

## Help NSVRC, #SurvivorLoveLetter show support for survivors of sexual assault on April 22

The National Sexual Violence Resource Center and popular Tumblr #SurvivorLoveLetter are working together to gather uplifting messages for survivors of sexual assault. Help flood the Internet with love on Wednesday, April 22, for Sexual Assault Awareness Month.

### HOW TO GET INVOLVED

#### Write a #SurvivorLoveLetter

Write a declaration of self-love or honor a survivor in your life. Submit your letter to [survivorloveletter.tumblr.com](http://survivorloveletter.tumblr.com).

#### Host a letter-writing circle

Looking for a way to get others involved? Grab papers, pens, markers, and/or other art supplies of your choice and write love letters to survivors of sexual assault! Submit completed letters to [survivorloveletter.tumblr.com](http://survivorloveletter.tumblr.com) and share photos/videos of your event with NSVRC on social media.

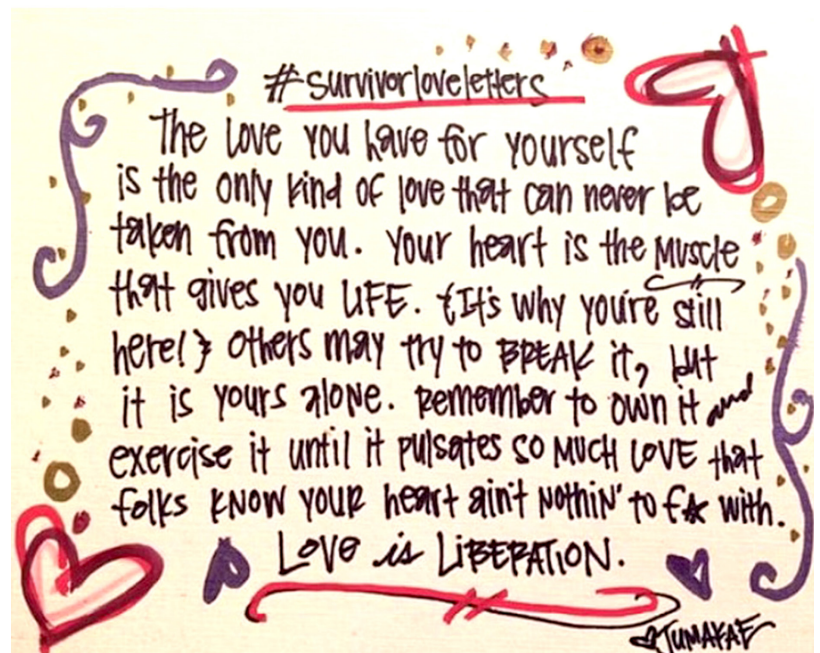


Photo by #SurvivorLoveLetter

#### Participate in NSVRC's Instagram contest

Participate in the annual #30DaysOfSAAM Instagram contest. On April 22, the prompt is "Use your words to spread love **#SurvivorLoveLetter**." Don't forget to use **#30DaysOfSAAM** and tag **@NSVRC** in your posts! For a list of daily prompts, go to <http://tinyurl.com/30DaysOfSAAM15>. A weekly winner receives a SAAM prize pack!

Feel free to use SAAM graphics in your work. They can be accessed at <http://nsvrc.org/saam/about/graphics>. Questions? Email [resources@nsvrc.org](mailto:resources@nsvrc.org).