

#30DAYSOFSAAPM

VIRTUAL ACTIVITY



APRIL 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>April is Sexual Assault Awareness Month</i></p>			<p>1 Paint the Town Teal: SAAPM Kick-Off Place a teal ribbon in your workspace or neighborhood then post it on your socials and TAG or mention US!</p>	<p>2 Trivia Thursday Check out Hill AFB SAPR Facebook/Instagram to play SAPR Trivia</p>	<p>3 Spread The Word! Encourage your friends, family, and/or coworkers to "like" or "follow" us on our social media handles</p>	<p>4 Being an Advocate Design a post on your personal or organization's page with ideas of how to advocate! TAG or mention US!</p>
<p>5 SAAPM Eggs-travaganza Submit a photo of a teal or SAAPM decorated Easter Egg...TAG or mention US!</p>	<p>6 Faceless Portrait Take a photo that is representative of your journey as a survivor or an advocate. TAG or mention US!</p>	<p>7 Teal Tuesday Flood social media with selfies or group photos wearing teal. TAG or mention US!</p>	<p>8 Handwritten SAAPM Share a SAAPM quote or drawing in your own writing TAG or mention US!</p>	<p>9 SAPR Trivia Check out Hill AFB SAPR Facebook/Instagram to play SAPR Trivia</p>	<p>10 SAAPM Fashion Take a selfie wearing a T-Shirt or Hoodie in support of SAAPM—TAG or mention US!</p>	<p>11 Self-Care Share on your personal or our socials some sort of self-care routine you use or can be helpful to others.</p>
<p>12 My Message to Survivors Share a supportive message to support survivors of sexual violence</p>	<p>13 Spell it out: SAAPM Use objects to form the letters S-A-A-P-M. Then post a pic on socials! Tag US!</p>	<p>14 "Ask SAPR" Chat Log on to our Local Safe Helproom site and confidentially ask us those questions that you want to ask anonymously. Check it out!</p>	<p>15 Invisible War Watch the documentary "Invisible War" and post a thought or your favorite quote.</p>	<p>16 SAPR Trivia Check out Hill AFB SAPR Facebook/Instagram to play SAPR Trivia</p>	<p>17 SAPR History Share your most memorable moment in SAPR History to show just how far SAPR support has come!</p>	<p>18 Friends of SAPR Share a picture of a pet that has been a source of emotional support for you—we love our animals!</p>
<p>19 Self-Care Snack Spell out S-A-A-P-M using your favorite snack foods</p>	<p>20 #WhyIAdvocate Submissions OPEN Send a photo holding a message of why YOU advocate!</p>	<p>21 Teal Tuesday Flood social media with selfies or group photos wearing teal</p>	<p>22 Pop Culture Share your favorite positive examples of consent from pop culture.</p>	<p>23 SAPR Trivia Check out Hill AFB SAPR Facebook/Instagram to play SAPR Trivia</p>	<p>24 Teal Ribbon Find a place to put a Teal ribbon somewhere unexpected in nature—Post a pic</p>	<p>25 SAPR Swag Take a photo of a random teal item and TAG or mention US!</p>
<p>26 Black & White Show the world that believing survivors is black and white by sharing a black and white photo</p>	<p>27 Words of Thanks Share your appreciation for those that are participating in SAAPM. Post a note on your socials and TAG or</p>	<p>28 "Ask SAPR" Chat Log on to our Local Safe Helproom site and confidentially ask us those questions that you want to ask any-</p>	<p>29 Denim Day Wear jeans to take a stand against victim blaming in honor of Denim Day. Post a pic in support and TAG or</p>	<p>30 SAPR Trivia Check out Hill AFB SAPR Facebook/Instagram to play SAPR Trivia</p>	<p>Photo Booth Locations: 1st: Bldg 460—SAPR Office 5-11th: Warrior Fitness Center 12-18th: HAFB Dining Facility 19-25th: 388th MPC 23rd: SAAPM Breakfast Event 26-30: Military Family Readiness Center</p>	

Join us for our daily virtual activity located on our Social Media Pages. Show support while winning prizes!



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