

Our Bodies, Our Minds

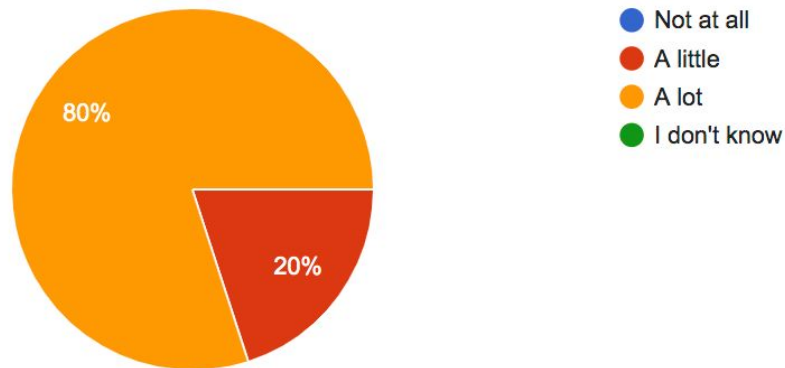
Post-Workshop Evaluations

Thompson Rivers University
November 13, 2019

Number of attendees: 25
Number of evaluations: 20

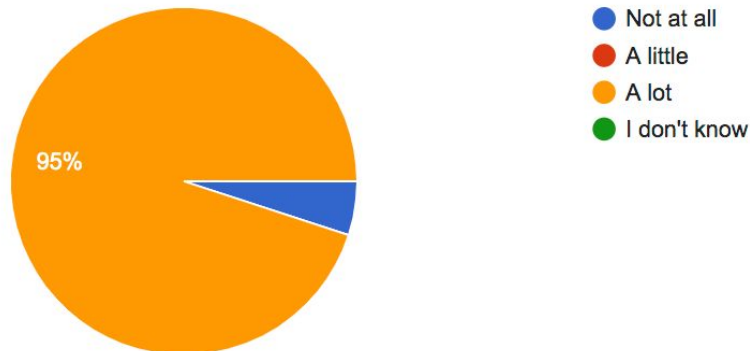
In your opinion, did this workshop raise awareness about the mental health impacts of sexual violence?

20 responses



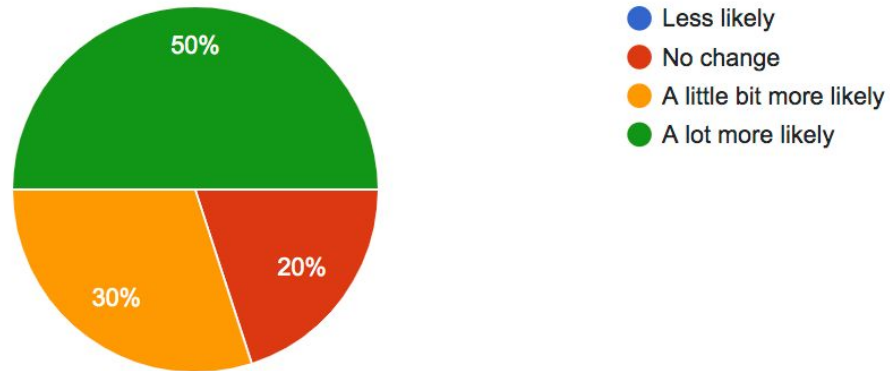
In your opinion, can this workshop help communities be safer and more supportive of survivors of sexual violence?

20 responses



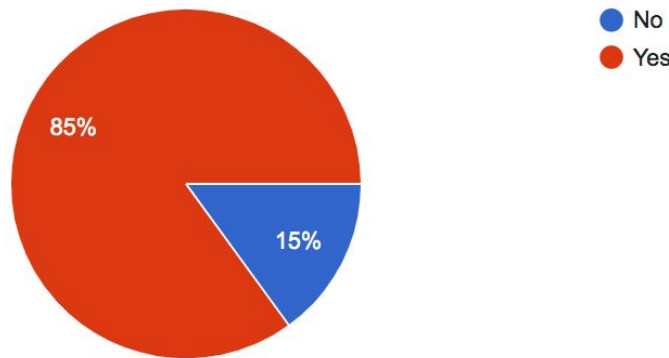
After this event, are you more or less likely to take action to support yourself or others when it comes to healing from sexual violence?

20 responses



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

20 responses



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

- Ask counselor service for help
- Careful language
- Currently working in agency. But would love to get out more and have more public conversations
- Empowerment
- Grounding, listening
- Integrating more movement into practice

- Knowing how to speak and support others going through trauma
- Listen, Believe, Support
- Listening more than problem solving
- Offer support or just be with them
- Remembering sometimes that the messages we receive aren't how they were meant
- Seeking help, encouraging people to seek help. Many resources
- think more about how I have been impacted by sexualized violence
- To not act as a professional, to not push them

What was your main takeaway?

- Always be respectful
- Believe, take up space
- Community is key
- Everyone has a story and to be gentle
- Learning to forgive yourself
- Listen
- Reminder of social impact in working with survivors
- Small changes make the difference
- Strength
- Survivors need support
- The active play/role playing and how emotions/feelings are held in our body
- There's help
- Type of support matters
- We have strong communities to lean on!

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

- A hands and body in conversation
- A mix of theatre and thoughtful dialogue
- A unique and empowering experience/workshop
- Engaging but in a non-intimidating way
- Impactful
- Informative
- Informative and Interactive
- Interactive
- Intimidating, but positive outcome
- People can learn information
- Thought provoking

- Useful
- Valuable, creative, gentle and honoring
- Very beneficial
- very interactive
- warm
- Welcoming, safe

How might you use what you learned today?

- Be supportive, let know resources
- Being there for someone in need
- I'll use it in my personal and professional life in lots of conversations
- In my life and work
- In training
- Reach out, listen
- Speak up if people shame victims
- Spreading it through social media and talking with others
- Use with people seeking support in the Wellness Centre
- W/ friends (2)
- When interacting with peers
- working w/ others and for myself

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

- Access to supports
- Campus
- Dark streets, not many friends
- Lack of awareness/training
- Lack of knowledge
- Need to continue to talk about these topics
- Not having awareness of resources
- Not talking about it
- Open and honest conversations
- People still believing, holding on to and not thinking critically about rape myths
- Race and the stigma and taboos
- Resources, lack of support from fam
- Stigma
- There's a lot

How can we improve this event in the future?

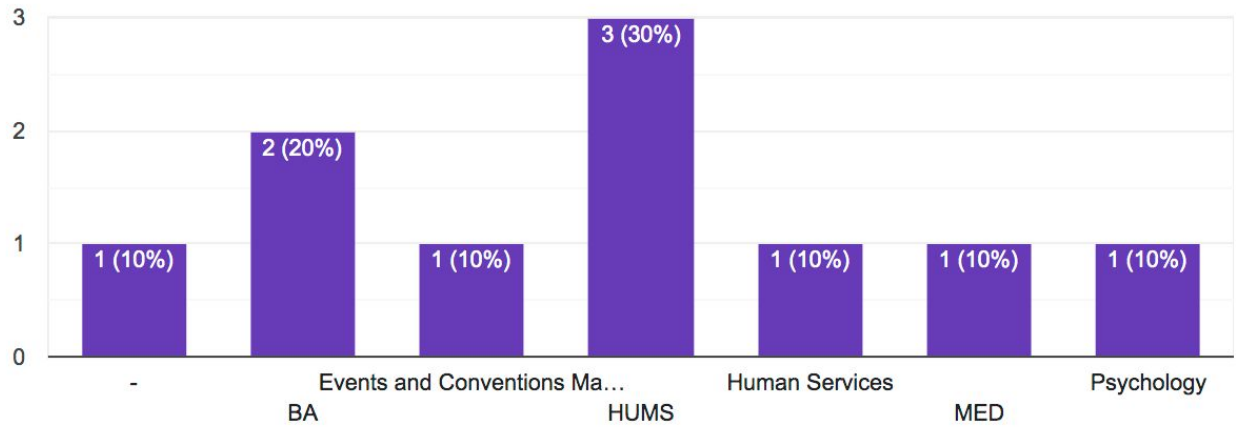
- Handouts for us to follow along, reflect about later
- I think a different time of day would have been better
- It was perfect
- Let us know about the panel
- Make space for more time on the communication-lots of people had to leave before it was over
- More accurate posters? (It wasn't what I expected)
- More advertisement
- More grounding opportunities
- More prep for survivors in the room for how to stay calm and present
- More time
- Poster, email to students
- Private space
- Remind: no obligation to participate

How did you hear about the event?

Wellness Centre	6	33%
TRU staff	1	5.5%
SWAT Leader	1	5.5%
Practicum	1	5.5%
Posters / Flyers	3	17%
Friend	2	11%
Email / Facebook	2	11%
Amber Huva	1	5.5%
Art With Impact	1	5.5%

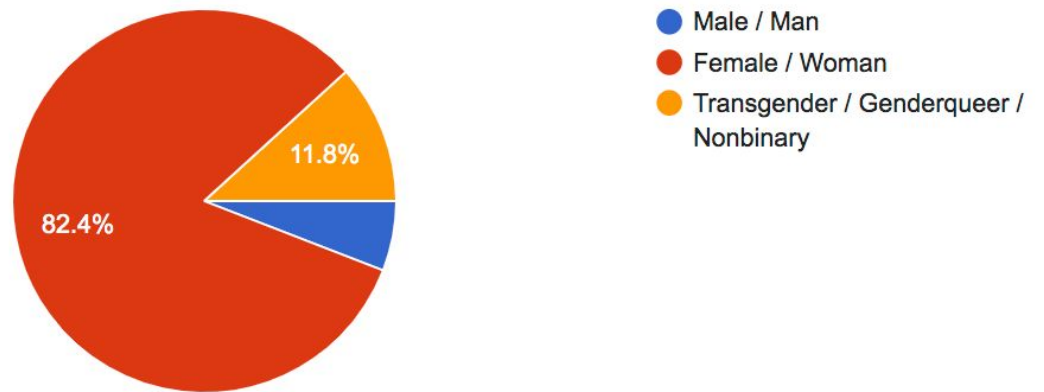
Major

10 responses



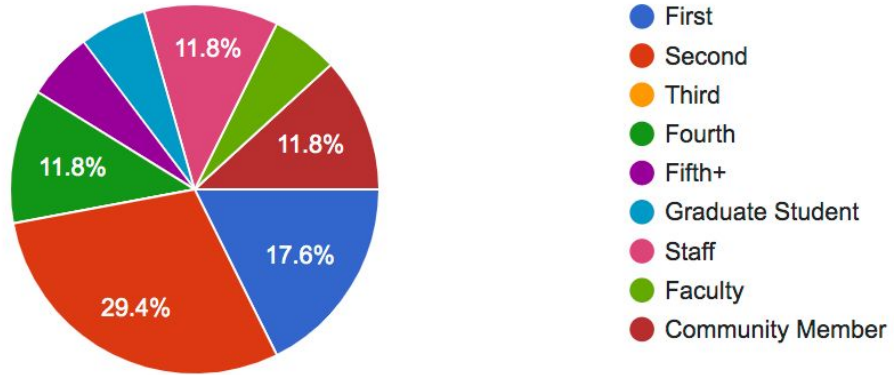
Gender

17 responses



Year

17 responses



Race / Ethnicity		
Asian / Asian Canadian	1	6%
Black / African / African Canadian	2	12%
Indigenous / Aboriginal / First Nations	2	12%
Pacific Islander	1	6%
White / Caucasian	13	77%