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Sexual Assault Awareness and Prevention Month #SAAPM

Tag your SAAPM-related posts throughout April with #SAAPM. You can search #SAAPM on Twitter to see how other individuals are getting involved and retweet posts to amplify those efforts.

20 days of Twitter and/or Facebook posts:

1. April is Sexual Assault Awareness and Prevention Month. Learn about sexual assault and what you can do to prevent sexual violence.
2. 6.3 million or 33.2% of adult Texans have experience some form of sexual assault in their lifetime. <http://taasa.org/wp-content/uploads/2015/04/Sexual-Assault-Prevalence-in-Texas.pdf>
3. Avoid using language that objectifies or degrades women. End rape culture.
4. People of all ages, classes, cultures, abilities, genders, races, and religions are raped. There is no excuse for sexual violence.
5. Many survivors experience a freeze response or 'tonic immobility' during an assault where they cannot move or speak.
6. Men are also survivors of sexual violence. All survivors deserve our advocacy, support, and activism.
7. It's not easy to talk about sexual violence. Victims may be calm, tearful, withdrawn, angry, or in shock. There is no 'right' way to react to rape.
8. 2 in 5 women and 1 in 5 men have been sexual assaulted in their lifetime per a UT study. <http://taasa.org/wp-content/uploads/2015/04/Sexual-Assault-Prevalence-in-Texas.pdf>
9. Drugs or alcohol never cause a sexual assault. People who commit crimes while 'under the influence' are still responsible for their actions.
10. Survivors of sexual assault often feel social pressure to act like everything is okay, regardless of what they actually feel.
11. If someone confides in you that they were sexually assaulted, believe them.
12. Most sexual assaults are committed by someone the survivor knows or even cares about - a roommate, friend, acquaintance, co-worker, classmate, spouse, partner, or ex-partner.
13. 413,000 Texans are sexually assaulted each year. <http://taasa.org/wp-content/uploads/2015/04/Sexual-Assault-Prevalence-in-Texas.pdf>
14. Just because someone doesn't have physical injuries doesn't mean they weren't raped.
15. Hold perpetrators accountable for their actions: do not let them make excuses or blame the victim for their behavior. End rape culture.
16. Sexual assault is never the victim's fault.
17. People may experience sexual assault no matter what they are wearing; what the survivor was wearing in no way makes them responsible for the assault.
18. I believe and support sexual assault survivors.
19. Think critically about the media's messages about women, men, relationships, and violence. End rape culture.
20. About half of female sexual assault survivors report that a male acquaintance or friend was the offender. <http://taasa.org/wp-content/uploads/2015/04/Sexual-Assault-Prevalence-in-Texas.pdf>



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