#30DaysofSAAM Instagram Challenge

Join advocates, survivors, and supporters as we take Sexual Assault Awareness Month (SAAM) online for the #30DaysofSAAM Instagram challenge. The #30DaysofSAAM is a great way to show up for survivors during SAAM in a time of social distancing. Respond to the daily prompts below with a photo on your Instagram account. Each day, we’ll select top posts to highlight on NSVRC’s Instagram page and thank those accounts with prize packs as tokens of appreciation.

April 2020

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
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<th>Saturday</th>
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<tbody>
<tr>
<td></td>
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<td>1 At the Beginning of SAAM</td>
<td>2 5 Things I Use to Prepare</td>
<td>3 Post With the Most: Hang a SAAM Poster</td>
<td>4 An Activist’s To-Do List</td>
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<td>Share a snapshot that captures your goals, hopes, and feelings about SAAM.</td>
<td>Share some of the items you use to gear up for SAAM or use to practice self-care.</td>
<td>Print out a SAAM poster and hang it in your space or create your own.</td>
<td>Share your personal, organizational, or community-wide goals for SAAM.</td>
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<td>5 Faceless Portrait of an Advocate and/or Survivor</td>
<td>6 Attention to Detail</td>
<td>7 Day of Action – Show Off Your Teal</td>
<td>8 Handwritten SAAM</td>
<td>9 Doing Your Part Through Art</td>
<td>10 Bird’s Eye View</td>
<td>11 An Activist’s Morning Routine</td>
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<td>Take a photo that is representative of your journey as a survivor or advocate but isn’t a selfie.</td>
<td>Identify an overlooked but perhaps meaningful detail to shine a spotlight on.</td>
<td>Wear teal and share a selfie. Be sure to cross-post on other social media platforms using #SAAM.</td>
<td>Share a SAAM haiku, quote, sidewalk chalk drawing, or inspirational message in your own writing.</td>
<td>Print and complete the SAAM coloring page or create your own. Take an artistic shot of your finished product!</td>
<td>Take a photo of anything SAAM or consent related from above.</td>
<td>Capture your morning routine during SAAM – this might be a self-care practice, preparation for an online SAAM event, or some other related activity.</td>
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<td>12 My Message to Survivors</td>
<td>13 Spell It Out: S-A-A-M</td>
<td>14 Get Crafty: DIY SAAM</td>
<td>15 From a Distance</td>
<td>16 An Activist’s Desk</td>
<td>17 My Tribute to a Hero</td>
<td>18 The Real Teal</td>
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<td>Share a message of support to survivors of sexual assault, harassment, and abuse.</td>
<td>Use objects to form the letters S-A-A-M and snap a photo.</td>
<td>Create your own SAAM teal ribbon, poster, or other craft.</td>
<td>Literally or figuratively, what does SAAM look like from a distance?</td>
<td>Give us a snapshot into some of the SAAM supplies, resources, or symbols in your world.</td>
<td>Send a message of thanks to someone in the public eye or someone in your own life who is working to end sexual violence.</td>
<td>Pay tribute to the color of sexual violence prevention with a photo or illustration of something teal.</td>
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Prompts continued on next page
## Participation guidelines

- 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).
- Posts that feature thoughtful text descriptions will be given extra consideration.
- 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 and eligibility

- Every day you participate, you are entered to win the daily prize pack.
- Only those that participate each day in April will be entered to win the grand prize at the end of the month.
- The grand prize winner will receive a $200 Amazon gift card.
- Only public accounts are eligible to win prizes.
- Winners' posts will be featured on NSVRC's Instagram page.