



# SAAPM

Sexual Assault Awareness and Prevention Month

## BUILDING COHESIVE TEAMS THROUGH CHARACTER | TRUST | RESILIENCE

<p><b>1</b></p> <p>Admitting mistakes shows humility and rebuilds trust. Talk to your Soldiers or team members about a time you failed, and how you worked through it.</p>	<p><b>2</b></p> <p>Have one conversation today with your Soldiers or team members asking for their feedback. Don't think about your response, listen to understand.</p>	<p><b>3</b></p> <p>The best way to rebuild trust is to hold offenders accountable. Ask yourself: how have you held offenders accountable in your unit?</p>	<p><b>4</b></p> <p>Be mindful of your everyday interactions, someone you know may be a sexual assault survivor and they are listening.</p>	<p><b>5</b></p> <p>Having a plan to fix past failures is critical to rebuilding trust in your unit or team. Today, make the plan.</p>	<p><b>6</b></p> <p>Do your Soldiers know your expectations regarding professional behavior? Ask them.</p>	<p><b>7</b></p> <p>Do you know what trauma-informed care is? Learn about it today to help you better support sexual assault survivors.</p>
<p><b>8</b></p> <p>Do you know how to ask for consent? Try checking in throughout sex by asking: "Can I kiss you?" "Do you like this?" "Do you want to keep going?" Practice the next time.</p>	<p><b>9</b></p> <p>Consent includes digital communication. Today, ask your partner if you have their permission to save their intimate photos, sexts or videos. Never share them.</p>	<p><b>10</b></p> <p>A previous relationship, including dating or marriage, doesn't mean there is consent. Don't assume, and ask your partner first if they want to have sex.</p>	<p><b>11</b></p> <p>Do you know how to accept a "no" when a partner says they don't want to engage in sexual activity? Try "Sure, what would you like to do instead?"</p>	<p><b>12</b></p> <p>Healthy sex means both parties are mutually enthusiastic &amp; satisfied. Today, ask your partner what they like and don't like during sex.</p>	<p><b>13</b></p> <p>Just because your partner is not saying anything, doesn't mean there is consent. If they're quiet, ask: "Should we stop?"</p>	<p><b>14</b></p> <p>Alcohol interferes with the ability to give clear &amp; coherent consent. If you or your partner have been drinking, say: "Let's wait until we are both sober."</p>
<p><b>15</b></p> <p>The best way to create a Culture of Support for survivors &amp; all Soldiers is to be engaged. Check in with your Soldiers, but also their Family, teammates, and leaders.</p>	<p><b>16</b></p> <p>Is one of your Soldiers struggling after a sexual assault? Instead of initiating disciplinary action, offer to take them to get behavioral health support.</p>	<p><b>17</b></p> <p>If a Soldier in your unit was sexually assaulted, are you regularly checking-in on them? Ask if they feel ostracized or retaliated against.</p>	<p><b>18</b></p> <p>Are you aware of the Expedited Transfer Policy? Read the updated DoDI 6495.02 today.</p>	<p><b>19</b></p> <p>Who leads SHARP training in your unit? Is it only the SARCs &amp; VAs? Set a Command Presence and offer to lead the next training.</p>	<p><b>20</b></p> <p>Are you aware of your own bias? Ask yourself if you have a preconceived notion of what a victim should "look like" and "act like."</p>	<p><b>21</b></p> <p>A Culture of Support starts at the top. Examine how you are setting the example for support, transparency, and accountability.</p>
<p><b>22</b></p> <p>Dealing with trauma can be overwhelming. Practice self-care. Make a list of friends whom you trust &amp; are supportive, then reach out.</p>	<p><b>23</b></p> <p>Sometimes feelings of shame can overwhelm us. Today, take the first step to seek professional help and talk to a therapist</p>	<p><b>24</b></p> <p>If you're not ready to talk with a trusted friend about what happened, talk to the caring staff at the Safe Helpline: 877-995-5247.</p>	<p><b>25</b></p> <p>Make plans to go on a fun outing today. When our thoughts become overwhelming, a distraction can help.</p>	<p><b>26</b></p> <p>Staying in good physical health helps you cope with trauma. Go for a walk or cook a healthy meal today.</p>	<p><b>27</b></p> <p>Spiritual strength can help in times of hardship. Talk to a chaplain, or try meditation today.</p>	<p><b>28</b></p> <p>If you are not ready to talk, writing things down can help you cope. Start keeping a journal today.</p>
<p><b>29</b></p> <p>DA Civilians overseas and adult Family members have the same access as Soldiers to SHARP services. Contact your SARC today to learn your options.</p>	<p><b>30</b></p> <p>The DoD Safe Helpline app provides help for your recovery. Download it today at SafeHelpline.org/App</p>	<p><b>30-DAY SAAPM CHALLENGE</b>  <b>PROTECTING OUR PEOPLE PROTECTS OUR MISSION</b></p>				



**ARMY RESILIENCE DIRECTORATE**



**SHARP**  
SEXUAL HARASSMENT/ASSAULT RESPONSE AND PREVENTION

**www.armyresilience.army.mil**  
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