

Our Bodies, Our Minds

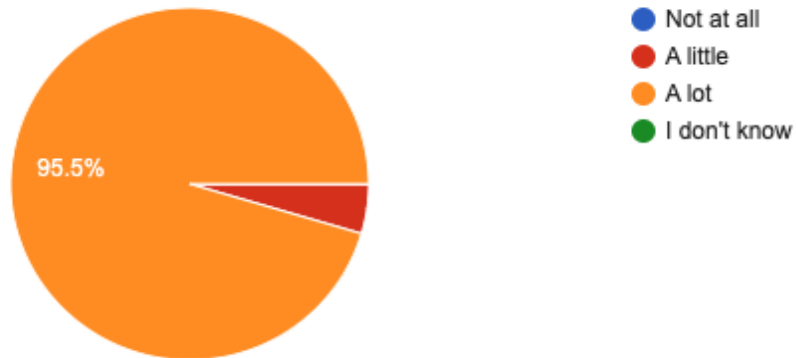
Post-Workshop Evaluations

Olive Harvey College
3.28.23

Number of attendees:25
Number of evaluations:21

Did this workshop raise awareness about the mental health impacts of sexual violence?

22 responses



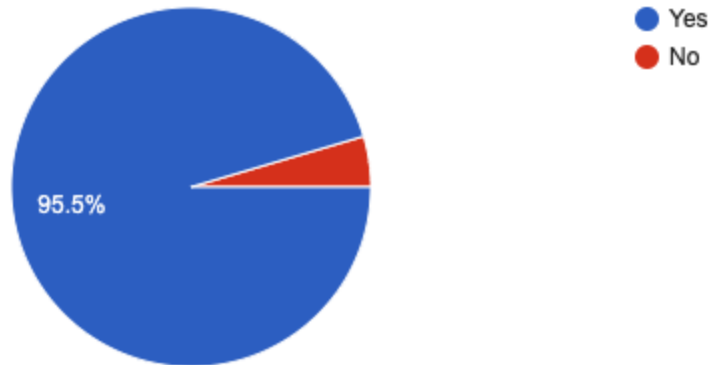
Can this workshop help communities be safer and more supportive of survivors of sexual violence?

22 responses



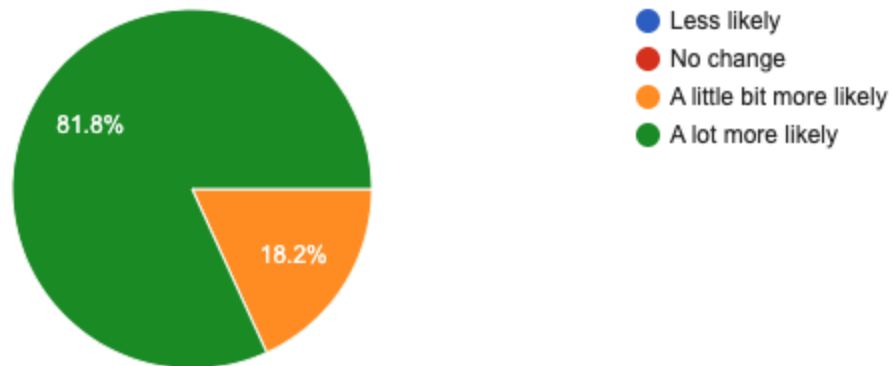
Did you learn about new resources relating to mental health and sexual violence?

22 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?

22 responses



What was your main takeaway?

There are multiple ways to cope and agencies to help
How people can use as much as they want to heal
Take action to prevent and support survivors
My main takeaway was to always be comforting to someone who I know is a victim/survivor.
We all reflect our non-verbal emotions differently
Communication is important
There is help all around us. Regardless if it's sexual assault recovery or just needing someone or talk to.
Also, raising awareness for sexual assault.
Listen to others.

Have empathy and compassion and know that it's never your fault. Anyone can be a victim, and be there for the individual what ever it takes. Only time can heal the wounds. It does not happen overnight.
My main takeaway would be to be there for someone but don't force yourself into the situation and make things worse.
Im not alone. What happened to me isn't my fault and I'm allowed to cope and grieve whichever and however long I want
Trauma can look different on everyone.
My main takeaway was the resources and how to help others going through something like this.
NEVER THINKS IT WAS YOUR FAULT
To communicate (if I experience) how or what I feel and how can someone help me, Or be helpful to the victim who may need my support .
To be supportive of the long run and mental health of the victims.
To be more aware of my surroundings and advocate for survivors.
There is much more support needed for victims of sexual assault
I don't have a main point. Everything hit a spot for me

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

Communication and sitting doing and supporting who has been through it.
Just being supportive
Listening to be more empathetic
The project safe and YWCA
More listening and less talking
Spreading Awesome
Take advantage of programs
Check in on others more frequently.
Being more of listening ear to those who need help.
Better listener
I might offer to listen only if they want me to.
Using coping tips others have and take into concentration the feelings of others
Being there for those who need me.
I am going to let them know I am there for support them.
To forgive and never think different about yourself
Listen and communicate with them/ don't let you feeling over-rule theirs.
To communicate better and not make the situation about me and more about the victim.
Just be more mindful.
The breathing exercises
It's ok to not be ok. Everyone should have at least one person they can talk to about anything

How did you hear about this event?

Friends
Wellness center
Through my instructor

Colleague
School
Via email
My Speech Teacher Robin Hicks
School
Mrs. Hicks
Through my professor
Professor Hicks
Brightspace
Tía and the wellness center told me
work event
through my professor
Ms.Latia
A lady asked me to come check it out.
Wellness center
On campus
Be well Chicago
Professor Robin Hicks

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

"Eye opening if you have little experience in the world; useful resources if you've lived a wise life."
"Meaningful and well needed"
"Motivation to take action, raise awareness, and seek help."
"I would describe it as safe, supportive and comfortable."

How might you use what you learned today?

Towards my friends to support them
Continue to spread awareness.
To be there to somebody in need
In my role as a campus staffer
I would know what to do in a situation if I became a victim or if someone I know is.
Recommended information for other people I may come across in the future
Use this information to educate other who may not be familiar such as I was
I'll relay the message
By continuing to support family and friends that had those experiences
Helping others more
I have a better understanding and information to guide them to information that is needed
I will now know how to help someone
Ways to calm myself if and when I'm triggered
Will help me in handling individuals in such situations.
I'll make sure to let others know I'll be there to support them.

To help my situation and what I'm going thru
I can provide some resources to the people who may need help.
I'm going to take what I learned from today to my sister to better support her.
Tell others about the resources.
How to approach the conversation
Speaking up

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

(Highlights: see raw data for full list)

"Being able to support others is easy but most people make it about themselves and we should be kind"
"There needs to be more consideration, and understanding, and more education on the topic."
"The biggest barrier is not being supportive of each other"
"Embarrassment"

How can we improve this event in the future?

Nothing I loved it
Also lead with male perspective as well
By getting more people involved
Be more supportive and aware.
Alterations to the fictional monologue; the described event lacks true to life and tries to embody multiple points at once which blur from the main focus
The zoom audio could be louder
More speakers
I thought it was perfect
It was fine this way
I would say this was a successful event.
Everything was amazing
Better volume via zoom.
everything was perfect !
Nothing at all it was beautiful
The event was great
It was good for my first time coming.
Slightly better mic set up
This was great as it was

What other topics would you like to see addressed in future workshops that relate to mental health and / or the arts?

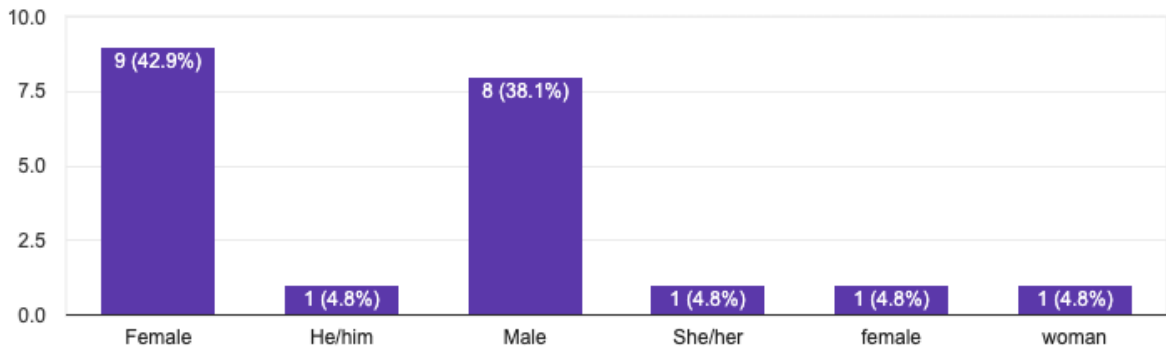
nothing i loved everything about it
Abusive relationships
Paternal relations vs maternal relations

Mental health issues
 Resources
 Abuse
 Different scenarios so others can relate.
 I'm not totally sure. Maybe talk more about men's mental health but we covered that in today's presentation as well.
 Mental health, disorders, etc
 How not to blame yourself.
 anxiety
 Nothing
 Communication in general.
 More about the lgbt community
 Not sure.
 Digital arts and immigration

Major	
psychology Social work Supply Chain Management Public Administration Business/ international studies Computer Engineering Media production Business Human Resources Psychology Science Early education Psychology na Psychology Criminal justice Business SCML Mortuary Science	

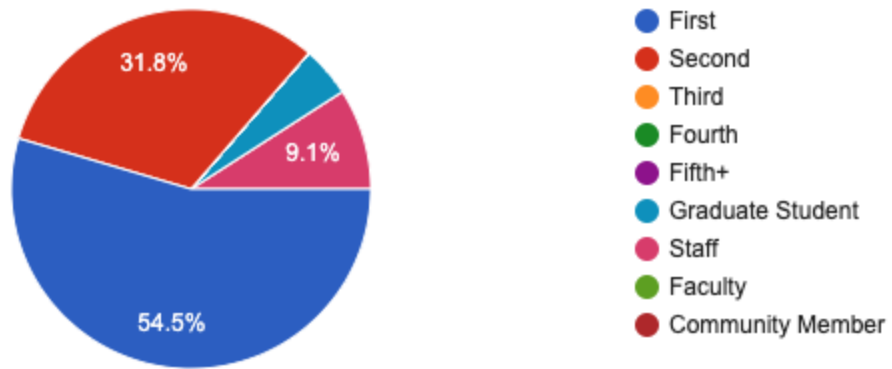
Identity

21 responses



Year

22 responses



Race / Ethnicity	
Asian / Asian-American	0
Black / African / African-American	17
Hispanic / Latinx	5
Indian / South Asian	0
Middle Eastern	1
Native American / First Nations	0

Pacific Islander	0
White / Caucasian	1
Multiracial	0
Other	0