

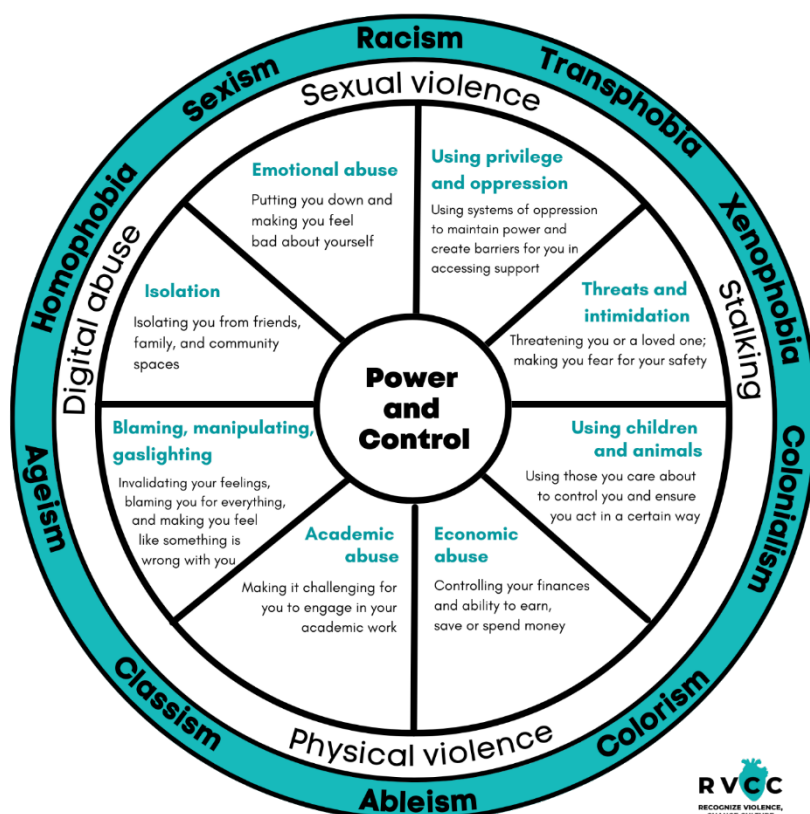
SAAM 2025

April is Sexual Assault Awareness Month

April is Sexual Assault Awareness Month (SAAM), and this year's theme, set annually by the National Sexual Violence Resource Center, is "Together We Act, United We Change." Vanderbilt's **Project Safe Center for Sexual Misconduct Prevention and Response** offers year-round prevention education, campus culture change, and survivor support programs, and we are providing programs this month that align with the national theme and are tailored to address issues of particular concern to students, staff, postdocs, and faculty here in our Vanderbilt community. All of our programs are free, and everyone is welcome to attend.

Please visit us [Project Safe's SAAM webpage](#) online to find additional information on all of our SAAM 2025 programs. Although you'll find that some programs require registration, you may register right up to the time of the event. With all of our programs, you may listen or participate as you are comfortable and able. If participating online, know that you may change your Zoom display name and have your camera on or off as you prefer. Please email us with any questions about our programs or services: projectsafe@vanderbilt.edu.

Please share this email and the attached poster, a printable SAAM calendar. If you have place to display SAAM posters, please let us know, and we will bring them to you. We have graphics and resources to help you observe #SAAM2025 wherever you are. Thank you to our many cosponsors and campus partners for supporting SAAM 2025!



Programs This Week

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.

Wellness Wednesday — Wednesday, April 9, 11:30 AM-1 PM, Rand Wall

Self-Care can sometimes be difficult. Stop by the Rand Wall to pick up some fun tools to help relieve stress and talk about tips and strategies. Wellness Wednesdays are cosponsored by the Center for Student Wellbeing.

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.

Graduate and Professional Student Appreciation Week

Project Safe is thrilled recognize our incredible graduate assistant, **Jenna Valero**, during this week for her contributions to the work of Project Safe all academic year long. Jenna joined the Project Safe team in August 2024. She is pursuing her master's degree in the Human Development Counseling program, specializing in Clinical Mental Health and School Counseling. Originally from New York City, she moved to South Carolina, where she earned her B.S. in Psychology and B.A. in Educational Studies from Furman University in 2022. As a member of the Project Safe team, Jenna is passionate about fostering safe spaces for all individuals where they feel supported and valued. Outside of her studies and Project Safe, you can find her counseling students, teaching classroom lessons, leading groups in local schools, and working to empower and support her community.



Thank you, Jenna!

Featured Free Resource

Survivor's Sanctuary

Survivor's Sanctuary is an online, self-guided healing platform was created by organizers of the #MeToo Movement to aid survivors in their healing journeys. Tools and resources to help you explore healing through mind, body, and integrative approaches. They offer a variety of healing lessons from each approach in 5-minute, 15-minute and 25- minute suggested time increments. Survivor's Sanctuary was created to help survivors heal in community with other survivors.



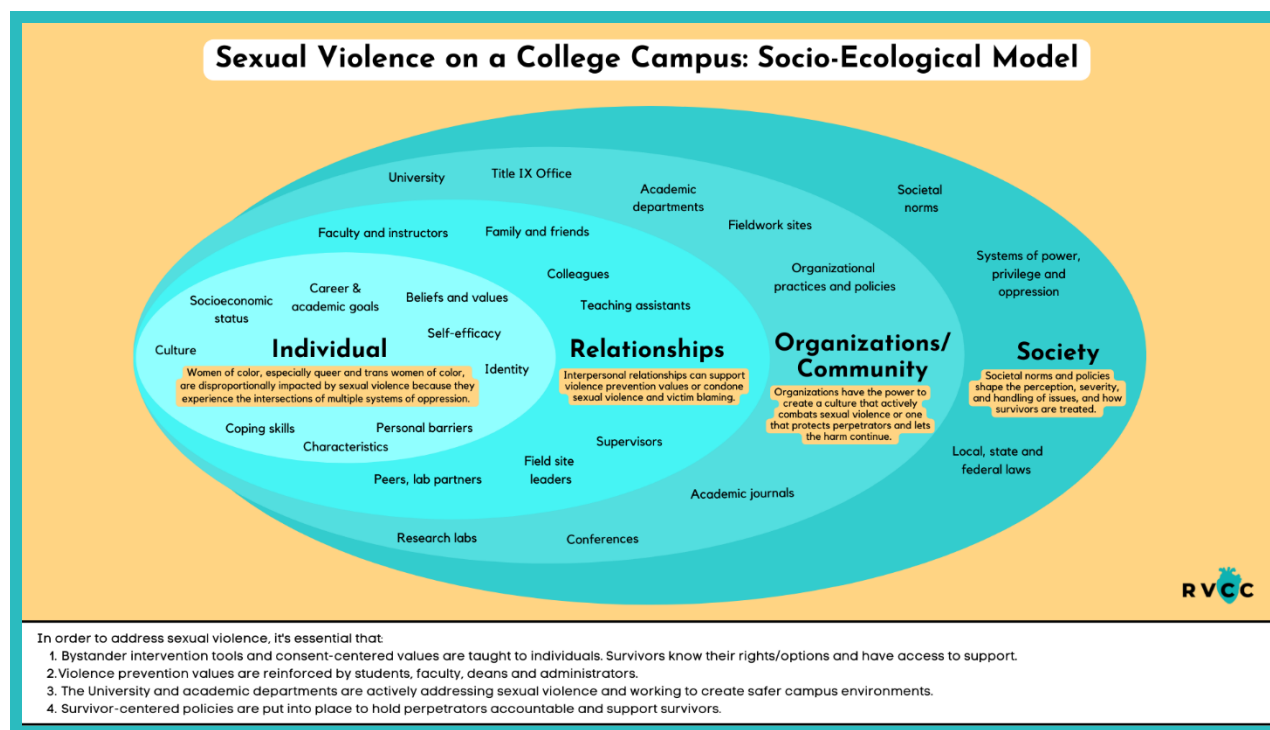
Educational Infographics of the Week

The Power and Control Wheel

The circle diagram above is known as the Power and Control Wheel. This image is often used in intimate partner violence education to help both perpetrators and the targets of harm identify red flags in their behavior or relationships and the risk of certain types of abuse. Originally created by the [Domestic Abuse Intervention Project \(DAIP\)](#), the Power and Control Wheel was first created to reflect the experiences of women who had been battered by men, although many variations of the wheel now exist, with the risks and harms shown on the wheel tailored to different identities and the power differentials at play within different types of relationships. Power and Control are at the center, and the harmful behaviors make up the spokes of the wheel. Physical and sexual violence holds it all together—this violence is the rim of the wheel.

The Socio-Ecological Model

An individual's life is significantly shaped by the relationships they form, the communities in which they live, the institutions they interact with, the policies that shape their environment, and broader societal norms. The socio-ecological model helps understand sexual violence by examining the interconnectedness of individual, relationship, community, and societal factors that influence the risk of experiencing or perpetrating violence. The socio-ecological model demonstrates the way we work to equip programs with the tools to create new, positive peer, community, and institutional norms that will support culture change. This version, offered by national non-profit [Recognize Violence, Change Culture](#), focuses on college campuses and the common factors that shape our campus communities.



Find our full #SAAM2025 calendar on the [Project Safe website](#), on [Anchor Link](#), [Instagram](#), [Twitter](#), and on [Facebook](#).



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