

#30DaysofSAAM Instagram Challenge

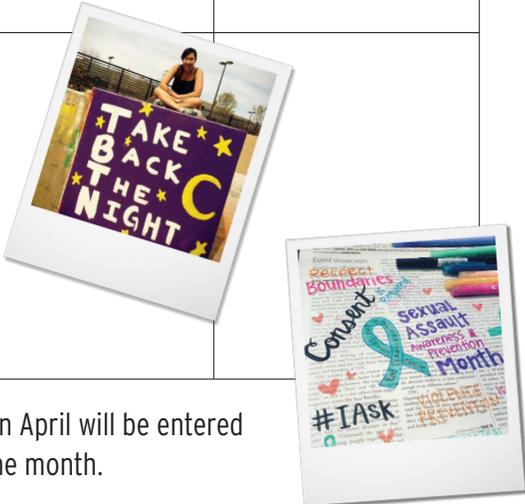
Join advocates, survivors, and supporters as we take Sexual Assault Awareness Month (SAAM) online for the #30DaysofSAAM Instagram challenge. The #30DaysofSAAM is a great way to show up for survivors during SAAM in a time a social distancing. Respond to the daily prompts below with a photo on your Instagram 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

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

Prompts continued on next page

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>19 Self-Care Snack Exchange <i>Share your self-care snack or recipe ideas. The more creative the presentation, the better!</i></p>	<p>20 During SAAM, I Am... <i>Reflect on your feelings during SAAM and find a way to capture them as creatively as possible.</i></p>	<p>21 Everyday Consent is Normal & Necessary <i>Show us how asking for consent is a part of everyday interactions.</i></p>	<p>22 When Pop Culture Gets It Right <i>Share your favorite positive examples of consent from pop culture including TV shows, movies, books, music, and more.</i></p>	<p>23 Behind the Scenes & Outtakes <i>Share insight about what goes into a SAAM action or event but show us what goes on behind the scenes. Alternatively, you can respond by sharing outtakes from the contest.</i></p>	<p>24 Teal Ribbon in the Wild <i>Find or place a teal ribbon somewhere in nature or somewhere unexpected.</i></p>	<p>25 An Activist's Treasured Item <i>What's one item that has made your SAAM events or actions a success? Alternatively, what's one self-care item you treasure?</i></p>
<p>26 Black and White: Believing Survivors <i>We should all start by believing survivors. Show the world that believing survivors is a black-and-white issue with a black-and-white photo.</i></p>	<p>27 In This Together - Words of Thanks <i>Share your appreciation for all other participants of the contest and those who are working hard throughout April with a message of thanks.</i></p>	<p>28 Smile – Good Things are Happening <i>Share a selfie or other representation of your hope for a future free of sexual violence.</i></p>	<p>29 Denim Day: Wear Jeans with a Purpose <i>Wear jeans to take a stand against victim blaming in honor of Denim Day. Head over to denimdayinfo.org to learn more about the campaign.</i></p>	<p>30 At the End of SAAM <i>Share a snapshot that captures your progress or reflections at the end of the month.</i></p>		

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.

