



Sexual Assault  
Prevention & Response

For help after a sexual assault, call one of our 24/7 Hotlines:

JBAB/Pentagon (11 WG): (202) 767-7272

JBA (316 WG): (301) 981-7272









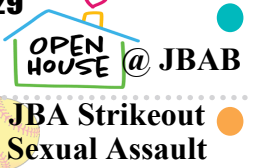
DIA: (202) 253-0305

Navy: (202) 258-6717

DoD Safe Helpline: (877) 995-5247

# April 2022

## Sexual Assault Awareness and Prevention Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat		
<p><u>Month-long activities:</u></p> <ul style="list-style-type: none"> <li>●●● Virtual Fitness Challenge</li> <li>● Pentagon Service Scavenger Hunt</li> </ul>						<p><b>Mar 31</b> ●</p> <p>JBA Strikeout Sexual Assault &amp; 11WG Proclamation</p>	<p><b>1</b> ● Plan Ahead: Get the DoD Safe Helpline App 316 WG Proclamation ●</p>	<p><b>2</b> Spread the Word: Invite a friend or colleague to a SAAPM event</p>
<p><b>3</b> Support: Share a message of support with survivors</p>	<p><b>4</b> Support: Make time to sign the SAAPM Proclamation</p>	<p><b>5</b> ●●</p>  <p>Pentagon Resource Fair</p>	<p><b>6</b> ● National Discussion on SA and Sexual Harassment <a href="#">Register here</a></p>	<p><b>7</b> Plan Ahead: Make a plan to visit your SAPR office this month</p>	<p><b>8</b> ● Online Training: Safe Helpline 101 @ <a href="https://SafeHelpline.org">SafeHelpline.org</a></p>	<p><b>9</b> Self Care: Practice self-care on the DoD Safe Helpline App</p>		
<p><b>10</b> Support: Practice listening not to respond, but to understand</p>	<p><b>11</b> Learn: Read about building healthy relationships @ <a href="https://SafeHelpline.org">SafeHelpline.org</a></p>	<p><b>12</b> ●●</p>  <p>TEAL TUESDAY wear TEAL to show support</p>	<p><b>13</b> ●●</p>  <p>Pentagon Resource Fair</p>	<p><b>14</b> Learn: Read about the effects of SA @ <a href="https://SafeHelpline.org">SafeHelpline.org</a></p>	<p><b>15</b> ●</p>  <p>JBA 5K Run to Zero</p>	<p><b>16</b> Self-Care: Take time for something that makes you happy</p>		
<p><b>17</b> Reflect: Think about ways to practice “consent” outside of sex</p>	<p><b>18</b> Online Training: How to Support a Survivor @ <a href="https://SafeHelpline.org">SafeHelpline.org</a></p>	<p><b>19</b> ●●</p>  <p>TEAL TUESDAY wear TEAL to show support</p>	<p><b>20</b> Learn: Find more info for male survivors @ <a href="https://SafeHelpline.org">SafeHelpline.org</a></p>	<p><b>21</b> Learn: Read more info for leadership @ <a href="https://SafeHelpline.org">SafeHelpline.org</a></p>	<p><b>22</b> ●</p>  <p>JBAB 5K Run/Walk</p>	<p><b>23</b> Self Care: Try a new wellness activity</p>		
<p><b>24</b> Reflect: What is your strength/gift? How can you use it to help others?</p>	<p><b>25</b> Practice: What will you do if you see a vulnerable situation?</p>	<p><b>26</b> ●●</p>  <p>TEAL TUESDAY wear TEAL to show support</p>	<p><b>27</b> ● Denim Day Learn more at <a href="https://denimdayinfo.org">denimdayinfo.org</a></p>	<p><b>28</b> Watch: “When Hazing Becomes Sexual Assault” on <a href="#">YouTube</a></p>	<p><b>29</b> ●●</p>  <p>OPEN HOUSE @ JBAB JBA Strikeout Sexual Assault</p>	<p><b>30</b> Reflect: How will you work to prevent sexual assault?</p>		

● = 11 WG Event | ● = 316 WG Event | ● = DIA Event | ● = Navy Event | ● = National Event

For more information about SAAPM events, scan the QR Code above, email us at 11WG.CVS.SARC\_SAPR@us.af.mil, or visit our offices.