#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

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