

# Movies for Mental Health (Online)

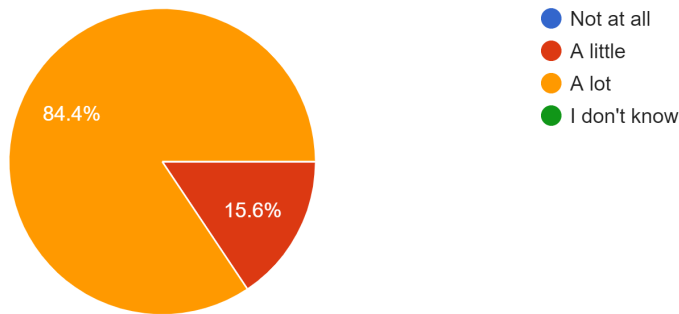
## Post-Workshop Evaluations

UNIVERSITY OF ALBERTA  
FEBRUARY 1, 2022

Approximate maximum attendance: 58  
Number of evaluations: 33

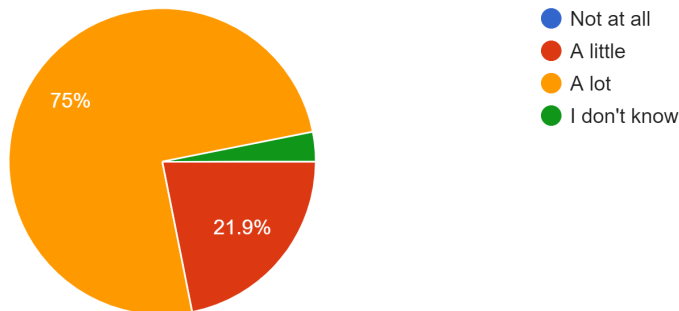
In your opinion, did this workshop raise awareness about the mental health impacts of sexual violence?

32 responses



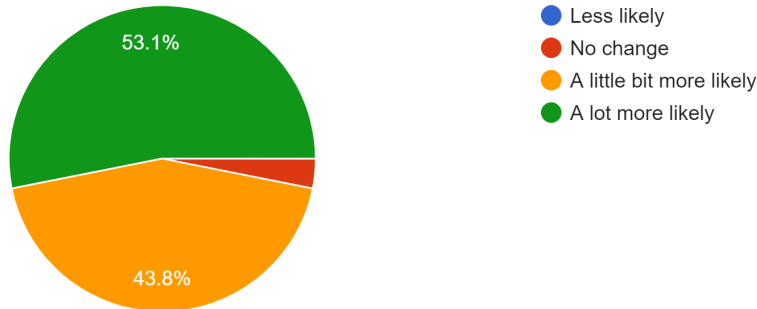
In your opinion, did this workshop help you confront and address stigma related to sexual violence and its mental health impacts?

32 responses



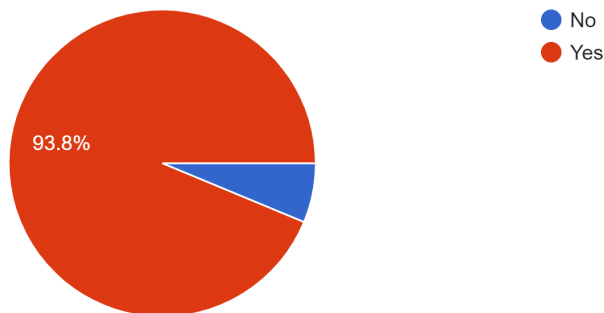
After this event, are you more or less likely to take action to support yourself or others when it comes to healing from sexual violence?

32 responses



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

32 responses



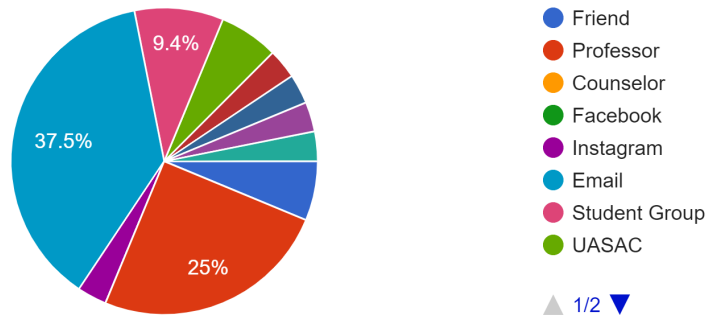
### What types of tools or action do you think you might now take to support healing from sexual violence for yourself or others?

- I was completely unaware of the sexual assault center at the UofA, so now that I am aware of the resources that are out there, I will keep them in my toolbox to use if or when needed.
- Awareness of additional resources that support survivors is vital, particularly the videos that a survivor could explore on their own to help process their experiences.
- Grounding, giving myself space to heal
- I'd like to do some training and volunteer
- Being connected to my surroundings!
- Having a positive group interaction makes me consider group therapy.

- Connecting with the Sexual Assault Centre to reach out and be open about my own experience with sexual assault.
- Definitely will suggest SACE and the SAC at uofa

How did you hear about this event?

32 responses



### What was your main takeaway?

- Everyone's journey is super individual and might be very different from what you've imagined in your head.
- Be mindful of the media that I consume in regards to its portrayal of sexual violence.
- There are many similarities \*and\* differences to how victims of SV respond. Survivors may hold many negative feelings and actions (e.g. comparing) that can create hurdles for them to open up and advocate for themselves. It is so important to understand survivors and be there for them in their lowest moments.
- We are not alone.
- There are more resources available than just private counselling and online suggestions
- The power of shared experience
- Embracing healing as a journey and letting myself heal without pressure to "return to normal"
- The shame is not yours to carry, It is the person who committed the act.
- I really liked what Victoria said about not thinking in terms of binaries
- There ARE people talking about violence, we DO have the opportunity to improve, engage and inform. What power..
- Everyone handles the way they heal differently but we shouldn't hold on to the shame because it is not ours to carry.

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

- Very informative and "usefully emotional"
- Eye-opening and interactive!
- Educational. Supportive. Open. Thought provoking. Inclusive
- I would say it is very supportive and a safe space.
- Something I needed.
- Incredibly welcoming and rich with information
- A worthwhile experience that provided a safe space with open dialogue and people
- I've learned so many things. I feel more determined and inspired to help others
- One of the best - in terms of ease of use. Also awesome for the lived experience part
- An amazing experience, and is a great way to learn more about discussing sexual assault with others or our own experience. A safe space to be open about our feelings and experiences.
- Empowering and reaffirming what we've come to learn and know via work and/or life experiences.
- Enlightening and Encouraging

## How might you use what you learned today?

- I know I will do some work with my inner child, inspired by the last movie.
- Approach situations and people with more empathy. A quote I keep to heart is, "Everyone you know is fighting a battle you know nothing about. Be kind. Always."
- In knowing how to support people - not just with sexual assault, but also with people going through hard experiences in general
- I will definitely try to volunteer at SACE (The UofA SA centre for victims)
- It really stuck with me when we talked about how the healing process looks different for everyone. I always believed that the "right" way to deal with mental illness was therapy (talking to someone) and medication... yet the presentation gave me permission to explore other ways that might support me as well. Thank you for that insight.
- Share skills involving empathy and compassion to friends. Reinforcing consent in my friend group and the communities I'm involved in.
- I would use the films as a basis to start conversation around the topic of sexual violence.

- I'll try to give myself a little more self compassion, which was well demonstrated during the session.

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

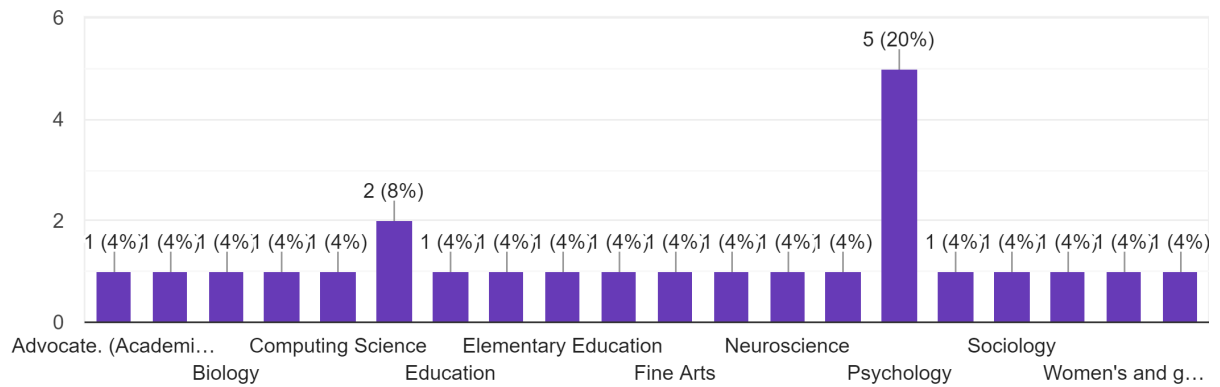
- The STIGMA! There's a huge stigma around speaking up about sexual assault and I think it renders victims feeling extremely helpless or like they have no voice to speak out.
- It is the peer aspect that creates that barrier. It is the fact that our peers may not believe or trust the survivor or gaslight them because they "know" the survivor or the offender.
- It can be difficult to access affordable supports (e.g. wait times for therapy or groups are very long, otherwise expensive).
- We have an out of date punitive conduct process that limits our ability to create a safe environment for survivors.
- Stigmatization of SA and not knowing where to go for help
- Patriarchal expectations that hurt both women and men alike. ex) Men having to be "macho" and repressing their emotions, or women having to be passive to male figures... to name a few
- There's still a huge disconnect with people understanding what sexual violence and assault are...
- Ableism and Racism
- Lack of services - no sexual assault centre available for Indigenous community members without leaving the community
- Survivors often have to work against "the system", as in it takes a long time for them to find justice, if ever, and that can be very damaging to their mental health. It's good that there are resources available to help.
- The shame that goes along with the stigma and the open knowledge about support services.
- Awareness. Local communities and UofA continues to do too little too late. Being on campus, it is clear that there a lack of awareness surrounding SV, ranging from the definition of it, to a convoluted reporting process where the investigation process is muddy or buried with legal jargon at best, to an easily accessible list of supports and resources for survivors, to the supports themselves (e.g. for a uni of 40K students, the SAC only has 1 psychologist and 2 social workers).

## How can we improve this event in the future?

- Wow, tough question because I felt this event was most excellent! I have nothing to offer!
- Add like/I support/love this buttons to the comments section/public chat
- I would have loved to see a male panelist who could add more on the extremely stigmatized topic of male sexual assault especially when it may be a female who is the offender.
- Differ the stories I feel like it was stereotypical of the types of sexual assault that we all recognize as such but making space for those who question if what happened to them was 'bad enough' to qualify
- A suggestion I have for Art With Impact would be to try to incentivize the short film competition to male applicants. That representation would likely draw many more people to future workshops themselves.

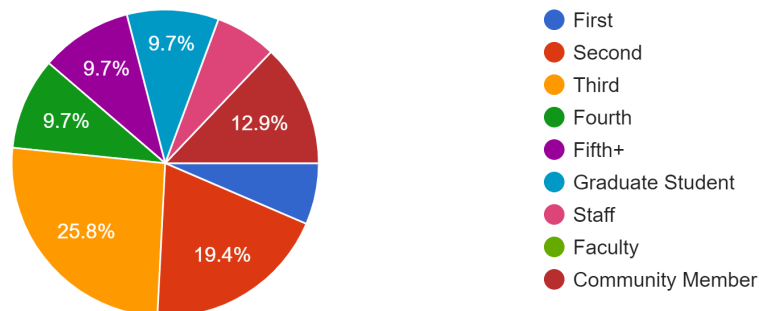
### Major

25 responses



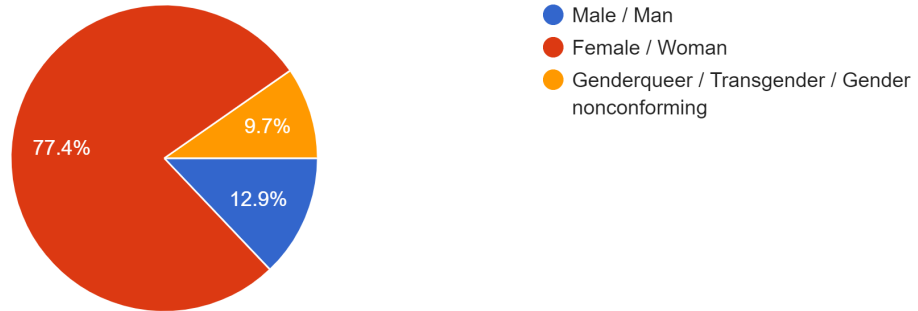
### Year

31 responses



### Gender

31 responses



### Ethnicity

31 responses

