








#30DaysofSAAM

Instagram Challenge • April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 Share about SAAM</p> <p>To kick off SAAM, Share a snapshot that captures your goals, hopes, and feelings about SAAM and the theme “Building Connected Communities”.</p>	<p>2 SAAM Day of Action</p> <p>Wear teal and share a group or individual photo. Be sure to cross-post on other social media pages using #SAAM.</p>	<p>3 Affirmations for Survivors</p> <p>Share a message of support and affirmation for survivors. Think about what you want survivors to know or encouragement for hard times. For example, “You Are Not Alone”, “You Are Enough”, and “We Believe You.”</p>	<p>4 SAAM Event Shout-Out</p> <p>Many SAAM events are happening this year to unite and educate communities. Post details about one you’re hosting or share a flashback photo from a previous event.</p>	<p>5 Get Creative and Spell It Out</p> <p>Get creative and use objects (flowers, food, art supplies, etc.) to form the letters “S-A-A-M” and snap a photo.</p>	<p>6 Paint the Town Teal</p> <p>Find a way to bring the color teal and a message of awareness somewhere new.</p> 
<p>7 Community Connection Sundays</p> <p>Highlight a group that’s building connections and making positive changes in your community. #BuildingConnectedCommunities.</p>	<p>8 Show Survivors Love</p> <p>Share messages that show your support for survivors and celebrate both their healing and resilience.</p> 	<p>9 Something I Made</p> <p>Share a photo of something you made (a resource, art piece, recipe, craft, or more) and explain how it relates to SAAM in the caption.</p>	<p>10 Celebrate Changemakers</p> <p>Shine a spotlight on someone in the movement to end sexual violence helping communities become more equitable and create a graphic or find another way to highlight them.</p>	<p>11 Thoughtful Thursdays</p> <p>Reflect on what has helped you learn more about sexual violence, its impact, and how to show support for survivors.</p>	<p>12 Building Connected Communities</p> <p>Share in a creative way a piece of information, a statistic, or a topic you have learned from SAAM 2024 or something you think others should take away from this year’s theme.</p>	<p>13 Highlight a quote from an Activist</p> <p>Share a quote from an activist that stuck with you and could inspire others to get involved in preventing sexual violence through building connected, inclusive, and equitable communities.</p>
<p>14 Community Connection Sundays</p> <p>Highlight a local organization or national project related to sexual violence or supporting survivors and encourage others to get involved.</p>	<p>15 My Message to Advocates</p> <p>Tell the advocates in your community and worldwide what their work to support survivors and educate communities means to you.</p>	<p>16 C-o-n-n-e-c-t-e-d</p> <p>Use each letter of the word “Connected” in a word or phrase that describes what makes connected, inclusive, and equitable communities. (i.e. C is for Caring for one another, O = Open, etc.)</p>	<p>17 Empowerment Playlist</p> <p>Share a song that inspires, uplifts and/or promotes making a positive impact or change in our society #SAAMPlaylist</p> 	<p>18 Thoughtful Thursdays</p> <p>Reflect on what makes you feel like you belong. How can you help others to feel like they are welcome and can make a difference in your community?</p>	<p>19 Handwritten Words of Encouragement</p> <p>Share a SAAM haiku, quote, sidewalk chalk drawing, or inspirational message in your own writing or style.</p>	<p>20 SAAManimals!</p> <p>Animals play a role in both healing and bringing people together. Capture how the animals in your community are showing up for SAAM.</p>
Prompts continued on next page						

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<p>21 Community Connection Sundays</p> <p>Another week, another opportunity to celebrate changemakers. Spotlight a resource in your community that everyone should know how others can support their work.</p>	<p>22 Looking Ahead to a Brighter Future</p> <p>Preventing sexual harassment, abuse, and assault takes awareness and action beyond one month. What future events/programs are you working on? Share an opportunity to stay involved after April.</p>	<p>23 Connected Communi-teas</p> <p>Tea? Coffee? Something else altogether? Show us what brings members of your community around the table and fuels meaningful connections.</p> 	<p>24 Denim Day: Wear Jeans with a Purpose</p> <p>Join millions who will wear jeans to take a stand against victim-blaming in honor of Denim Day. Head over to DenimDayInfo.org to learn more about the campaign.</p>	<p>25 Thoughtful Thursdays</p> <p>Reflect on community care. How can people support one another to foster a sense of belonging and promote positive change?</p> 	<p>26 __Of Course We're Connected</p> <p>"I'm [blank], of course I'm going to [blank]." Are behaviors in your community a no-brainer? Tell us about it by following the "Of course" meme trend.</p>	<p>27 SAAMThoughts</p> <p>Consider what books or films have made a difference in your thinking. Looking back on and sharing our lessons learned and "aha" moments can remind others of their potential to learn and change.</p>	
<p>28 Community Connection Sundays</p> <p>On this last Community Connection Sunday, share an organization or group that brings people together and builds community.</p>	<p>29 One Takeaway from SAAM 2024</p> <p>Closeout SAAM by sharing something everyone can do to promote health equity and community connectedness in the coming year. Find a way to demonstrate, illustrate, or share this message in writing.</p>	<p>30 You Did It! Gratefulness Shout-Out</p> <p>Give thanks to someone or something that made your participation in the #30DaysofSAAM possible. This might be yourself, your team, or a supportive person, place, or practice.</p> 	<p>Way to Go!</p> <p>Thank you for participating in the #30DaysofSAAM contest. Your creative ideas are sure to inspire others!</p> 	<div style="border: 1px solid teal; padding: 10px;"> <p>Join advocates, activists, survivors, and supporters who are getting involved in Sexual Assault Awareness Month this April on Instagram. Daily prompts encourage creative ways for you to raise awareness, educate, and connect with others — plus you have a chance to win prizes every day you participate.</p> </div>			

Participation guidelines

- Anyone can participate: individual accounts, organizational accounts, accounts created just for the contest, etc.
- Submission posts must tag @NSVRC.
- Posts must include #30DaysofSAAM and a hashtag identifying the prompt you're responding to (i.e. #Day1, #Day2, etc).
- All types of posts are accepted including video, photos, digital artwork, photos of illustrations, collages, poems, etc.
- Posts MUST be original content (not reposted from somewhere else).
- Posts that feature thoughtful captions will be given extra consideration.

Prizes and eligibility

Daily Prizes

- A winner will be chosen for each prompt daily and awarded a \$25 gift card to Etsy.com — plus their submission will be featured on NSVRC's account.

Grand Prize

- There are two ways to become eligible for our grand prize drawing: (1) participate every Tuesday in April or (2) participate every day in April. Those that participate every day will have their names entered into the drawing twice.
- The grand prize is a \$250 gift card to Etsy.