




#30DaysofSAAM

Instagram Challenge • April 2021

Support Survivors Sunday	State the Facts Monday	Take Action Tuesday	Share Your Activism Wednesday	Get Crafty Thursday	Shout-Out Friday	Self-Care Saturday
<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 can win prizes along the way.</p>				<p>1 Decorate Your Virtual Space Decorate your online space for SAAM, such as a social media profile, an online game, a zoom background, your physical workspace, or more.</p>	<p>2 SAAM Online Event Shout-Out SAAM events are happening online this year. Post details about one you're hosting or share a flashback photo from a previous SAAM event.</p>	<p>3 Three Things I Use to Stay Grounded Share three items/supportive words/songs/activities that help you stay grounded. Present your three things as a collage, list, etc.</p>
<p>4 What to Say to Support Survivors Share a message of what to say when a survivor shares their story with you. For instance, <i>I Believe You</i>.</p>	<p>5 Statistics to Know Find a statistic on sexual violence and create your own graphic or find another way to highlight the statistic. Visit nsvrc.org/statistics for ideas.</p>	<p>6 SAAM Day of Action Wear teal — the color of sexual violence prevention — and share your selfie or create a photo collage with your friends, co-workers, teammates, etc.</p>	<p>7 Teal Ribbon in the Wild Place teal ribbon somewhere in nature or an unexpected place.</p>	<p>8 Handwritten Words of Encouragement Share a SAAM haiku, quote, sidewalk chalk drawing, or inspirational message in your own writing or style.</p>	<p>9 Resource Shout-Out Help share information by giving one of your favorite resources for survivors a shout-out (this could be an organization, infographic, report, book, etc.).</p>	<p>10 Self-Care Snack Exchange Share self-care snack or recipe ideas. The more creative the presentation, the better.</p>
<p>11 Letter of Support Write a message of support for survivors of sexual assault. Consider phrases like <i>Support Survivors</i>, <i>Hope & Healing</i>, <i>Your Story Matters</i>.</p>	<p>12 A Little Known Fact Share an important but often overlooked fact relating to sexual violence and create your own graphic or find another way to highlight the fact. Visit nsvrc.org/about-sexual-assault for ideas.</p>	<p>13 Using Protection (Mask Up) Show us how you keep yourself and others safe from COVID.</p>	<p>14 Activism Then/Now Share side-by-side photos that show how COVID-19 has impacted the ways you reach people or engage with SAAM. For instance, contrasting a physical resource with a new online resource.</p>	<p>15 Doing My Part Thru Art Print and complete the SAAM coloring page, save it and color digitally, or create your own illustration for SAAM. Take an artistic shot of your finished product.</p>	<p>16 Online Community Shout-Out Share a place that you find community online — this could be a social media account you follow, message board, subreddit, or other online space. In the caption, share what it is about the community that creates a safe and respectful space.</p>	<p>17 How I Relax Snap a picture showing us your favorite way to reenergize — this might be curling up with a good book, doing a crossword, or exercising.</p>

Prompts continued on next page

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<p>18 Online Support</p> <p>Share ways we can support survivors virtually. Ideas may range from donating to local organizations to standing up to victim-blaming comments online.</p> 	<p>19 Terms to Know</p> <p>Explain a term that relates to sexual violence and create your own graphic or find another way to highlight the definition.</p>	<p>20 Shine a Light on Local Support</p> <p>Locate your local sexual assault resource center and share their website URL/hotline number by taking and sharing a screenshot. Or if you are a service provider, share your own contact info.</p>	<p>21 An Activist's Desk</p> <p>Give us a snapshot into some of the SAAM supplies, resources, or symbols in your world.</p> 	<p>22 Something You 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>23 Cross-Promote</p> <p>Give yourself a shout-out by posting a screenshot where you're sharing SAAM content on another platform. Check out NSVRC's share graphics and gifs as ideas.</p>	<p>24 Symbolic Item</p> <p>Share an object that represents your commitment to ending sexual violence. Explain its significance in the caption.</p>
<p>25 Supportive Representation</p> <p>Tell us about a book, show, song, YouTube video, etc. that gives a good representation of survivors.</p>	<p>26 People to Know</p> <p>Shine a spotlight on someone who is speaking out in the movement to end sexual violence and create your own graphic or find another way to highlight them.</p>	<p>27 One Takeaway from SAAM 2021</p> <p>Closeout SAAM by sharing something everyone can do to promote respectful online spaces in the coming year. Find a way to demonstrate, illustrate, or share this message in writing.</p>	<p>28 Denim Day: Wear Jeans with a Purpose</p> <p>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>29 Spell It Out: S-A-A-M</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>30 You Did It! Gratefulness Shout-Out</p> <p>Give thanks to someone or something that helped to make your engagement in the #30DaysofSAAM possible this year.</p> 	

Participation guidelines

- Anyone can participate: individuals 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).
- Posts can come from organizations or individuals.
- 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 text descriptions will be given extra consideration.

Prizes and eligibility

Daily Prizes

- A winner will be chosen for each prompt daily and awarded a \$15 gift card to Starbucks/Grubhub/Etsy plus have their submission featured on NSVRC's account.

Grand Prize

- There are two ways to become eligible for our grand prize drawing: (1) participate every Tuesday of April or (2) participate every day of 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.