

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 virtual chapter discussion on Zoom to talk about consent. Use the Clarifying Consent program to start the conversation.



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



Visit [NSVRC](#) to participate in a virtual event in your community.



Identify an overlooked but perhaps meaningful detail to shine a spotlight on.



Make a statement with your clothes! Participate in **Wear Teal Day** of Action on April 7, 2020 or **Denim Day** on April 29, 2020.

BE KIND



Send a message of thanks to someone in your own life who is working to end sexual violence.



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.