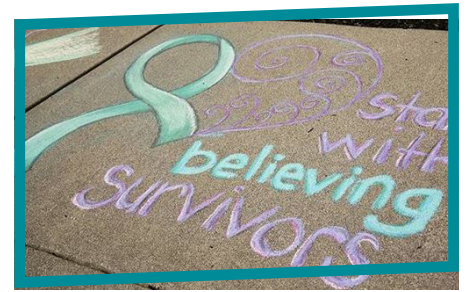# #30DAYSOFSAAM INSTAGRAM CONTEST

APRIL IS SEXUAL ASSAULT AWARENESS MONTH (SAAM)

It's easy to get engaged with the #30DaysofSAAM Instagram contest. Your participation shows your support for survivors, spreads awareness, and as an added bonus – you can win posters, shirts, stickers, tote bags, and more.

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!

ROUND ONE

Sunday, April 1: Something Teal
Monday, April 2: My Voice Has Power
Tuesday, April 3 (DAY OF ACTION): This is What Activism Looks Like #DayofAction
Wednesday, April 4: My Go-To Self-Care Activity
Thursday, April 5: Helping Hands: Show Us Your SAAM Nails
Friday, April 6: Show off Your SAAM Poster
Saturday, April 7: My SAAM Bestie/Buddy/or Furry Companion

ROUND TWO

Sunday, April 8: Survivor Supporter Roll Call #Selfie
Monday, April 9: This is What a Feminist Looks Like
Tuesday, April 10: Chalk the Walk
Wednesday, April 11: Teal Ribbon
Thursday, April 12: My Inspiration
Friday, April 13: Show Off Your SAAM Swag (Shirt, Temporary Tattoo, Sticker, Tote Bag, etc.)
Saturday, April 14: How I Practice Everyday Consent

ROUND THREE

Sunday, April 15: My SAAM Haiku
Monday, April 16: My Message to Survivors
Tuesday, April 17: Show off Your SAAM Coloring Page
Wednesday, April 18: How I Challenge Rape Culture
Thursday, April 19: My Voice Has the Power to Say "_____"
Friday, April 20: Free Space Friday: Anything SAAM-Related
Saturday, April 21: Your SAAM Playlist

ROUND FOUR

Sunday, April 22: Show-and-Tell: My SAAM Craft/Art Project
Monday, April 23: How I Support #MeToo
Tuesday, April 24: A Sexual Violence Misconception I'd Like to Change
Wednesday, April 25: Jeans with a Purpose #DenimDay #NoExcuse
Thursday, April 26: My Favorite Place to Recharge
Friday, April 27: Day of Silence Support #DayofSilence
Saturday, April 28: How I Empower the Next Generation
Sunday, April 29: I Ask For Consent When "_____"
Monday, April 30: My Hope for the Future

NSVRC national sexual violence resource center

Sexual Assault Awareness Month

WWW.NSVRC.ORG/SAAM   #SAAM