

# Movies for Mental Health (Online)

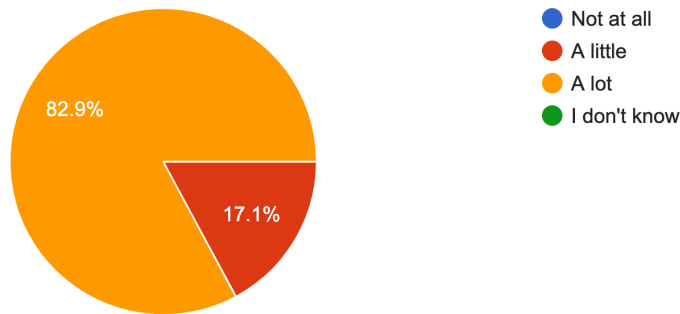
## Post-Workshop Evaluations

Vancouver Island University  
March 8, 2022

Approximate maximum attendance: 74  
Number of evaluations: 38

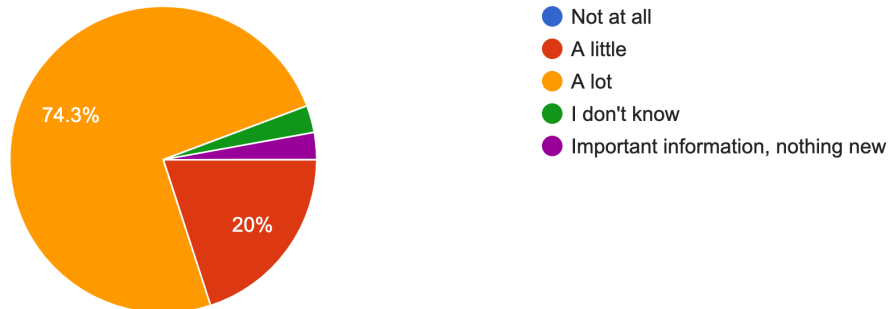
In your opinion, did this workshop raise awareness about the mental health impacts of sexual violence?

35 responses



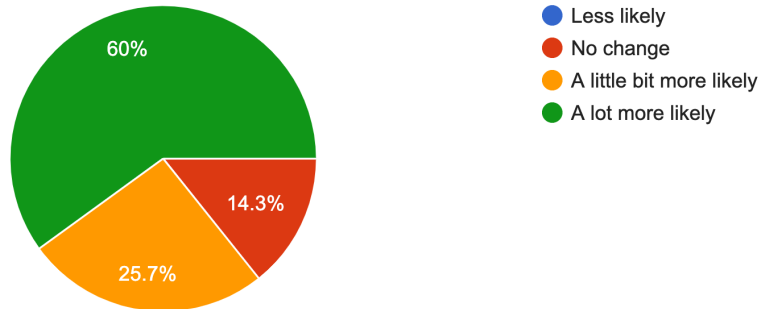
In your opinion, did this workshop help you confront and address stigma related to sexual violence and its mental health impacts?

35 responses



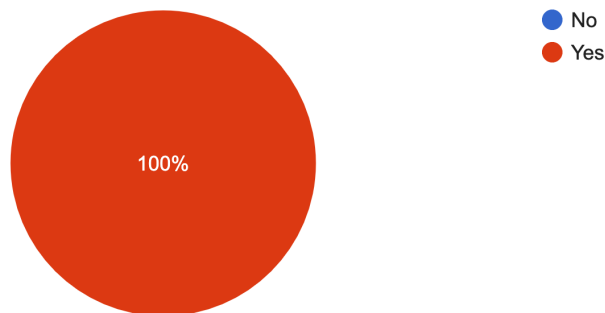
After this event, are you more or less likely to take action to support yourself or others when it comes to healing from sexual violence?

35 responses



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

35 responses



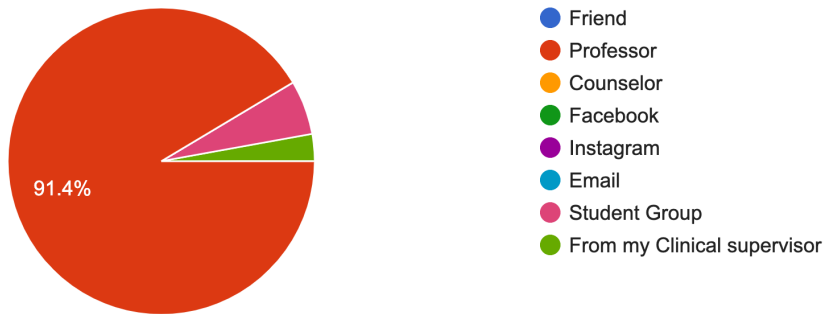
### What types of tools or action do you think you might now take to support healing from sexual violence for yourself or others?

- reaching out, thanking the person for talking about their experience and normalizing or encouraging these kind of conversations
- I will use the examples of responses when a friend comes forward with their sexual violence experiences.
- Letting people know how many resources are available to them, especially at VIU as I was not aware there was people you can go to if you are a victim of sexual assault or mental health issues.
- Active listening

- Talk about it, offer support, be an advocate
- Allowing for flexibility in how people choose to speak of experiences
- Allow for individuals to move at their own pace through the growth process and provide support and comfort.
- Be a friend, advocate and support system for all abuse victims. There are phone numbers, web pages and community resources available for us to mention and direct folks to.
- Know the resources and be willing to pass them along of needed

How did you hear about this event?

35 responses



**What was your main takeaway?**

- there is so much hidden stigma that victims of sexual health experience and mental challenges they face such as post traumatic stress disorder that still happen to this day
- The VIU support centers available.
- When it comes to mental health and sexual assault victims, you are not alone.
- There is no shame in talking about assault
- That it's ok to need help and good resources
- How to effectively listen to someone who shares their own story of violence
- Believe and support victims
- That there are multiple types of trauma that affect mental health
- That many people are effected by sexual violence and that listening can be a big help to those survivors

- I believe society's culture and attitudes about sexual assault has come a long way from when I was younger, but there is still a lot we have to do as a society to improve the responses and attitudes towards survivors of sexual assault.
- Raising awareness of sexual violence healing and de-stigmatizing it!
- To continue to support and advocate for victims of all kinds of abuse.
- Help is easier to find than it may seem in the moment
- That sexual violence is a very personal experience. Survivors will react differently and heal differently
- Resources for mental health and sexual violence and how to address it
- How to support someone struggling to cope with sexual violence
- Watching the videos have so much insight into survivors minds

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

- Engaging, enlightening, peaceful
- a supportive and safe space to learn about sexual violence and its impacts
- The information is realistic. Sometimes information about sexual assault can be outdated or wrong and this was appropriate and accurate.
- An eye opener on how we can aid ourselves and others experiencing trauma
- Eye and heart opening, light bringing

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

- I will try to minimize the stigma about these topics by being more open about these topics and reaching out to others
- I will become a better ally to those who have experienced sexual assault.
- By supporting the people I know that have been a victim of sexual assault by active listening
- In future nursing practice when helping clients
- It has inspired me to learn more and do more for others
- To open more discussions about sexual violence so it's not a stigma
- Personally using the given tools for my own experiences, providing said tools for others in need.
- By knowing more about these issues, I am more equipped and able to help others experiencing similar things
- reach out to the different resources myself or inform others of these resources when applicable

- To support a friend who is dealing with a recent sexual assault

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

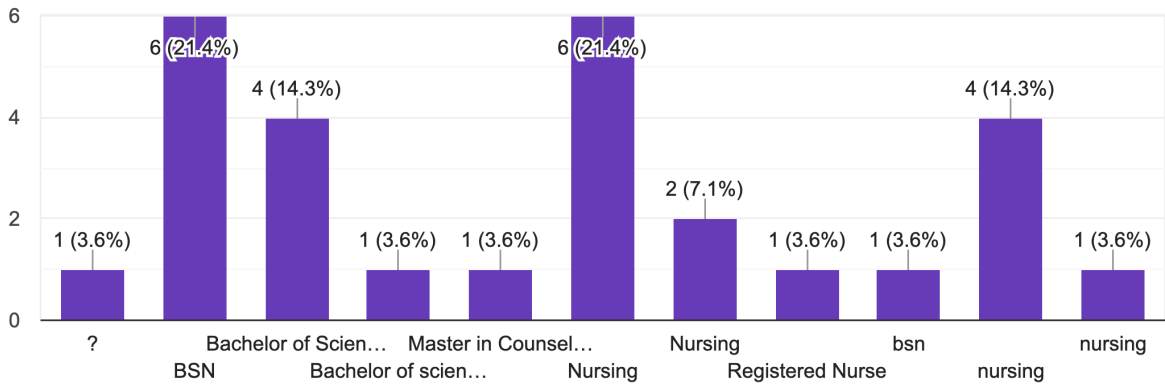
- I think the problem is that people deny that survivors of sexual violence face any prejudice or stigma and there is a lack of understanding or knowledge. but a lot of people don't want to admit it
- Stigma, limited resources, people not believing survivor's stories.
- Finding someone to talk to at an appropriate place and time
- We live in a small community so most people know each other
- Access to professional help that is non judgemental
- Stigma with reporting incidents, fear of being called a liar
- I think the lack of news coverage on kidnapped women around Nanaimo being sex trafficked.
- I think the biggest barrier is automatically being questioned. I think people are very apprehensive about believing that someone they know could possibly be a sexual aggressor. I think a lot of common responses that I experienced were "that is a pretty big accusation to make" and "I cannot imagine him doing that" and "this could ruin his life if it is not true." These statements show that individuals are more comfortable presuming that the victim is lying than believing that someone could commit sexual assault.
- Fear of judgment and disbelief.
- Not enough people know how to get help

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

- I think the event was well done. However, there were a few technical difficulties in the video.
- Spreading awareness about how to help these people
- More accessible platform.
- Not sure; more collaborative for participants to split off in group
- More videos/films

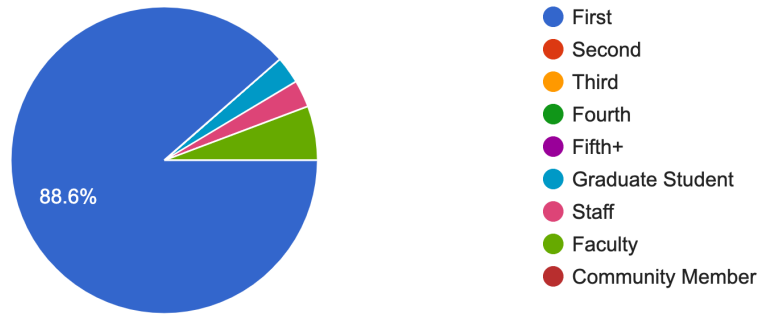
### Major

28 responses



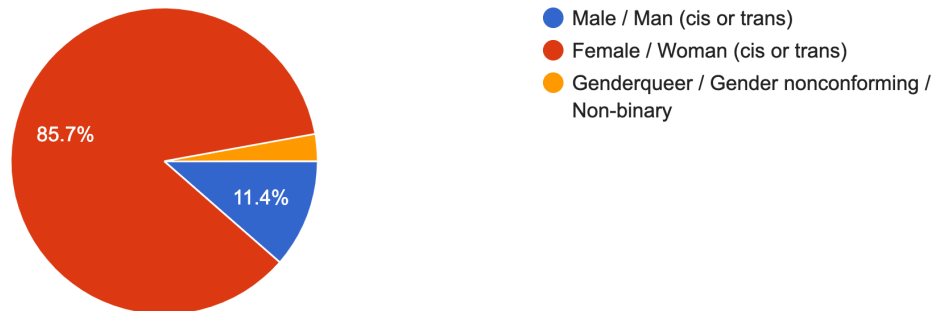
### Year

35 responses



### Gender

35 responses



### Ethnicity

35 responses

