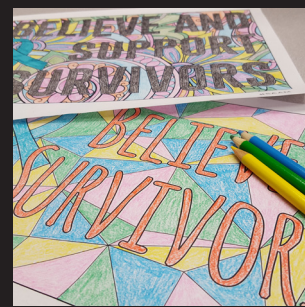
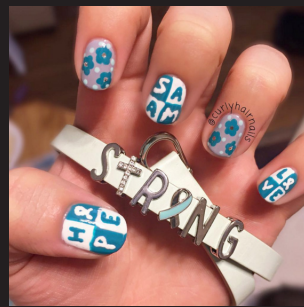


INSTAGRAM CONTEST

#30DAYSOFSAAM



April is Sexual Assault Awareness Month (SAAM).

It's easy to get engaged this April with the 30 Days of SAAM Instagram contest. You can support survivors, spread awareness, and win prizes like posters, T-shirts, stickers, and more.

Here's How to Participate: Follow the daily prompts listed below each day in April. Tag your photo with #30DaysOfSAAM and tag @NSVRC. Each week we'll select a winner!

April 1: Something teal

April 2: Signs of safe streets #endSH

April 3: Show us your Twibbon profile picture

April 4: (Day of Action) My message to survivors
#SAAM #DayofAction

April 5: Take a picture of your SAAM poster

April 6: I support all survivors #LGBTQ

April 7: What I'm thankful for #TGIF

April 8: Take a picture of your SAAM craft

April 9: State/town supports survivors
(take pic of landmark)

April 10: Print, color, or create your SAAM coloring page

April 11: I Go Teal For

April 12: Show off your temporary SAAM tattoo

April 13: How do you change the culture?

April 14: How I support survivors #SupportSurvivors

April 15: Helping Hands - show us your SAAM
nail designs

April 16: This is how my faith community supports
survivors #SupportSurvivors

April 17: One blue string #1BlueString

April 18: My go-to self care activity

April 19: This is how my sorority/fraternity
changes the culture

April 20: Chalk the walk

April 21: Show your support for Day of Silence #LGBTQ
#DayofSilence

April 22: I Be-leaf Survivors (Earth Day) -
what message would you send to survivors?

April 23: Challenging rape culture

April 24: My team changes the culture by...
(my team/squad in teal) #SquadGoals #CultureChange

April 25: Show us your SAAM t-shirt

April 26: Denim Day, there is no excuse #DenimDay #GearUp

April 27: Use your words to spread the love
#SurvivorLoveLetter

April 28: This is what a healthy relationship looks like
#RelationshipGoals

April 29: My inspiration

April 30: Survivor supporter roll call #Selfie