

# #30DaysofSAAM

## Instagram Challenge • April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	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 have a chance to win prizes every day you participate.</p>					<p><b>1 Share About SAAM Online</b></p> <p>The internet is a powerful tool for spreading awareness. Help us spread the word by posting about SAAM somewhere on the internet, whether that's decorating your online space teal or helping to educate others.</p>	<p><b>2 SAAM Event Shout-Out</b></p> <p>Lots of SAAM events are happening this year — both online and in person. Post details about one you're hosting or share a flashback photo from a previous SAAM event.</p> 
<p><b>3 My Message to Survivors</b></p> <p>Share a message of what you want survivors to know or examples of what to say when a survivor shares their story with you — for instance, <i>I Believe You</i>.</p>	<p><b>4 Info to Know</b></p> <p>Find a statistic about sexual harassment, assault, or abuse and come up with a creative way to illustrate or highlight it.</p>	<p><b>5 SAAM Day of Action</b></p> <p>Wear teal and share a selfie to help us turn the internet teal. Be sure to cross-promote on other social media platforms using #SAAM2022.</p>	<p><b>6 Teal Ribbon in the Wild</b></p> <p>Place a teal ribbon somewhere in nature or an unexpected place.</p> 	<p><b>7 Handwritten Words of Encouragement</b></p> <p>Share a SAAM haiku, quote, sidewalk chalk drawing, or inspirational message in your own writing or style.</p>	<p><b>8 How I Get Digital Consent</b></p> <p>Consent is necessary in all interactions, including on the internet. Share a way that you make sure to get consent online — for example, asking before posting a picture of someone.</p>	<p><b>9 Self-Care Snack Exchange</b></p> <p>Share self-care snack or recipe ideas. The more creative the presentation, the better.</p>
<p><b>10 Letter of Support</b></p> <p>Write your own support message for support for survivors of sexual assault. Consider phrases like <i>Support Survivors, You Matter, Your Strength Keeps Us Going</i>.</p> 	<p><b>11 Safer Online Spaces in Action</b></p> <p>One of the ways to build a safe online space is to develop shared agreements that everyone follows. Come up with or share an example of a ground rule for an <a href="#">online community</a> that promotes the well-being of all participants.</p>	<p><b>12 Three Things I Use to Stay Grounded</b></p> <p>Share three items, supportive words, songs, or activities that help you stay grounded. Present your three things as a collage, list, etc.</p>	<p><b>13 This is What Activism Looks Like</b></p> <p>Show us what your activism looks like during SAAM — do you volunteer? Post on social media? Create art? Share the ways you reach out to people in your community and advocate for survivors during the month.</p>	<p><b>14 Doing My Part Through Art</b></p> <p>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><b>15 Positivity Shout-Out</b></p> <p>Share something that lifts you up and brings you joy from the online world. Online spaces can be safe, respectful, inclusive, and joyful. Whether it's pet pictures or words of affirmation, share what lifts you up and makes you feel connected online.</p>	<p><b>16 How I Relax</b></p> <p>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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>17 Online Support</b></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><b>18 Terms to Know</b></p> <p>Explain a term that relates to sexual violence and create your own graphic or find another way to highlight the definition. Check out the <a href="#">glossary</a> in this resource for ideas.</p>	<p><b>19 Shine a Light on Local Support</b></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><b>20 An Activist's Desk</b></p> <p>Give us a snapshot into some of the SAAM supplies, resources, or symbols in your world.</p>	<p><b>21 Something I Made</b></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><b>22 Cross-Promote</b></p> <p>Give yourself a shout-out by posting a screenshot where you're sharing SAAM content on another platform.</p> 	<p><b>23 Show and share</b></p> <p>Share an object that represents your commitment to ending sexual violence. Explain its significance in the caption.</p>
<p><b>24 Represent Inclusivity</b></p> <p>Tell us about a book, show, song, YouTube video, or another piece of media that provides a good representation of survivors.</p>	<p><b>25 People to Know</b></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><b>26 One Takeaway from SAAM 2022</b></p> <p>Close out 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><b>27 Denim Day: Wear Jeans with a Purpose</b></p> <p>Wear jeans to take a stand against victim-blaming in honor of Denim Day. Head over to <a href="#">DenimDayInfo.org</a> to learn more about the campaign.</p> 	<p><b>28 Spell It Out</b></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><b>29 You Did It! Gratefulness Shout-Out</b></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><b>30 Reflections</b></p> <p>Take a moment to reflect and capture a reflection to end the month. This could be words or a quote you are reflecting on or a reflection you can see in the mirror or on glass, metal, or water.</p>

### 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.