



# #30DAYSOFFSTAR INSTAGRAM CONTEST

## WHAT IS #30DAYSOFFSTAR?

#30DaysofSTAR is an Instagram contest to promote Sexual Assault Awareness Month (SAAM). During the month of April, STAR will post daily prompts to encourage our followers to share info about STAR to raise awareness of sexual violence and promote support of survivors.

---

## PARTICIPATION GUIDELINES

- Anyone can participate: individuals accounts, organizational accounts, accounts created just for the contest, etc.
  - Submission posts must tag [@staradvocates](#).
  - Posts must include [#30DaysofSTAR](#).
  - All types of posts are accepted including video, photos, digital artwork, photos of illustrations, collages, poems, etc.
  - We encourage original content or content shared from [@staradvocates](#).
- 

## PRIZES AND ELIGIBILITY

### Weekly Prizes

- One weekly winner will be randomly chosen during Fridays in April at noon.
- Each user that tags [@staradvocates](#) and [#30DaysofSTAR](#) will be entered to win these weekly prizes. Each tag = one entry.
- Weekly prizes will include special items donated by local artists and businesses.

### Grand Prize Winner

- One grand prize winner will be randomly chosen on April 30th at noon.
- Each user that tags [@staradvocates](#) and [#30DaysofSTAR](#) will be entered to win. Each tag = one entry.
- The grand prize is a \$200 gift card to Etsy.

**Note: STAR staff, interns, volunteers, and Board members are eligible to win!**



# STAR **#30DAYSOFSTAR DAILY PROMPTS**

## **April 1: Decorate your online space**

Decorate your online space for SAAM, such as a social media profile, an online game, a zoom background, your physical workspace, or more.

## **Tuesday, April 6: SAAM Day of Action**

Take action today by wearing teal, the color of sexual violence prevention, and post a selfie.

## **Sunday, April 11: Share Your Self-care Ritual**

It's important to take time to recharge before the week. What do you do to prepare for the week? Share your Sunday Self-care ritual.

## **April 2: SAAM Online Event Shout-Out**

STAR is hosting events online this April. Register for a STAR event and post details about it.

## **Wednesday, April 7: Start By Believing Day**

Take the #StartByBelieving Pledge and post a pic!

## **Monday, April 12: Local Resource Spotlight**

Share a local resource, organization, or group that is advancing the work of sexual violence prevention.

## **April 3: Show that You Believe Survivors**

Post a statement of support for survivors on Instagram.

## **Thursday, April 8: Let's Talk About Healthy Sexuality**

Share info about our STARthere website for teens to access informative healthy sexuality content.

## **Tuesday, April 13: Learn From Survivors**

Help us spread the word about our Survivor Speak-out Event on April 15th!

## **April 4: Frame Your Support**

Add a special frame to your profile pic that shows your support for survivors.

## **Friday, April 9: Express Your Self-care**

Show us your self-care moves. Do you walk, run, dance, yoga? Strike a pose and take a selfie to show us your self-care.

## **Wednesday, April 14: Show Your Advocacy**

Post a selfie or video and tell us how you are advocating for survivors in your every day life.

## **Monday, April 5: Let's Talk About Prevalence**

Sexual violence has reached epidemic levels. Spread awareness about its prevalence.

## **Saturday, April 10: Amplify Survivors Voices**

Share a quote, article, or video from a survivor.

## **Thursday, April 15: Shout Out STAR**

It's STAR Day! Share info about STAR to your followers and encourage them to get involved by donating and/or volunteering!

# STAR **#30DAYSOFTAR DAILY PROMPTS**

## **Friday, April 16: Online Community Shout-Out**

Share a place that you find community online – this could be a social media account you follow, message board, subreddit, or other online space. In the caption, share what it is about the community that creates a safe and respectful space.

## **Saturday, April 17: How I Take Care of Myself**

Snap a picture showing us your favorite way to reenergize. This might be curling up with a good book, doing a crossword, or exercising.

## **Sunday, April 18: Online Support**

Share information about RAINN's online chat line for survivors in need of online support.

## **Monday, April 19: Share the Continuum**

Help your followers understand the behaviors that constitute sexual violence by posting about STAR's Continuum of Sexual Violence.

## **Tuesday, April 20: Words of Encouragement**

It's National Volunteer Week. Share special words of encouragement for STAR's volunteer advocates by posting an inspirational quote.

## **Wednesday, April 21: Teal Ribbon in the Wild**

Snap a pic of a teal ribbon somewhere in nature or an unexpected place.

## **Thursday, April 22: Do Your Part Thru Art**

Print and complete the SAAM coloring page, save it and color digitally, or create your own illustration for SAAM.

## **Friday, April 23: Register for STAR Workshop's**

Commit to learning how to better support survivors. Register for STAR's Responding to Disclosures Training and promote it to your followers.

## **Saturday, April 24: Show Your Passion**

Share an object that represents your passion and commitment to ending sexual violence. What is its significance to you?

## **Sunday, April 25: Representation Matters**

Share information about a book, movie, show, song, YouTube video, etc. that promotes healthy relationships and healthy sexuality.

## **Monday, April 26: Stellar STARS**

Shine a spotlight on someone who is contributing to the movement to end sexual violence.

## **Tuesday, April 27: Learn How to Respond**

Learn ways to respond to survivors more supportively. Share our tips on your page to spread awareness.

## **Wednesday, April 28: Denim Day: Wear Jeans with a Purpose**

Wear jeans to take a stand against victim-blaming in honor of Denim Day.

## **Thursday, April 29: Spell It Out: S-A-A-M**

Get creative and use objects to form the letters S-A-A-M and snap a photo.

## **Friday, April 30: Gratitude Shout-Out**

Give thanks to someone or something that helped to make your engagement in the #30DaysofSTAR possible this year.