



RVAP'S

*Reflections &  
Activities Book*

for SAAM

April 27-May 1



## BEFORE YOU BEGIN...

- 1.** Go through this booklet at your own pace.
- 2.** No activity is required or must be completed on the date listed.
- 3.** There will be a weekly Zoom discussion for the podcast activity on Thursdays at 5:30 p.m. Feel free to join!
- 4.** Please take care of yourself!

MONDAY  
APRIL 27

WORD OF THE WEEK

# *Solidarity*

“Solidarity does not assume that our struggles are the same struggles, or that our pain is the same pain, or that our hope is for the same future.

Solidarity involves commitment, and work, as well as the recognition that even if we do not have the same feelings, or the same lives, or the same bodies, we do live on common ground.”

SARAH AHMED




TUESDAY





APRIL 28



*Reflection activity*



Grab a friend or family member you admire to complete this activity!

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1. What are 3 positive characteristics that your partner embodies?
  2. Of these 3, which one would you like practice in your life?
  3. Ask your partner for advice on how to incorporate that trait!

WEDNESDAY

APRIL 28

**WE'RE IN THIS  
TOGETHER**

JOIN US TOMORROW  
FOR TAKE BACK THE NIGHT





THURSDAY  
APRIL 30

SURVIVORS, LOVED ONES, & ALLIES...  
JOIN US ON ZOOM FOR

# *Take Back the Night*

A night of journaling, reflections, and community.

5:30–6:30 p.m.

Meeting ID: 973 7654 3302

Password: SAAM

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# Journal prompts

Here are a few prompts we'll start with at Take Back the Night!

-  What are you looking forward to in the upcoming month of May?
-  What are 3 things, big or small, that are going well for you right now?
-  What is something you're passionate about or excel at? How could you use this to better your community?

FRIDAY

MAY 1

## *Self care activity*

1. Check in with yourself
2. If you're able, check in with someone you care about!
3. As we close out SAAM, we hope you can carry our themes of resilience, self, courage, and solidarity into the next month, for yourself and your communities!

**Peace & Love,**

*Shaliza & Alexa*



**Victims, survivors,  
thrivers, & loved ones,**

**We see you. We are here  
for you.**

To speak to an advocate on our  
24-hour hotline:

319-335-6000

or 800-228-1625

