

Movies for Mental Health (Online) Sexual Violence Focus

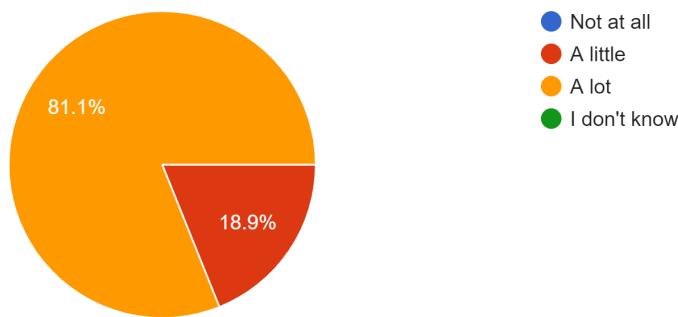
Post-Workshop Evaluations

Vancouver Island University
March 30 2021

Approximate maximum
attendance: 69
Number of evaluations: 37

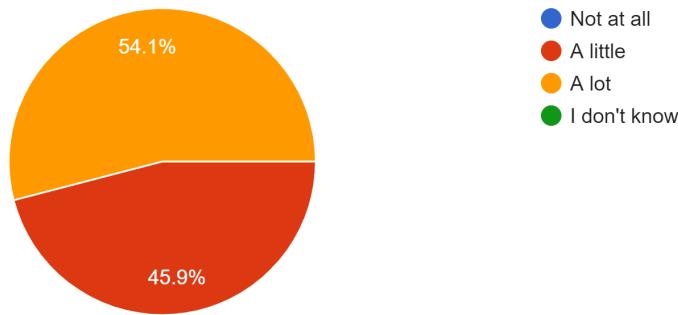
In your opinion, did this workshop raise awareness about the mental health impacts of sexual violence?

37 responses



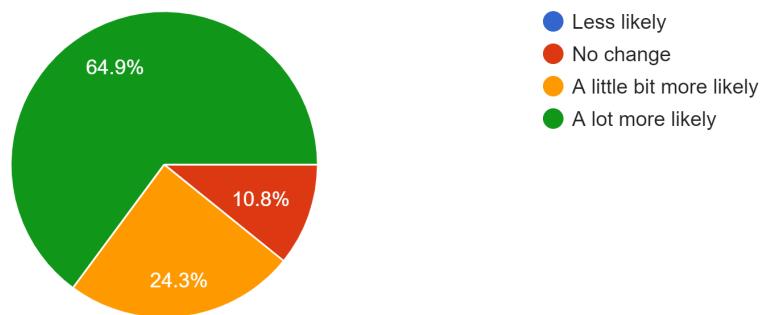
In your opinion, did this workshop help you confront and address stigma related to sexual violence and its mental health impacts?

37 responses



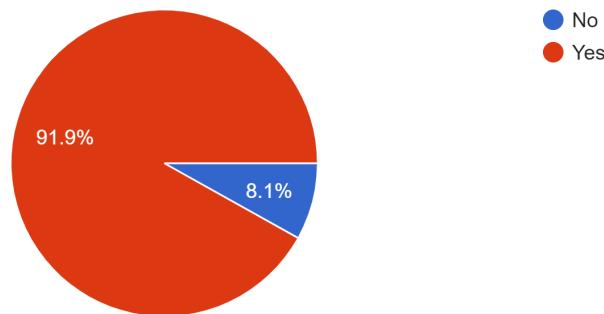
After this event, are you more or less likely to take action to support yourself or others when it comes to healing from sexual violence?

37 responses



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

37 responses



What types of tools or action do you think you might now take to support healing from sexual violence for yourself or others? (Highlights: see raw data for full list)

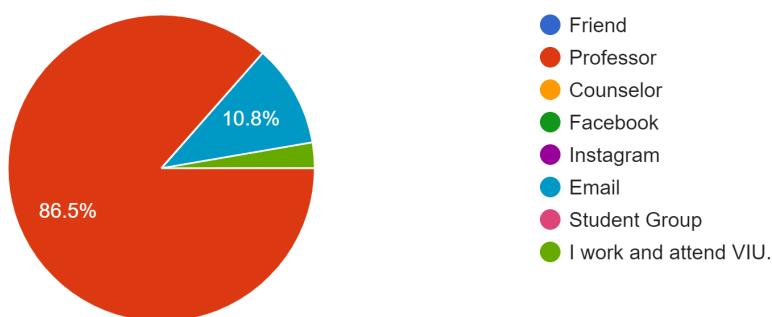
- The more I learn about sexual assault resources to help survivors heal, I believe that I would have the courage to share my story and reach out. I also believe that I can use the resources I learned about today to help my friends.
- Providing a safe space for listening and providing help or supportive resources to survivors of sexual violence
- Being able to simply be a listener and someone to hear them and hold their experience
- More awareness about this since not a lot of people are aware about this very informative workshop.
- I will reach to the resources within my university.
- Encourage use of university/local supports, was not aware of how many there were.
- challenging my own beliefs and biases



- The resources provided at VIU by Monica, Art and Dawn
- Remind myself and my friends that healing isn't straight forward, its a rollercoaster. there will be good and bad days but I am here to love and support them and myself on all days.
- There was discussion surrounding "how" to be there for someone who has experienced sexual assault, and these will be very helpful for me to incorporate in future experiences.
- i think the biggest action you can take is making sure the other person feels safe and heard
- self-care, being open minded, using active listening to support others, planning fun activities, providing or using available resources, addressing biases and stigma, being an advocate for sexual violence survivors.
- Listening. Listening goes a long way when it comes to support.
- I would definitely use the resources provided at Viu.

How did you hear about this event?

37 responses



What was your main takeaway?

(Highlights: see raw data for full list)

- To keep having conversations about how to support others who have gone through sexual assault
- I was unaware of the resources available at VIU. I also feel better prepared to support a friend or patient through the healing process.
- That there is a large amount of stigma, but as a driving force we can make a change together
- That sexual health is important and that sexual violence needs to be addressed more.
- the significance of violence in sexual violence and how it is using sexual acts as violence and is not considered sex which therefore changes the conversation around the stigma
- Sexual assault is nothing to be ashamed of!
- Victims of sexual assault convey their feelings in multiple forms and everyone copes with it very differently.
- Support and healing are so important to normalize when empathizing with victims of sexual violence.
- Be kind with others, practice empathy, and do your part in ending the stigma
- I am not a burden and my loved ones want to support me
- How important community and group support is with mental health regarding sexual violence.
- The overwhelming amount of resources available to those experiencing mental health issues or those who have experienced sexual violence.



- That it's normal and ok for healing to be non linear.
- I liked how everyone felt open about all these conversations and didn't feel judged.
- Knowing that you're not alone.
- being introduced to many resources that can help with mental health
- There are multiple resources provided at university that can help people through their situation dealing with sexual violence.
- How stigma surrounding sexual violence can deeply impact survivors. We must work on combatting this stigma.
- Media often displays sexual violence but does not often represent healing of a survivor
- I knew a lot of what we discussed, but now I have more resources for mental health
- a lot of times people don't come forward because they feel it's their fault
- it is really important to seek out support
- Many are working to reduce the silence.
- There are more resources and people willing to help than I thought

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

(Highlights: see raw data for full list)

- Open and inclusive discussion about raising awareness on sexual violence and mental health.
- It is a powerful workshop which talks about sexual violence, PTSD, depression, and resources for the healing.
- It is a powerful workshop which talks about sexual violence, PTSD, depression, and resources for the healing.
- It is an informative workshop that discusses stigma surrounding sexual violence as well as talks about resources provided at VIU.
- Powerful and informative
- Gets you thinking
- a very enlightening experience that dives into the stigma and resources for sexual abuse
- Impactful, eye opening, and helpful.
- inspiring and relevant
- A good mixture of art and information, but can be triggering or bring up strong emotions.
- It provides a place to voice, listen, and learn.
- Empowering and enlightening
- I would say how great it was to learn more.
- insightful and inspiring
- Amazing and well put together
- educational, informative, inclusive, diverse
- Forward thinking, inspiring, open
- very informative and touching in many ways

How might you use what you learned today?

(Highlights: see raw data for full list)

- I will use this in my relational practice as a nurse, in which I must be able to talk to people without judgement and with respect.
- Having increased awareness of these topics will help me be a better confidant for those who wish to share mental health struggles or experiences of sexual violence to me.

- Coming from a family history of intergenerational trauma, it has truly informed me and can hopefully break the cycle :)
- To feel less guilty about reaching out for help. To normalize the conversation around this topic in a healthy way.
- Moving forward, I will reflect on my own internal biases surrounding sexual violence and work at gaining a better understanding of how my own biases may impact my care as a nursing student.
- I will use what I learned today as I continue my journey to becoming a registered nurse. I will use this information not only in my career but also in my personal life to support friends and family.
- I will provide this information to others I know who need and let them know that I am here whenever you need help.
- In my future career as a mental health nurse as well as a member of my community advocating for mental health
- I will definitely be saving the resources provided for future practices
- i'll keep the stigma in mind, not in the way that I would use it, but in an explanation for silence and avoidance. What may have caused people to be afraid to share or report
- When working with clients and patients as well as supporting friends and family
- I do not know how I will use what I have learned today, but it is always useful to be more informed about these issues and resources.
- I will utilize what i've learned by helping to spread awareness in the right circumstances.
- I understand more and have less stigma-related thoughts regarding sexual violence
- making sure i am paying attention to clues and not neglecting anything someone might be trying to tell me
- By utilizing the resources and being a better friend, nurse or confidant

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

(Highlights: see raw data for full list)

- the legal system, people not believing survivors
- There is a big stigma associated with mental health in my community, which makes it hard for people to seek help. I have noticed that within my family as well. It is very tough to change how they think about it; however, I am glad to have the resources available within the university to help students regarding this.
- immigrant culture.
- Toxic masculinity instilled at a young age.
- low income and victim shaming
- Not having enough training for all people involved in handling assault cases
- the stigma around their experience and lack of information in schools
- I believe that the biggest barriers in my community is shame. I come from a very small community where everyone knows everyone and all their personal business. I believe that there are many stigmas involving sexual violence in my community and I believe many people are not aware of the resources as we are in a rural community.
- The biggest barriers to my community for being safe and supportive for survivors is the fact that sometimes they would think that their feelings may not be valid. Especially coming from males.
- Lack of information surrounding the issue and stigma created by the media.
- Societal stigma surrounding coming forward about personal experiences. Not enough education surrounding supportive resources in the community
- Acceptance, ownership
- i think judgement and people not being supportive or believing the survivor
- COVID 19 has limited resources for people, people are stuck at home - what if home isn't safe?

- My abuser still studies on the same campus i do
- Connections to those who are sexually violent (ex. a well liked person is sexually violent towards someone else, people choose not to believe them due to likability of assailant)
- the stigma surrounding "victim shaming" is alive and well in my community. This presents barriers for those who are wanting to come forward with their experiences.
- Socioeconomic differences, misinformation, social stigma

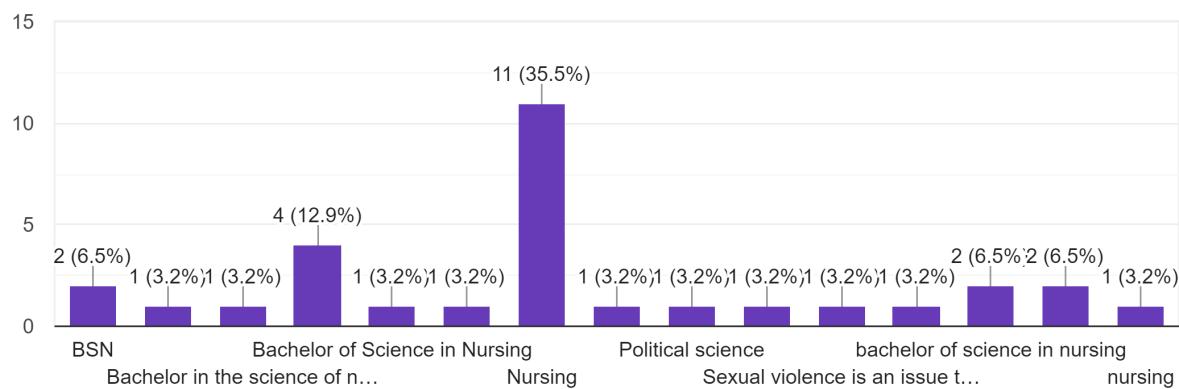
How can we improve this event in the future?

(Highlights: see raw data for full list)

- it was pretty great as it is, maybe more movies?
- promoting support systems, normalizing getting help
- talking about more ways to approach people living in the aftermath of sexual violence or how to combat stigma
- perhaps have more speakers who are willing to talk about issues surrounding mental health
- Honestly, I would not change a thing about this event. This event was powerful and engaging. I am very glad that I joined and I am looking forward to attending more workshops in the future.
- By implementing a component on aboriginal victims who are survivors of SA from a family member.
- perhaps allowing space/time to talk about the videos instead of just reacting initially. Like a summary at the end?
- I thought it was extremely engaging and the time flew by so fast. Thanks for all your energy and hard work
- I found this event to be very well thought out - really enjoyed that there were multiple ways to answer questions (i.e. out loud, in chat, anonymously, polls, etc.)
- It was great, maybe some more specific helping actions that one can take when someone tells them about SA
- Perhaps allow more time for reflection after the videos. Other than that it was very nicely put together.
- Really enjoyed the event and found it quite engaging.
- More education provided surrounding supportive resources and educating young crowds about consent and appropriate sexual activity
- nothing, it was very interactive that made it more interesting to listen to
- You guys did wonderful!
- I think it was really well done
- keep raising awareness
- Nothing! I genuinely liked everything about the event!!

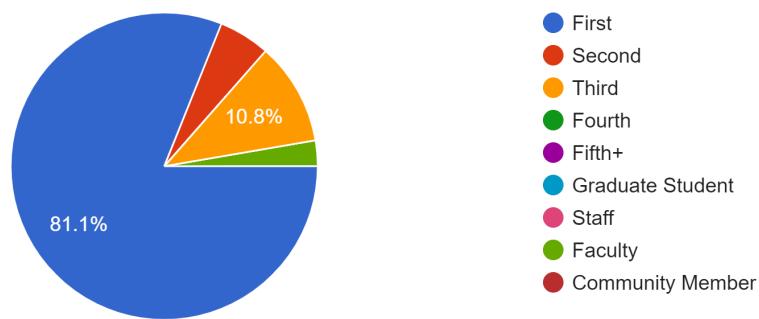
Major

31 responses



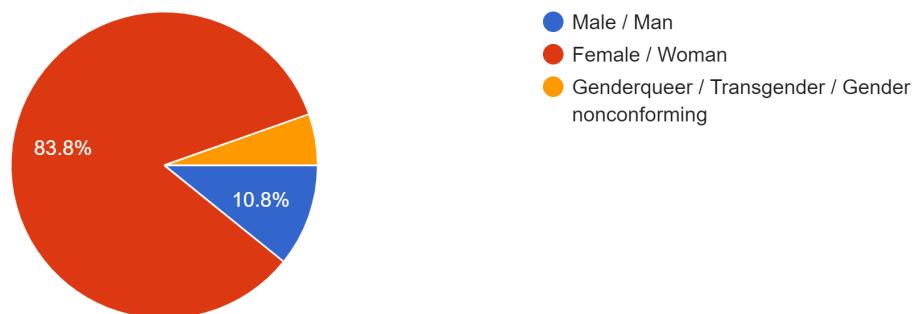
Year

37 responses



Gender

37 responses





Race / Ethnicity		
Asian / Asian-American	6	16%
Black / African / African-American		
Hispanic / Latinx	1	3%
Indian / South Asian	2	5%
Middle Eastern		
Indigenous / Native American	6	16%
Pacific Islander	1	3%
White / Caucasian	24	65%
Multiracial		
Other		