

Movies for Mental Health (Sexual Violence Focus)

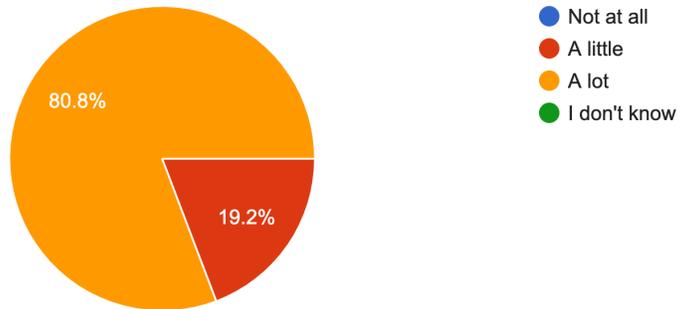
Post-Workshop Evaluations

University of Connecticut
April 5, 2021

Approximate maximum attendance: 31
Number of evaluations: 26

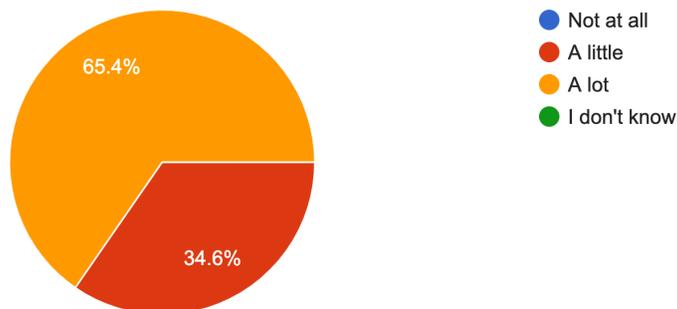
In your opinion, did this workshop raise awareness about the mental health impacts of sexual violence?

26 responses



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

26 responses



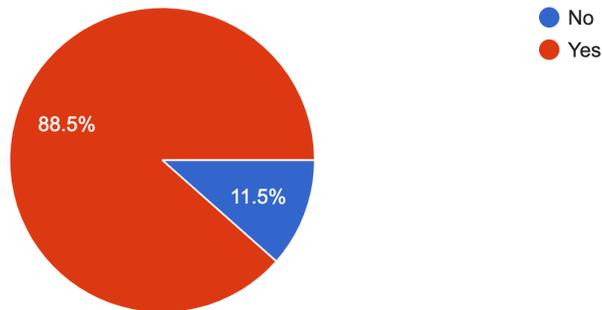
After this event, are you more or less likely to take action to support yourself or others when it comes to healing from sexual violence?

26 responses



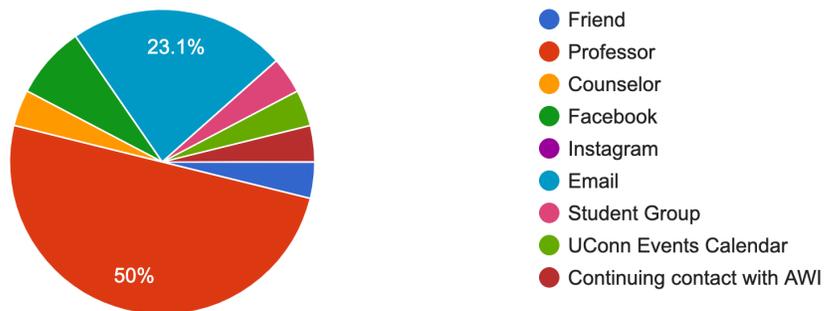
Did you learn about new resources related to mental health and sexual violence?

26 responses



How did you hear about this event?

26 responses



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

Hopefully they will reach out to someone who will listen and be supportive, and hopefully feel more empowered to report the event.
To just be there for people to talk to and to help them feel believed and know that I am there with them in support.
Going on walks and setting boundaries and also starting to meditate, super excited to continue my healing journey and take what other people said and put it into action.
I will open up the conversation and listen caringly.
Being an advocate for student services for younger students.
Even if they don't want to talk about the situation it's always good for them to know that you'll always be there.
Knowing where to reach out now.
Being present.
Advocating more for those who have experienced.
Body scanning.
Student Health and Wellness.
On campus advocacy.
Being open about experience.
Talking.
Advocacy.
Advocacy work.
Peer groups.
Advocate more in my community for survivors.
Be more open with my psychologist
Be open and compassionate

What was your main takeaway?

There are a lot of incredibly strong and resourceful people out there.
Understanding the true impact SA has.
"Healing is not linear."
UConn has wonderful supports for mental health.
Being more cognizant of comments I think of making.
Healing is not short and sweet it takes different paths
The main takeaway is that healing is not linear and if you are healing or helping someone there will be good and bad days.
Everyone has a different experience that is VALID
Healing is a process that varies from person to person and it may not be linear
Sexual violence is wrong and we need to de stigmatize it and help heal.
The bravery of Jocelyn and Neha.
I'm normal.
Healing from sexual assault and other mental health struggles is not linear
How media portrays sexual violence as an act and forgets the mental impact of the violence.
the various interpretations others have of the act/impact/recovery
people deserve support and to end the stigma
I like these events
Be open and be compassionate.

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

A really good way to anonymously hear others' stories and comment.
Really good place to have conversations about sexual harassment.
Amazing. It can be triggering but you will feel accomplished and healed after. It is anxiety provoking but the support and love is unmatched.
Informative and inspiring.
A must watch.
Very powerful. The videos and Neha and Jocelyn's stories were very moving and it gives a space to talk openly.
Educational and supportive.
Informative, welcoming, safe,
Inspiring, moving.
Helpful, important.
Emotional and educational.
A start- a really great start.
Empowering.
Warm, friendly, panel and moderator were well spoken.
A different approach to understanding the impact of sexual violence.
Impactful and connecting.
Helpful, honest, strong, powerful.
Intense but good.

How might you use what you learned today?

Everything that I learned was so helpful. For people that I know that might have not known about this event I will share the resources given to me so that they can also share it to their friends to make everyone more aware of SA. I know about the stigmatism that is put into SA and to know that not everyone has the same experience and not everyone copes the same way. So now I understand how to appropriately approach someone and take into consideration their experience.
I will use the healing and self care methods people listed off and also try meditating like we did in the workshop.
I will use what I learned today to help anyone if they have gone through sexual assault and to be a person they can talk to.
To support any friends and/or reassure myself if something ever happens to me.
Resources: NAMI on campus.
Speaking up more for those who experienced sexual violence.
As a college student, I will use this information daily because sexual assault cases and the mental health stigma is common.
I can understand how to comfort a friend who went through sexual violence.
I will share what I learned with family and friends.
Advocate for help with our most vulnerable and least likely to access mental health services.
Pay more attention to subtle cues of suffering
Pay it forward to others in my community who are struggling with sexual violence and abuse.
To advocate more on the issues of sexual violence.
talking more with friends
I will use my voice to share what I've learned
I guess just checking in more on others

What are the biggest barriers to your mental wellness and/or receiving mental health support?

The culture needs to CHANGE. We need to raise young men to understand consent and know that sexual violence is NEVER okay.

Honestly not educating the people that need it.

Judgment.

Non-believers due to relationships to those being accused.

I think the biggest barriers is the stigma behind sexual assault and it makes it hard for people to open up because they are afraid they won't be believed and even blamed for what happened.

Budget cuts, less resources.

Stigma and fear of disbelief/victim blaming.

In a Hispanic household many people really don't believe in SA or rape and think it's just something that doesn't happen

Traditional views of what a female identifying person should behave.

Willful ignorance.

Secrecy, town admin attitude and denial

Social distancing C19

Gender Indifference and Misogyny.

Lack of information.

Lack of immediate programs in my town especially if you lack transportation.

Lack of leadership within UCONN for survivors.

The stigma!

The patriarchy and disowning culture. Asians are very quick to disown their daughters for coming forward

How can we improve this event in the future?

Do the same thing again!

It was great as is.

Well done.

I think it was very helpful.

I was wondering if this even can be in two parts because I really enjoyed it but I was not able to attend the entire event.

More presenters willing to share their experiences.

Nothing I really liked the involvement.

Increase the time allotted for conversation.

Don't read the chat aloud unless there's really something you want to emphasize.

A little more time for individuals to add comments from watching the videos. Each of the videos were very moving for me emotionally.

Some kind of captioning feature.

Include more time for conversation.

Maybe manage the time better so all the breathing stuff planned can be done.

Hmm more healing space time :) i loved the deep breaths.

Advertise.

Anything else you want to share?

I wanted to say it's really nice to have someone to talk to during the event in case we need to talk about something. I talked to someone and it really helped.

Thank you to the panelists for sharing.

I really enjoyed workshop and hope to attend more in the future!

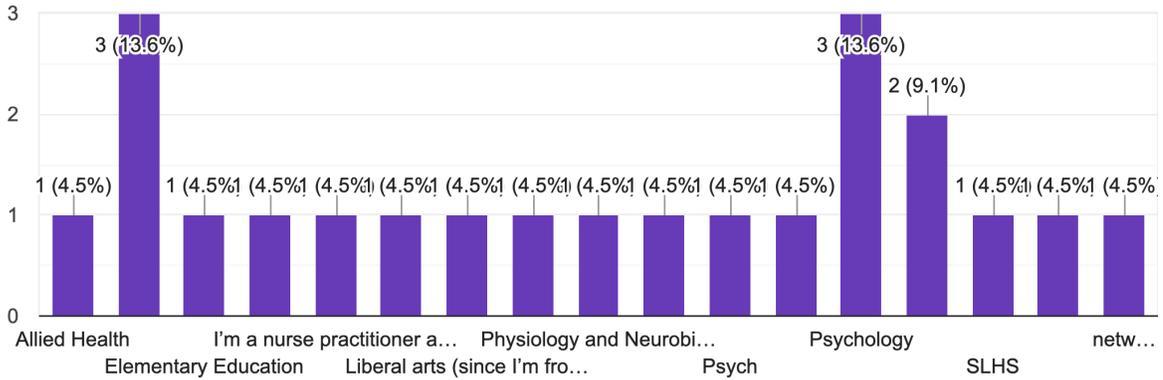
I appreciate that this wasn't limited to current students.

I loved hearing the survivor stories because those sharing are extremely brave.

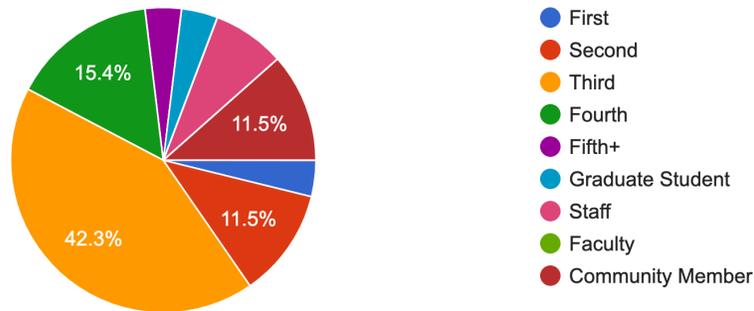
Really great event! I've attended many events on sexual violence and this one was very interesting because of the interactive component.

I attended for extra credit, but learned a lot and feel that this was very beneficial.

Major
22 responses

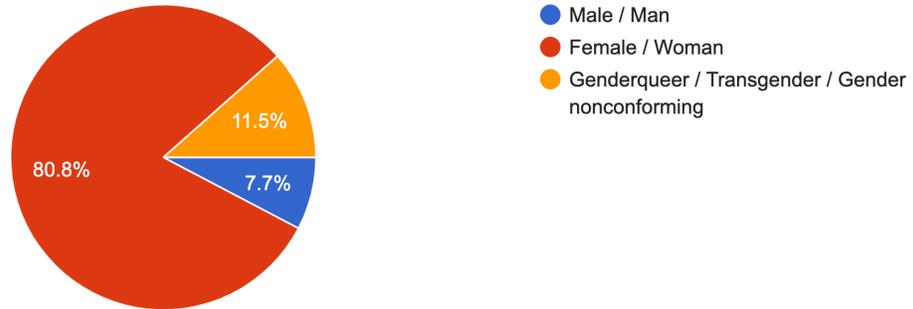


Year
26 responses



Gender

26 responses



Ethnicity

24 responses

