

TRI DELTA

HOW TO ENGAGE IN SAAM

April is Sexual Assault Awareness Month (SAAM). As Tri Delta women, we can demonstrate our commitment to supporting survivors, raising awareness and working to end sexual violence in our communities by being brave, bold and kind women.

BE BRAVE



Lead a chapter discussion on supporting survivors and taking care of each other. Use our newest **peer-led module** about supporting survivors, self-care and kindness.



Post, snap and share your support of survivors or messages about bystander intervention on your social media platforms.



Practice bystander intervention strategies when you are aware of something you know is not right. Talk about bystander intervention with others.

BE BOLD



Attend SAAM events on your campus or in your community. You can find events by connecting with your campus prevention program.



Co-sponsor an **awareness event** such as Take Back the Night. Service providers are always looking for assistance in coordinating or marketing events.



Make a statement with your clothes! Participate in **Wear Teal Day** of Action on April 2, 2019 or **Denim Day** on April 24, 2019.

BE KIND



Volunteer your time by connecting with your campus or community rape crisis center. There are plenty of volunteer opportunities!



Support survivors and those you care about by encouraging yourself and others to practice self-care.



Check in and support each other often. SAAM may be emotionally draining for survivors.

Remember that supporting survivors and working to create a kind world takes year-round effort.

Continue your learning by taking the *Clarifying Consent* course! As part of our partnership with Student Success, Tri Delta provides this 20-minute online learning module which teaches the important skill of how to ask for and give consent. The course is available in the Resource Library > Member Development > Not Anymore. Chapters who have 80% or more of their members participate in clarifying consent will be entered to win a drawing for a \$250 donation to the charity of their choice.