

SAAM 2025

April is Sexual Assault Awareness Month



Vanderbilt.edu/ProjectSafe/SAAM



TOGETHER WE ACT, UNITED WE CHANGE

The National Sexual Violence Resource Center sets the national theme each year. The theme "Together We Act, United We Change" highlights the importance of working together to address and prevent sexual abuse, assault, and harassment. This campaign focuses on enhancing public understanding of sexual violence, amplifying the voices of survivors, and empowering us to work together to promote the safety and well-being of others. Everyone in our communities deserves to live in safe and supportive environments where they are treated with respect. When our workplaces, schools, and communities work together to uphold safety and respect, we make progress in preventing sexual abuse, assault, and harassment.

@VUPROJECTSAFE

Follow Project Safe on Instagram @VUProjectSafe to stay informed about our entire month of #SAAM2025 programs. Visit our website to read program descriptions and learn how you can get involved!

“ TOGETHER, WE CAN
CREATE A WORLD FREE
FROM SEXUAL VIOLENCE.

YOUR VOICE AND
ACTIONS MATTER.”



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WELLNESS WEDNESDAYS

Each Wednesday in April from
11:30 AM to 1 PM along Rand Wall

Stop by for fun swag designed to help
relieve stress and support survivors.

Wellness Wednesdays are cosponsored by
the Center for Student Wellbeing.

THE HISTORY OF SAAM

SUPPORT SURVIVORS DURING SEXUAL ASSAULT AWARENESS MONTH



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RSVP FOR EVENTS

Follow us on Instagram and Facebook @VUProjectSafe to participate in campus #SAAM2024 efforts. Upcoming event information may be found on Anchor Link.



PROJECT SAFE

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VANDERBILT.EDU/PROJECTSAFE

As long as there have been people who care about making the world a better place, there have been individuals advocating for sexual assault prevention. In the United States, activism to address sexual assault occurred prior to and alongside arguments for women's suffrage. Before the Women's Movement of the 1970s, advocates like Rosa Parks, who in the 1940s investigated sexual assaults for the NAACP, worked at the intersections of race-based and gender-based violence (a framework that years later in 1989, advocate and professor Kimberlé Crenshaw would call "intersectionality").

Wide social activism around the issue of sexual assault continued into the 1970s, bringing with it support for survivors and heightened awareness. The first rape crisis center was founded in San Francisco in 1971, the same city where the first U.S. Take Back the Night event was held seven years later. Survivors and advocates began to call for legislation and funding that would support survivors, such as the Violence Against Women Act (VAWA), first passed in 1993.

The success of VAWA demonstrated that national efforts promoting sexual violence prevention were needed. Advocates in the 1990s began holding events, marches, and observances related to sexual violence during the month of April, sometimes during a week-long "Sexual Assault Awareness Week," before the first observance of Sexual Assault Awareness Month was declared in 2001.

Adapted from NSVRC <https://www.nsvrc.org/saam/history>.

SAAM 2025 EVENTS

What I Wish You Knew – Monday, March 31, 6 PM, Wilson 103

Join us as Project Safe and the Panhellenic Council welcome Lizz Clark for a screening and discussion of her award-winning short film *College Moxie: What I Wish You Knew*.

Lantern Decorating Party – Wednesday, April 3, 1-3 PM, Project Safe Center

Join us as we decorate lanterns for Sexual Assault Awareness Month! Each year we decorate lanterns to hang around campus as a way to raise awareness and show our solidarity with survivors. Bring your creativity, decorate a lantern, and hang it up to show your support for the survivors on our campus.

IFC Event Safety and Survivor Support – Wednesday, April 3, 5-7 PM West End Neighborhood

Join Project Safe, Greek Life, and the Women's Center for this program featuring learning and activity stations to help students organize safer social events, reinforce learning about effective consent and safe sex practices, and offer supportive messages to sexual assault survivors.

Reclaiming Pleasure: A Journey Back to the Self – Monday, April 7, 5 PM in Sarratt 325/327

Join us as we explore a creative healing space principles and practices that survivors can use to reconnect with their bodies on their own terms. Participants will leave with resources, tools, and a starting point for reclaiming pleasure. Cosponsored by the Women's Center.

More Than a Body: Sexual Trauma and Eating Disorders – Tuesday, April 8, 12-1 PM, 189 Sarratt

Join us as Ashley Vicari, LPC, LPCC-S, NCC (Ashley Vicari Counseling) and Kathryn McWaters, RDN, LDN (Nashville Nutrition Partners), offer resources and strategies for healing, fostering awareness and empathy for those navigating these challenges. This program explores the complex relationship between eating disorders and sexual trauma, highlighting how trauma can influence the development and manifestation of disordered eating behaviors. Lunch will be provided.

Black Box Diaries Film Screening – Tuesday, April 8, at 4 PM in Buttrick 101

As part of Sexual Assault Awareness Month, Project Safe is hosting a screening of the 2024 Oscar-nominated documentary film *Black Box Diaries*. Based upon her memoir, this film follows journalist Shiori Itō as she conducts an investigation into her own sexual assault, aiming to bring the prominent perpetrator to justice. As her case gained public attention, she and others fight to improve Japan's judicial and societal frameworks to better support survivors. Cosponsored by VSG and the Department of Gender and Sexuality Studies.

Dating Apps: Setting Boundaries & Expectations – Wednesday, April 9, 6-7 PM, Rand 308

Come learn more about dating app safety, including tips on setting boundaries and managing expectations. This discussion on navigating online dating and safe dating practices in real life offers tips for everyone, and will focus on those dating within the LGBTQ+ community. Cosponsored by the Office of LGBTQI Life.

SAAM 2025 EVENTS

Sense of Belonging: Navigating the Intersections of Race and Sexual Violence – Monday, April 14, 5:30 PM, Black Cultural Center

Join Project Safe and the BCC for this program exploring the connection between one's sense of belonging, racial identity, the widespread use of violent language, and sexual violence. By understanding these complex connections, we can better help our campus community to recognize, advocate, and create change when problematic and harmful behaviors arise.

This is Bigger Than the Music: Misogyny, Music, and Sexual Violence – Tuesday, April 15, 6 PM, Sarratt 325/327

Join Project Safe for this program will investigate the connection between misogyny, sexual violence, and music. Understanding this connection and help our community understand how problematic behavior has been normalized in the media we consume and how we can work to address the resulting harms that we see. Cosponsored by the Department of Gender and Sexuality Studies.

The Invisible String of Survivor Support – Wednesday, April 16, at 5:30 PM, Sarratt 325

Come make friendship bracelets and learn how to better support survivors in our community! This event is focused on providing resources, emotional support, and advocacy for survivors of interpersonal violence. Attendees will learn about the "invisible string" of community and campus support available.

Machismo Unmasked: The Impact on Men, Women, and Society – Wednesday, April 16, at 5:00 PM, Alumni Hall 201

Project Safe and the Intercultural Greek Council invites you to an open dialogue on machismo, a cultural norm deeply rooted in Hispanic traditions. While often associated with strength and masculinity, machismo in its extreme and subtle forms can have harmful effects on both men and women. Join us as we explore its impact on relationships, self-identity, and community dynamics. Together, we'll discuss how to recognize, navigate, and challenge machismo in our own lives to foster healthier and more equitable interactions. This program is cosponsored by the Office of Greek Life.

Where Do We Stand: Exploring How We Interpret Everyday Violence Prevention – Wednesday, April 16, 6 PM, NPHC House

Join Project Safe and the National Pan-Hellenic Council and participate in an exciting discussion designed to highlight and bridge the differences in our perspectives to improve and expand constructive engagement in the work of violence prevention. Come learn more about your peers, yourself, and your community as a whole.

Survivor Speak Out – Thursday, April 17, 7-9 PM, Carmichael Hall 1406

At this annual program, survivors will have the opportunity to share their experiences and the impact violence has had on their lives. Participants can come to listen, offer support, read prepared remarks or excerpts of inspirational writing, or share freely. This is intended to be a safe space for all. Project Safe and UCC staff will be on hand to support anyone who may need it.

SAAM 2025 EVENTS

It Takes All of Us: Survivor Advocacy on Campus Following Sexual Assault – Wednesday, April 23, at 12 PM in Kissam C216

Faculty, staff, post-docs, and graduate students are invited to this talk by Peabody's own Nicole Allen, professor of human and organizational development and chair of the department who studies community responses to gender-based violence, cross-sector community collaboration, and systems and organizational change. Professor Allen will discuss her research and experiences working with various campuses to shape policies and procedures in trauma-informed, survivor-centered ways.

RECOMMENDED READING

- *Consent on Campus* by Donna Freitas, Oxford University Press (2018)
- *At the Dark End of the Street: Black Women, Rape, and Resistance: A New History of the Civil Rights Movement from Rosa Parks to the Rise of Black Power*, Danielle L. McGuire, Vintage Books (2011)
- *Written on the Body: Letters from Trans and Non-binary Survivors of Sexual Assault and Domestic Violence*, Edited by Lexie Bean, Jessica Kingsley Publishers (2018)
- *We Believe You: Survivors of Campus Sexual Assault Speak Out*, edited by Annie Clark and Andrea Pino, Holt Paperbacks (2016)
- *Queering Sexual Violence: Radical Voices from Within the Anti-Violence Movement*, edited by Jennifer Patterson (2016)
- Adams-Clark, Alexis A., et al. "Institutional courage attenuates the association between institutional betrayal and trauma symptoms among campus sexual assault survivors." *Psychological Trauma: Theory, Research, Practice, and Policy* (2024).
- Driessen, Molly C. "Student stories of resilience after campus sexual assault." *Qualitative Social Work* 23.3 (2024): 442-457.

SAAM ONLINE

The National Sexual Violence Resource Center offers many free, online resources available to survivors, activists, allies, prevention educators, and friends and family members of survivors.

There are several online resources offering ideas for online or virtual education and activist efforts. Consider how you may be able to offer or participate in the following awareness, prevention education, and culture change efforts.

- The National Sexual Violence Resource Center offers a variety of free online guides, downloads, and other resources to help you observe Sexual Assault Awareness Month (SAAM) and engage in prevention education all year long. Browse their SAAM guide here <https://www.nsvrc.org/saam>.
 - [30 Days of SAAM](#)
 - [Digital Consent, Boundaries, and Everyday Consent Online](#)
 - [Consent Quiz](#)