

# Movies for Mental Health (Online)

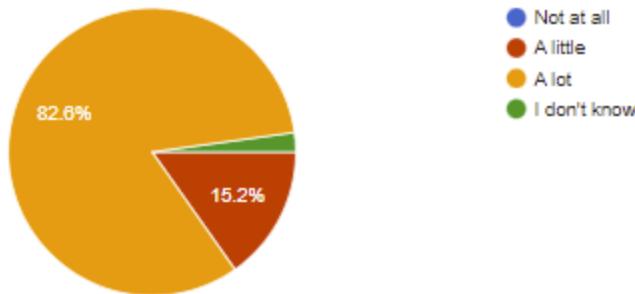
## Post-Workshop Evaluations

University of Waterloo  
January 31, 2022

Approximate maximum attendance: 70  
Number of evaluations: 48

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

46 responses



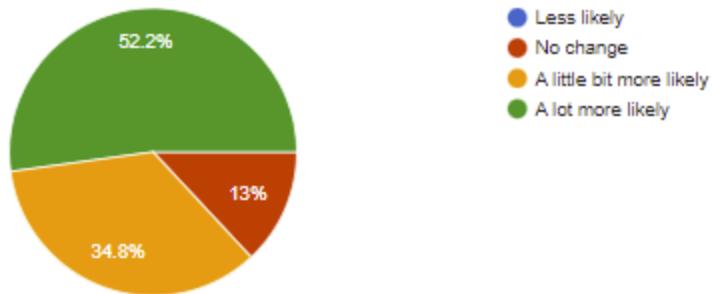
In your opinion, did this workshop help you confront and address stigma related to sexual violence and its mental health impacts?

46 responses



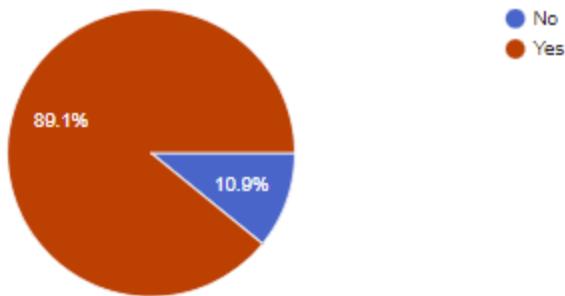
After this event, are you more or less likely to take action to support yourself or others when it comes to healing from sexual violence?

46 responses



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

46 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 think that I now know more resources that are available, and I can share this information with those that may need this support. I will also use what I learned to help break the stigma and to step up more.

How to respond either verbally or in action.

Counselling services are extremely helpful, I think it's also important to remember that everyone's healing journey is different

Support, patience and some of the counselling resources offered in the workshop.

Adapt my support by listening to what a victim of sexual violence needs, practicing active listening

I didn't know about sasc resources so thats a great addition to my toolbox



Validating your own experiences as well as those of others and not being afraid to reach out for help when needed.

Saying "I believe you", as well, having all the links and knowing that SASC is so accessible! Being able to just let survivors know they can chat or call about their own situations and finding a support best for them.

Volunteering for mental health services/women's centre on campus, letting those around me know that I am available to offer support for them.

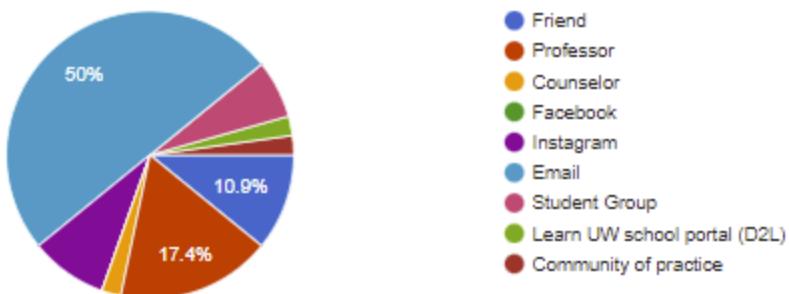
I understand that taking the actions to let survivors heal at their own rate, and being there to support them unconditionally are the key tools.

I feel more inclined to engage more people in open conversation, attend more workshops and acquaint myself with how to effectively help those around me by being a patient source of support and understanding.

The breathing exercises!

How did you hear about this event?

46 responses



## What was your main takeaway?

That we are not alone and there are more resources than people think

Honestly, I felt the overwhelming support of everyone who attended the event. Both the leaders of the event as well as everyone who was typing in the chat. It just made me realize how supportive everyone can be and that we are not alone.

My main takeaway is that there are tons of resources that can be consulted. I think this is especially important when one does not want to talk about their experience with family or friends

There's a lot of people of my age group who care about and want to do more for survivors.



There is a lot of stigma around sexual assault but it is ok to have experienced it and talk about it with people. If people react poorly that's not your fault and does not reflect badly on you, it doesn't mean what happened was your fault or that you don't deserve support

Everyone's experience and healing is unique

That the impacts of sexual violence aren't static - it can affect people in very different ways so it's important to understand what the best way to support them is

It is crucial to be compassionate and supportive of those who have been victims of SV and it is important to ask THEM what they need from US/ME in order to help them (and not just assume).

The stage to converse, to make people more aware, is waiting for us to take the step to helping more of our community.

We need to work hard to make sure survivors know that we are listening, we support them and that they have a voice and are heard and can heal.

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

Inspiring and heart warming.

Moving, resonating, and a safe space for valuable discussion.

A really great supportive environment to learn and talk about mental health and wellness especially in regards to mental health, by using discussion on some great films!

I would describe this workshop as impactful. I think that this is a useful workshop to teach people how to react to sexual assault survivors when they share their story.

Educational, moving, and a welcoming, open space

Something that isn't necessarily easy to attend, but something that is important to. You don't have to be a sexual assault survivor or know anyone who was sexually assaulted to attend, and attending will only benefit you and everyone around you.

A truly enriching experience

**How might you use what you learned today?**

I will use what I have learned in my ongoing learning to be more inclusive and understanding in my approach.

I hope to share some of the films and info I learned with friends



[I would] feel more comfortable coming forward if I experienced sexual violence in the future. [This event] also taught me about how I can help others who might come forward.

I think today I have learned that it is so important how you respond to survivors of sexual assault and making sure you create a safe/brave space as well as make sure they know that you believe them.

I'm going to keep this in my brain, not only for people seeking support, but for initiating a workshop or resources for clubs/groups I am engaged in.

I can better empathize with people of various struggles and create a more supportive environment. People don't always know what they need, and may need space, as my help can be seen as suffocating.

Whenever topics such as these pop up in conversation, now I will be able to hold discussions and spread information with more confidence.

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

There is a lot of stigma and blame placed on the survivor and this may make it hard for them to move forward in their healing journey

University is inherently mostly populated by middle-class people, there is stigma around lower income individuals "putting themselves" in more dangerous situations because of lower income neighbourhoods

Sexual violence is often minimized or misunderstood.

I think the biggest barrier is stigma for sure and possibly feeling that there are future impacts on my life if I were to discuss my sexual assault. I also think we need more trauma informed police and care providers.

The stigma around sexual violence, especially against those who are male-identifying, as well as the lack of mandatory education on consent

The lack of language to describe the nuance of healing from SV and a lack of highly accessible / visible resources or accommodations.

Limited discussion of consent, lack of info about rape kits in the student population, also victim-blaming and guilt-tripping (I find this especially relevant in the student culture).

The culture often present in engineering workplaces. Hustle culture doesn't leave emotional space

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

I honestly can't think of any way. It was amazing and the host treated the subject matter very sensitively.

More POCs involved in filmmaking and panel

This was a really well-run event! I just wish this reached a wider community because it does feel like a lot of this information and reflection would be great for everyone (of course that is unfeasible and would make it

impossible to build this community, but I just really appreciated the event so much I wish more people could experience it).

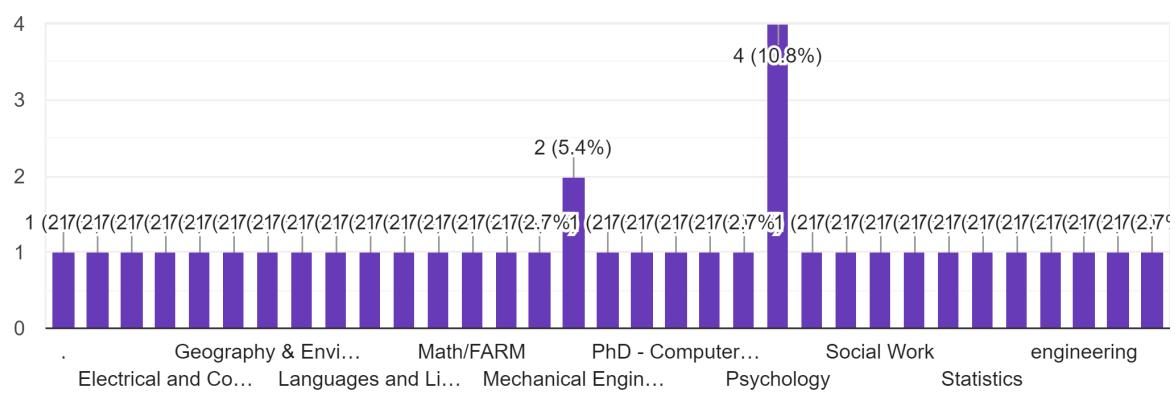
It would be nice to have even more diversity in speakers and content (i.e. gender, age, culture etc.)

I think that trying to dissect larger reflections from the films would be better than just "one word" responses. People already state when they are agreeing with one another, so having people expand their thoughts beyond a basic feeling can lead to better discussions.

I honestly can't think of anything, the space felt very warm and positive and all the speakers shared very powerful messages. Overall, it was really well put-together!

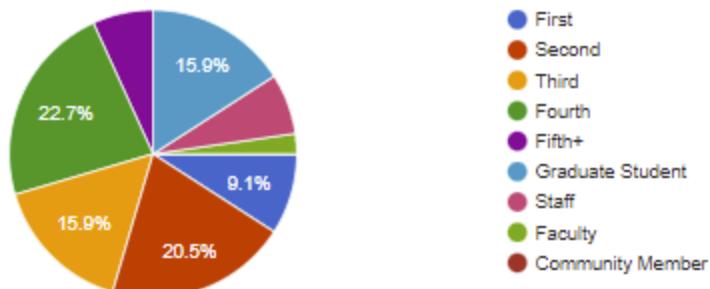
### Major

37 responses



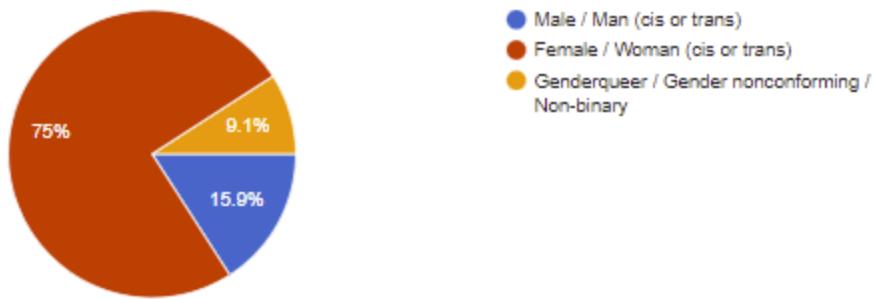
### Year

44 responses



## Gender

44 responses



## Ethnicity

41 responses

