

#30DaysofSAAM Instagram Contest

Each day of April, you have a chance to win prizes with the #30DaysofSAAM Instagram Contest! Participating in the contest is a great way to stay engaged in SAAM throughout April and to spread the word to your friends and followers.

Check out daily prompts, which are intentionally open-ended, and respond with a photo. We'll choose one prompt winner each day, who will receive a prize pack. Those who participate every day in April will be eligible for the grand prize at the end of the month.

Criteria

Submissions will be judged on originality, creativity, and meaning.

Rules

- 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).

Participation

- Every day you participate, you are entered to win the prompt prize that day.
- Only those that participate each day in April will be entered to win the grand prize at the end of the month.

Prizes

- Each prompt prize winner receives a SAAM sticker pack and teal ribbon keychain.
- The grand prize winner will receive a \$100 Amazon gift card, SAAM t-shirt, tote bag, water bottle, sticker pack, keychain, and more!
- Only public Instagram accounts are eligible to receive prizes.



Daily Prompts

- Monday, April 1st** How I gear up for SAAM
- Tuesday, April 2nd** Day of Action: Wear teal
- Wednesday, April 3rd** My SAAM haiku
- Thursday, April 4th** How #IAsk for consent
- Friday, April 5th** End victim blaming
- Saturday, April 6th** My consent meme
- Sunday, April 7th** Teal ribbon
- Monday, April 8th** My self-care snack
- Tuesday, April 9th** DIY SAAM
- Wednesday, April 10th** #IAsk before I...
- Thursday, April 11th** My SAAM companion (bestie, coworker, child, furry friend)
- Friday, April 12th** SAAM sketches/doodles
- Saturday, April 13th** Positivity reminder (a mantra or phrase that helps you stay positive)
- Sunday, April 14th** Impromptu teal ribbon
- Monday, April 15th** How I spread sexual assault awareness during April
- Tuesday, April 16th** Real talk: What others need to know about consent
- Wednesday, April 17th** Hero: My tribute to someone working to end or bring visibility to sexual violence
- Thursday, April 18th** Believe survivors
- Friday, April 19th** Illustrate a statistic or fact about sexual assault, harassment, or violence
- Saturday, April 20th** I feel grounded when...
- Sunday, April 21st** Challenge rape culture
- Monday, April 22nd** Consent web-comic
- Tuesday, April 23rd** Healing & resiliency
- Wednesday, April 24th** Kindness rocks! Decorate a rock with a positive message
- Thursday, April 25th** SAAM coloring page
- Friday, April 26th** I feel supported when...
- Saturday, April 27th** My self-care spot
- Sunday, April 28th** Dear survivor (your message to survivors)
- Monday, April 29th** My SAAM collage
- Tuesday, April 30th** Real talk: What SAAM means to me

