

GOING OFF SCRIPT: WINTER 2020 EVALUATION

Developed by **SHARE: Education Team**
Stanford University



HOW MANY PEOPLE DID WE REACH?



20 people wanted to participate

At least 2460 people knew about the program through social media, newsletters, emails, and listservs. 20 students were interested in taking the program, and ultimately 7 students participated in the program.

CHANGES IN SELF-COMPASSION LEVELS



Increase of self-compassion but not significant

There was an average 0.78% increase of self-compassion for everyone who filled out the evaluation. There was also an insignificant average 5.41% increase for everyone who filled out both the pre- and post-evaluations. On a positive note, the program also does not seem to decrease self-compassion in students either.

STUDENTS' FEEDBACK



"Invaluable," self-growth and excellent facilitators

- Student and facilitator interactions filled with "trust and vulnerability."
- Concrete tools and focus on consent, society and self-discovery
- Promotion of self-understanding and growth
- Excellent facilitators with varying identities



CHANGES IN GENDER NORM ACCEPTANCE



Significant decrease of acceptance of stereotypical gender roles

There was an average 18.47% decrease of accepting stereotypical gender roles for everyone who filled out the evaluation. There was also a significant average 11.88% decrease for everyone who filled out both the pre- and post-evaluations. Thus, students had a statistically lower acceptance of stereotypical gender roles after taking the program.

SUGGESTIONS AND POTENTIAL CHANGES FOR THE FUTURE



Mostly program structure/spacing

- Provide background material before meeting
- Weekly structure
- More breaks
- Increase facilitator check-ins during small group/pair activities
- Recruit more students
- Use comprehensive scale for self-compassion evaluation
- Edit program to boost self-compassion more

