

Our Bodies, Our Minds

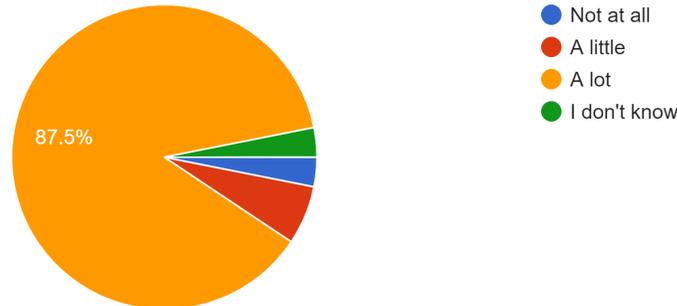
Post-Workshop Evaluations

San Diego State University
September 9, 2021

Number of attendees: 68
Number of evaluations: 32

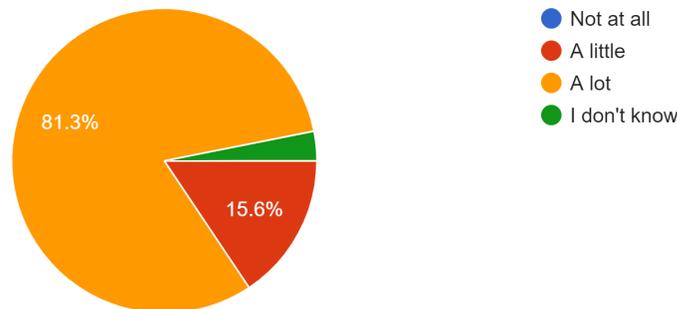
In your opinion, did this workshop raise awareness about the mental health impacts of sexual violence?

32 responses



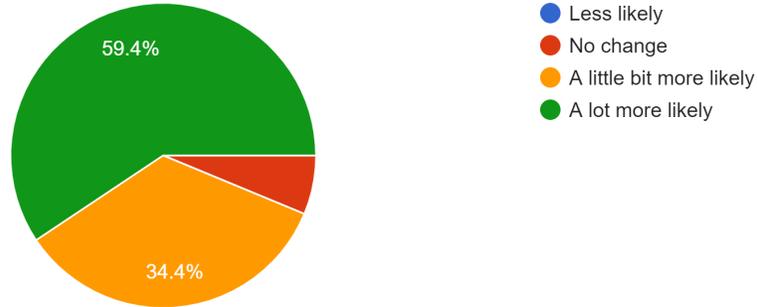
In your opinion, can this workshop help communities be safer and more supportive of survivors of sexual violence?

32 responses



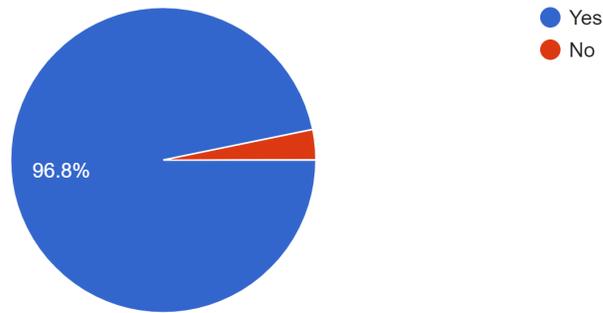
After this event, are you more or less likely to take action to support yourself or others when it comes to healing from sexual violence?

32 responses



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

31 responses



What types of tools or action do you think you might now take to support healing from sexual violence for yourself or others?
 Summary; see the Evaluation (Raw Data) for complete list of responses!

- I learned to be more patient with survivors when expressing their feelings
- I'll tell people in need about the mental health services act
- I will take a lighter and open approach to offering help/support to others
- I will continue to care for those close to me and offer emotional support
- I would mention all of the services SDSU offers as well as outside of SDSU.
- Listen, use "I" instead of "you"
- Taking the time to listen to other people's stories
- I can be vulnerable & open to vulnerability

How did you hear about this event?

Active Minds

The counseling and social change club (2)

E-mail

Frat Manners (13)

Fraternity / Sorority (2)

Just walking by the event

From a friend (2)

Table Offer (4)

Margot Ermer (2)

Sister

invited by One SDSU

What was your main takeaway?

Everyone processes their experience differently

Consent is mandatory!

Sexual assault shouldn't be a "taboo" topic to discuss

Trauma is so real and manifests in a way that can be really difficult

Communication is extremely important

Listen, believe, and aid those in need of my support in relation to sexual assault

Going through the dialogue was powerful

Being vulnerable leads to vulnerability

To help someone who has experienced sexual violence, one needs to give that person agency with how/when they speak

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

A safe space to learn and get informed

An open-hearted insightful workshop

A workshop that provides tools and resources for supporting sexual assault survivors

A moving/eye-opening event

Gives understanding of how sexual assault changes and affects others

A comforting, safe space

How might you use what you learned today?

- Changing the convo with people that use insensitive language
- I'm thinking of incorporating what I've learned into my club conversations
- I know what resources to use now
- I can teach what I've learned to those in my fraternity
- I can look for changes in others and offer a shoulder to learn on
- I will think about it when I hear that someone is struggling
- I can refer others to counseling & psych services

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

- Rejection and slut shaming
- The stigma
- Everything being online and not having that feeling of community
- People being fake victims and devaluing real survivors
- Not knowing the resources
- Ignorance
- Indifference
- Not enough education
- Rape culture and stigma around Greek life

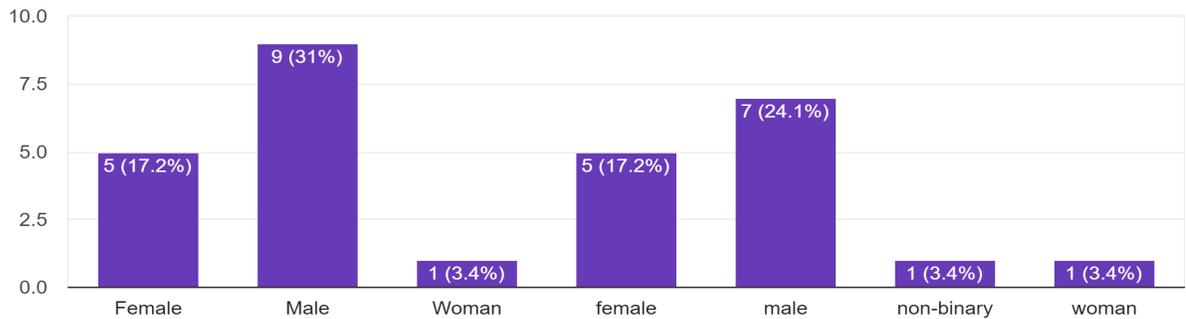
How can we improve this event in the future?

- NO COVID
- Maybe more advertisement on the event
- Making it in a more private area
- More speakers
- Get the word out more! :)
- More activities
- It was great!
- More opportunities for group work
- More small group activities so it is less overwhelming
- I loved the panel, maybe expanding that

Major	
Psychology	4
Math	1
Business	5
Finance	4
Comp. Sci.	3
Accounting	1
Kinesiology	2
Sustainability	1
M.I.S.	1
Criminal Justice	3
Journalism	1
Bio	1
Communications	1
Rhetoric & Writing	1
Dance	1

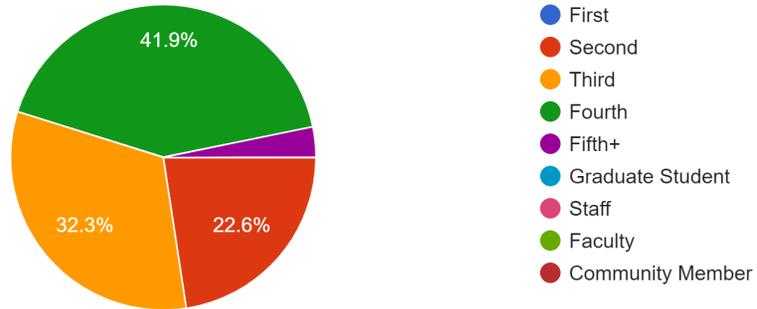
Gender Identity

29 responses



Year

31 responses



Check any/all that apply

31 responses

