What is Sexual Assault Awareness Month and Why is It Important?

### Sexual Assault Awareness Month

Sexual Assault Awareness Month, otherwise known as SAAM, is a month-long campaign held every April by the National Sexual Violence Resource Center to encourage awareness and prevention of sexual violence. While SAAM officially began in 2001, Black women and women of color were doing sexual violence prevention and response work as early as the 1940s and 50s. Sexual violence prevention and response work began to grow rapidly in popularity in the 1960s when the first Take Back the Night event was held in San Francisco, and later in the 1990s when the Violence Against Women Act of 1993 was advocated for and enacted. SAAM has evolved since its inaugural campaign in 2001, more specifically focusing on awareness of sexual violence and spreading information on prevention methods such as education about healthy sexuality, consent, and bystander intervention. This year’s theme is “Drawing Connection: Prevention Demands Equity,” which calls on all of us to focus on how we can alter the systems around us to advance racial equity to ensure that sexual violence prevention and response work is done using inclusive frameworks. There will be programming on campus by various organizations throughout the month of April to work toward the goals of SAAM on campus and to help students connect to resources.

### Why It's Not Good to Skimp on Sleep During Finals

With the stress of midterms barely in the rearview and the presence of finals looming, it can be really easy to fall into practicing unhealthy habits, especially when it comes to sleep. While most of us have heard that we need eight hours of sleep per night to function optimally, we are often not given details about why regular, good-quality sleep is important to our lives. Sleep is incredibly important to maintaining healthy brain function and physical health, especially when it comes to preventing the development of health issues such as heart disease and diabetes. In the broadest sense, sleep allows our bodies to rejuvenate and prepare to best function for another day.

#### Self-Care: Maintaining a healthy diet, sleep schedule, and making time (even 30 minutes) for brain breaks can make all the difference.

Studies have shown that anxiety and stress are reduced by spending time outdoors, so try to get out at least once or twice a day.

#### Relax: Relaxation techniques such as breath work, meditation, and yoga have proven effective for temporary and long-term stress relief.

Adding one of these into your daily routine is an easy way to gain a sense of calm.

#### Reach Out: Your professors, the Well, and your peers are here for you.

You can find more resources on Campus Health’s website, such as how to connect with the Counseling Center and find other mental health and stress-related support. (Visit [campushealth.tulane.edu/counseling](http://campushealth.tulane.edu/counseling) for more information.)

Please remember that managing stress is an ongoing and personal process; what works for one person may not work for you, and vice versa. Try different techniques and stick with what works best for you.

---

*Image of the Week: Snoozing at Tulane*

**NEED TO TAKE A NAP?**

Visit the Campus Health website for more sleep tips and to check out the Nap Map, a list of ideal places for snoozing at Tulane.

[campushealth.tulane.edu/well/sleep](http://campushealth.tulane.edu/well/sleep)