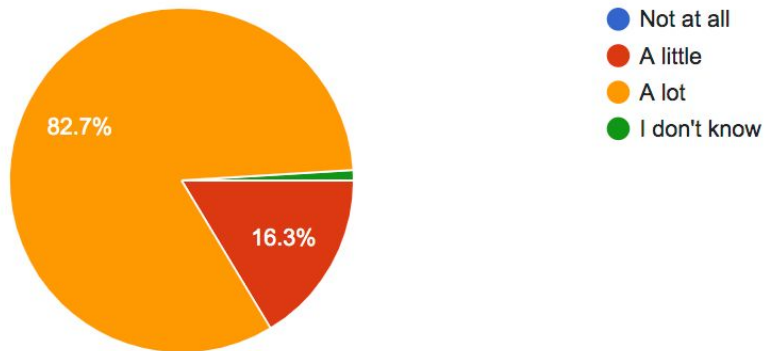
Post-Workshop Evaluations

Mohawk College
January 24, 2020

Number of attendees: 150
Number of evaluations: 104

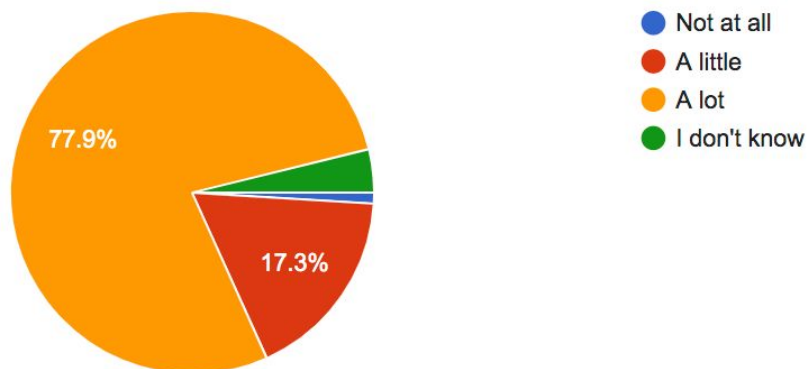
In your opinion, did this workshop raise awareness about the mental health impacts of sexual violence?

104 responses



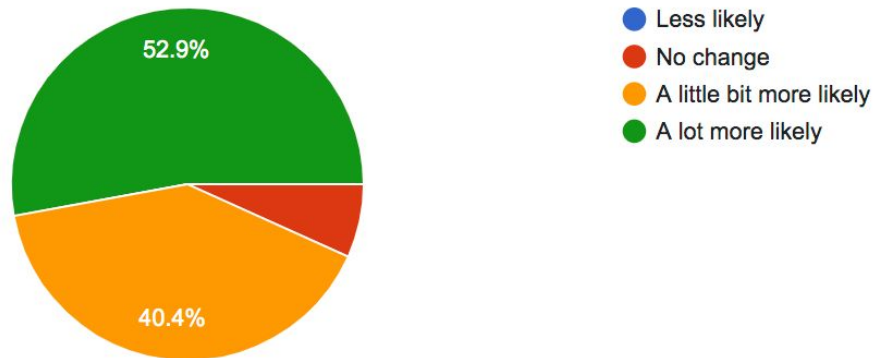
In your opinion, can this workshop help communities be safer and more supportive of survivors of sexual violence?

104 responses



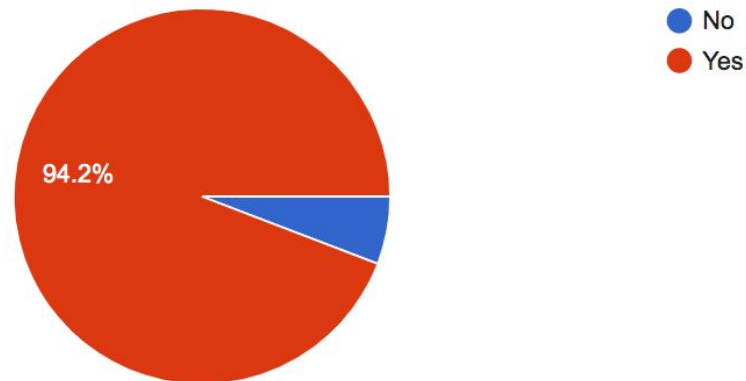
After this event, are you more or less likely to take action to support yourself or others when it comes to healing from sexual violence?

104 responses



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

103 responses



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

(Highlights - see raw data for all answers)

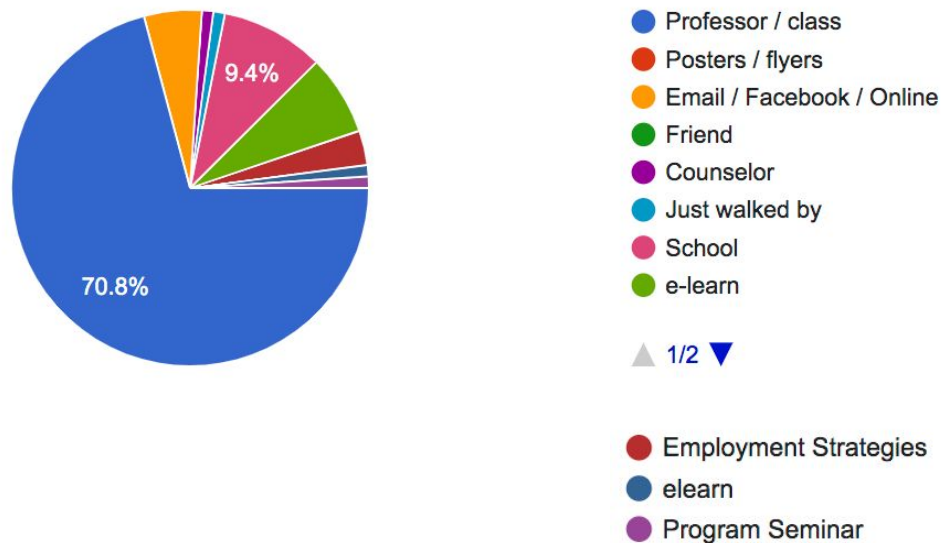
- Active listening and being honest with the person if I don't understand them
- Always be willing to listen, try to be always approachable
- Always being active in listening even if you don't understand
- Attentive listening
- Be a listener and try to help/understand what they're going through
- Be careful about what I say / what is said (3)
- Be honest when unsure about something / be there to listen

- Be more genuine and linear with people and give them time to grieve with you
- Be more readily available and show more supportive body language
- Be open to discussion and keep the communication going (2)
- Be positive, supportive, good listener
- Being more honest if I don't know or not sure about the situation
- Being more mindful when discussing general issues with others
- Being patient and more open-minded to discuss the issues with those who may want to talk or those who have survived sexual assault
- Communicate properly with the affected person, understand the situation, and make necessary actions to help them
- Communicate with a person that has experienced it
- Community resources
- Contact resources at Mohawk (2)
- Counselling, physical activity
- Counselling, talking to friends
- Educate myself on how to help and appropriate reaction when someone opens up to you
- Education, understanding, compassion
- Empathetic mindset
- Get counselling when it gets worse
- Get the support as soon as possible
- Getting help and talking to someone
- Help survivors find resources; be more understanding
- Helping them and advice to consult with appropriate section of organizations
- How to communicate with someone who is under the risk
- I can do more research to be more educated
- I now have the knowledge to face a situation I have yet to encounter
- I think a main takeaway for actions would be about creating a safe environment if you don't know what to do
- I think just being there to listen and comfort the person can mean a lot and can be a lot of help
- I will try to talk to them and understand their situations
- Just be supportive and ask how I can help instead of doing what I think
- Just listen and respect boundaries
- Listen to someone when they are telling their story and be supportive, also tell them to take their time when telling their story
- Listening, compassion
- Listening, identifying
- Meditation and support from orgs and friends
- Moral support system, sympathy
- Online support, counselling, reaching out to close friends
- Put myself in their shoes, be supportive

- Reach out to counselling
- Reach out to others for support
- Reach out to someone, talk to someone you can trust
- Reaching out more, being compassionate
- Reaching out when you don't know how to help or be helped
- Represent care, respect. Active listening. Honesty towards yourself and others
- Sensitivity. Open ears. Supportive
- Sharing with others what I learned in the seminar today
- Support, resources (3)
- Taking more time for myself and to process information better
- Talk to others or find support in the community
- Talking to counsellors
- The types of tools that I will use to take support for others is showing major empathy and respect for others
- To be open-minded, to just have that thought that we always have to care about each other
- Tools for others - communication, empathy
- Understanding, communication skills
- Volunteer (3)

How did you hear about this event?

96 responses



*5% Email / Facebook / Online, 8% E-Learn, 3% Employment Strategies, 1% Program Seminar, 1% Counsellor, 1% Just walked by

What was your main takeaway? (Highlights - see raw data for all answers)

- Active listening / being supportive for victims / survivors
- All the diverse situations that can take place
- Always be open and compassionate
- Always be respectful, honest and understanding
- Awareness about sexual violence (2)
- Be as open and supportive as possible, help seek professional help
- Be empathetic
- Be gentle, don't know what others have been through
- Be open-minded and gentle
- Educate people about sexual assault
- Everyone needs help at one point or another (2)
- Feeling unprotected is the most scary thing. That is what is left after a sexual violence
- Felt good getting more about the issues
- Good listener, supportive
- Hard to know that this happens
- How it effects everyone differently (2)
- How strong survivors are
- How to support someone who went through sexual violence (3)
- It's hard for victims
- It's not your fault, it's okay to share with others
- It's ok to not be ok
- Just to try and communicate and be an active listener
- Knowing where to find support
- Listen and believe
- Listening and little positive actions can help a person
- Seeing all the parts of an unwanted experience with believable characters. It's not black and white
- Sexual violence effect people in many different ways (2)
- Sexual violence is a major / huge problem (2)
- Sexual violence is a sensitive matter and making it more known and acknowledging it as a problem
- Sexual violence is extremely traumatic
- Sexual violence is hard on everyone potentially involved
- Stay positive
- Support the survivor, be open-minded (2)
- Supporting each other is key
- Survivors tend to blame themselves
- Tara's story blew me away <3
- That experiences are extremely diverse

- That feelings are important, no matter what people say
- That someone from sexual violence has been through a lot of tough times and support members should be aware
- That survivors of sexual violence have a hard time with everyday life
- That you're not alone and there's lots of help (3)
- The issue of sexual violence is more prevalent than I thought
- The openness and empathy people have towards others
- The respect and understanding of survivors
- The story <3
- The value that everyone goes when they are under the risk
- There are people I can talk to that can help
- There is a lot of support in or outside of Mohawk for sexual violence or otherwise
- There is lots of different ways to get support
- To be open minded and understanding
- To speak up if you're a survivor
- Try to always be there to help people that are dealing with sexual violence
- Very creative and great speaker
- You don't know what others are going through (2)

What are the biggest barriers to your community being safe for and supportive of survivors? (Highlights - see raw data for all answers)

- Not many people talk about it
- Acceptance/stigma
- Be open-minded
- Being brave enough
- Being open-minded
- Community acceptance
- Drugs / alcohol
- Education
- Emotional help
- Fear
- Fear, lack of understanding
- I think there's still a large stigma against victims
- Ignorance / lack of knowledge
- Judgement
- Judgement, stigma, etc.
- Judgemental behavior

- Lack of awareness of issues
- Lack of knowledge of resources
- Lack of understanding
- Men shrugging off the trauma of assault
- Most people are unaware of how to respond/help and don't know what's out there
- My community doesn't talk to each other
- Need more open conversation about sexual violence and prevention
- No one cares
- No one cares. Survivors are seen with a negative lens
- No one fully understands
- No one seems to be very comfortable talking
- Not a lot of awareness or support
- Not a lot of people know about sexual violence
- Not enough advertisement for help resources
- Not enough outreach to programs
- Not everyone is open to being supportive
- Not knowing what to do. Need more resources / information
- People are more focused on themselves than others' emotional health
- People being too scared to get involved
- People don't like to seem weak and talk
- People don't want to talk about what happened
- People who feel secluded or alone
- Police
- Public awareness and respect for the situation
- Small community
- Stigma and cultural differences (not always bad)
- Stigma, fear (2)
- Stigma, fear, not fully understanding
- That many people aren't very aware of this problem
- The biggest barriers to my community for being safe are no one wanting to get involved
- The lack of knowledge that sexual violence can have on someone now and in the future
- The mentality that it's your fault, the victim's fault
- Trust, language barrier
- Woman not feeling comfortable to speak out
- Worrying about what others may think

How might you use what you learned today? (Highlights - see raw data for all answers)

- Be careful with other people, and don't take life for granted
- Be more confident helping a survivor
- Be more supportive and check in with people more often
- Be open-minded to someone in need of help
- Be someone that a survivor can talk to and be a support system for them
- Being empathetic
- Better understand help others/survivors (2)
- By raising awareness with anyone who is not aware about it
- By volunteering and educating peers/friends
- Clear head - no judgement
- Communicating
- Counselling and information
- Creating a sense of empathy for others
- Each and every time when I come across an event like this
- Educate others on the experience of sexual experience
- Empowering, active listening
- Help can be very supportive
- Help friend in need, react to harassments what I feared to happen in future
- I can use it to help those I encounter
- I might speak to a counsellor
- I think I would be able to talk to others I know that are sexual violence survivors in a more patient and understanding manner
- I volunteer with Interval House and will definitely use this in my volunteering position
- I will become more involved in my community
- I will not be a bystander
- I will support individuals who suffered or faced the sexual violence in their life
- I will use them to support other people who are survivors of sexual violence
- I will use what I learned today by using the tools that I learned
- I'll be able to support myself better
- If any of my friends come to me in the future
- If I ever experience or meet a victim of sexual violence
- If in the long run I meet someone with any sort of problem helping her/him address it and not judge them
- In future volunteer options
- In my community, to help people with what they've gone through
- Just to listen
- Lend an ear, show a smile
- More communication

- Next time when I see or experience this situation
- Not a lot
- Offering this to those that may need it
- Practice more active listening
- Show more supportive body language
- Smile at people who look like they're having a bad day
- Starting conversations with people in need
- Support myself and others
- Take action to support and talk to friends
- To be ready to defend myself and be able to talk to others
- To educate others
- To everyone who we see has been a victim
- To help myself and/or others feel comfort and non-judgemental
- To help others (12)
- To help spread awareness
- To tell someone that you're not alone
- Use it in everyday life, how I speak to people
- Use resources
- When dealing with friends/family or those at my work

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

(Highlights - see raw data for all answers)

- A good place to learn about how to help sexual assault
- A great way to become aware of sexual violence and its impacts
- A great workshop to help better understand sexual violence and its consequences/impacts it can have
- A very informative and empowering workshop
- A very interactive way to teach
- Accepting, positive, uplifting
- Active and involved
- Awareness and helpful program
- Awesome
- Awesome and beneficial
- Beautifully empowering
- Compelling
- Deceptively informational. Requires a positive mindset
- Educational and engaging
- Educational, discussion, clear-cut message/topic

- Educational, relatable
- Educative, great event
- Empowering
- Engaging, informal
- Extremely helpful
- Eye-opening
- Fun (2)
- Fun/interesting
- Great learning experience
- Great workshop
- Great, very interesting
- Helpful and empowering
- Helpful and informative
- Helpful to understand sexual violence issues and perspectives
- How to support sexual abuse victims/survivors
- I will tell them to join this workshop. It can help and improve some skills
- If you want to raise awareness about sexual harassment, you must attend this workshop
- Informative and comfortable
- Informative and helpful
- Informative and positively engaging
- Informative, important
- Inspiring
- Interactive
- Interactive, informative
- Interesting, informative, mood killer
- Interesting, interactive, informational
- Interpretive sexual violence awareness
- Involved, educational
- It is a very calm, relaxing seminar that explains the outcome and help needed to assist in sexual violence healing
- It makes you aware of sexual violence and helps you address it
- Learning a lot from sexual violence
- Learning about the impact of sexual violence
- Mentally/physically putting yourself in survivor's shoes
- More understand people's point of view
- Moving and powerful
- Open communication and highly informative
- Really informative and fun
- Sexual violence awareness

- Something to help you understand what someone has gone through when it comes to sexual violence
- Supporting towards sexual assault
- Supportive, loving
- That it helps you learn about more than you think you know
- The workshop really aware about the issues against or about the sexual violence
- Too much acting (2)
- Very active/engaging
- Very creative and great speaker
- Very educational!
- Very effective at showing you ways to be supportive towards survivors of sexual violence
- Very helpful
- Very informative
- Very insightful
- Very safe
- Was so helpful, learned a lot
- Wonderful experience

How can we improve this event in the future? (Highlights - see raw data for all answers)

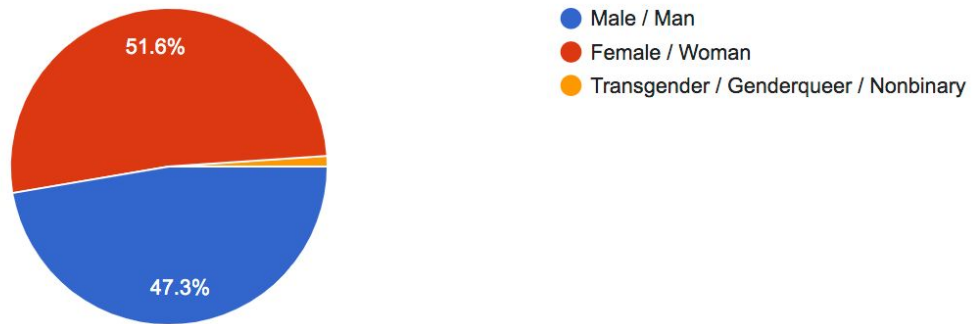
- Acknowledge the difference between rape and psychological abuse that might make people think sex = love (Maria's internal views from sex from her family)
- Bringing in someone who could talk about their issue and how they overcame it
- Create more fun events, more participation
- Discuss more about the cause/effects to go with the activities
- Don't leave survivor story til the end!!!!
- Have more stories of sexual violence victims to raise awareness (3)
- Having more drama
- Having more events
- I think the event was awesome as is
- I think this needs to be more information session
- Increase videos or survivor stories
- It is perfect
- It was good
- It was great
- It's good maybe a little bit longer
- It's great, don't change anything
- Keep it the same, it is very good
- Less movement

- Longer (2)
- Male perspectives
- Maybe videos
- More activities (2)
- More audience
- More detail about victims
- More direct activity about mitigation or dealing with sexual abuse
- More diverse identities i.e. different perspectives
- More first hand testimony
- More food
- More guest speakers
- More in depth information on the groups that help with victims of sexual violence
- More information
- More interaction (2)
- More open questions
- More time for panelists and sexual violence survivors (more impactful)
- More time with panelists, less theatre work
- No need to change it was perfect
- No registration and should be open house
- Nothing as it was great
- Nothing do the same
- Nothing. This event was excellent. Thank you for the experience
- Offer sexual survivors to speak if comfortable
- Perfect event
- Possible make it longer for such a serious topic
- Put a little more focus on the mental health aspects
- Speakers
- Support others
- The event doesn't need improvement
- This event in my opinion was already outstanding with they way that it was done
- Videos (2)
- You are doing just great
- You can't!
- You don't need to
- You guys killed it

Major	
Police Foundations	25%
PSI	19%
CYC	18%
Business	7%
Accounting	6%
CJS	4%
CSJ, Chem Eng Tech, Community & Justice, Engineering, ECE, Insurance, Music, PSC, Policing, PSJ, SSW, Software develop, Tourism, TV, Radio	1% each

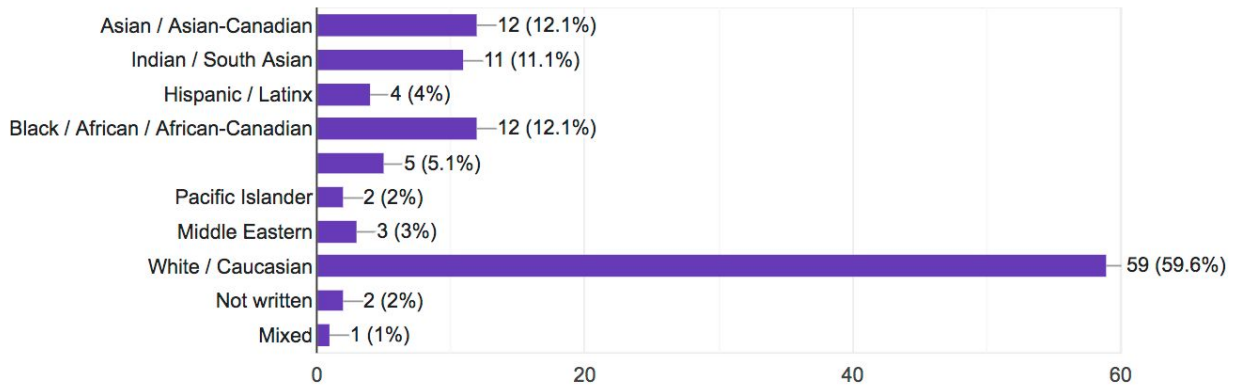
Gender

93 responses



Ethnicity

99 responses



Year

101 responses

