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