







# #30DaysofSAAM

## Instagram Challenge • April 2023

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>To kick off SAAM, Share a snapshot that captures your goals, hopes, and feelings about SAAM and the theme “Drawing Connections”.</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 SAAM Day of Action</b></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><b>5 Embrace Yourself</b></p> <p>Share an object that represents one aspect of your culture or identity.</p> 	<p><b>6 Terms to Know</b></p> <p>Explain a term that relates to sexual violence or diversity and inclusion and create your own graphic or find another way to highlight the definition.</p>	<p><b>7 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>8 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>9 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>10 Teal Ribbon in the Wild</b></p> <p>Find or place a teal ribbon somewhere in nature or somewhere unexpected.</p> 	<p><b>11 Highlight a Quote from an Activist</b></p> <p>Share a quote from an activist that stuck with you and could inspire others to be social change agents.</p>	<p><b>12 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>13 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>14 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>15 People to Know</b></p> <p>Shine a spotlight on someone who is speaking out in the movement to end sexual violence or a leader in the racial justice and equity movement and create your own graphic or find another way to highlight them.</p>

Prompts continued on next page

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<p><b>16 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>17 Highlight a Quote from an Activist</b></p> <p>Share a quote from an activist that stuck with you and could inspire others to be social change agents.</p>	<p><b>18 Highlight a Black-Owned Business</b></p> <p>Uplift and show support to your favorite Black-owned business!</p>	<p><b>19 Positivity Shout-Out</b></p> <p>Share something that lifts you up and brings you joy. Whether it's pet pictures or words of affirmation, share what lifts you up!</p>	<p><b>20 Self-Care Snack Exchange</b></p> <p>Share your favorite snack or recipe ideas. The more creative the presentation, the better.</p>	<p><b>21 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>22 Show and Share</b></p> <p>Share an object that represents your commitment to ending sexual violence. Draw a connection to how this commitment relates to ending all forms of oppression. Explain its significance in the caption.</p>
<p><b>23 Drawing Connesctions</b></p> <p>Share in a creative way a piece of information, statistic, or topic you have learned from SAAM 2023 or something you think others should take away from this year's theme.</p>	<p><b>24 Get Creative and 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>25 One Takeaway from SAAM 2023</b></p> <p>Closeout SAAM by sharing something everyone can do to promote racial equity and respect in the coming year. Find a way to demonstrate, illustrate, or share this message in writing.</p>	<p><b>26 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="http://DenimDayInfo.org">DenimDayInfo.org</a> to learn more about the campaign.</p> 	<p><b>27 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>28 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>	<p><b>Way to Go!</b></p> <p>We are ending this year's #30DaysofSAAM contest on Friday April 28th. Still have more to share? Create your own prompt and continue using the hashtag. Your creative ideas are sure to inspire others.</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.