

# Sexual Assault Awareness Month

April is Sexual Assault Awareness Month. At Santa Monica College, our goal has always been to provide support for survivors of sexual assault as well as raising community awareness about sexual harassment, crime, and abuse and educate communities on how to prevent it.

During this time of added stress, we want the whole SMC community to know that you are not alone. And though sexual violence does not just occur in April, during this month we get to focus on it.

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## Events

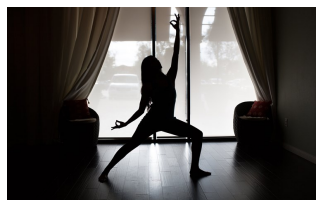
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Stay connected and engaged by checking out the events below

### Day of Action

Tuesday, April. 7, 2020

**Sexual Assault Awareness and Prevention Month Resolution  
Santa Monica College Board of Trustees  
Board Meeting - Major Item of Business - Agenda Item #20  
Wear the color teal to support survivors!**



### Yoga

**In Honor of Sexual Assault Awareness Month  
Ground and breathe your way into a gentle and peaceful  
practice in the healing power of yoga**

Tuesday, Apr. 28, 2020

4 – 5 p.m.

Instructor: Leslie Porter

Registration is capped to 8 attendees only

[Register Here](#)



**Denim Day**

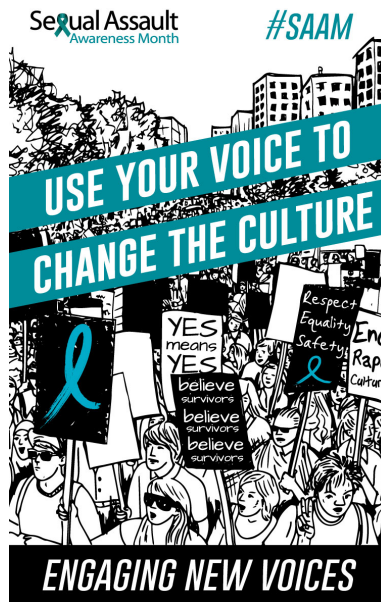
**Wednesday, Apr. 29, 2020**

Join millions across the world and wear your denim on April 29<sup>th</sup> in observance of Denim Day

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## Activities

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Stay connected and engaged any time by checking out the events below.

To get started, click on the event:

- [Instagram Challenge](#)
- [Consent Quiz and Guide](#)
- [Coloring Page](#)
- [Title IX Virtual Open House](#)

Stay healthy and check out these yoga classes:

[Exhale to Inhale "A Space to Breathe"](#)

This is a free offering and they explore different themes each week.

Three Exhale to Inhale classes are below:

[30 minute Yoga Class](#)

[Exhale to Inhale 10 minute Chair Yoga](#)

[12 minuto video de Exhale to Inhale Yoga en español](#)

[Yoga with Adriene](#)

Adriene focuses on PTSD

[Setu Yoga](#)

Setu Yoga teachers are sensitive and trauma informed

[They also have short and sweet 15 minute sessions](#)

Check out the National Sexual Violence Resource Center for more activities

**For More Information**

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## Resources

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Check out the resources provided below.

*Please note, some resources contain information and topics that may be sensitive to see and hear*

**Podcasts and YouTube**

[Cup of Tea](#)

[Bystander Intervention](#)

[Supporting Survivors of Sexual Assault](#)

[Irresistible: collective healing & social change](#)

[Why Do We Silence Black Girls and Women Who are Survivors of Sexual Violence?](#)

[Sexual Assault in the Black Community](#)

[Unlocking Us with Brene Brown](#)

[Encyclopedia Womannica](#)

[LGBTQ&A](#)

**Music Playlists**

[Stress-Free from COVID19 Spotify Playlist](#)

**If you need to talk to someone**

**SMC Confidential Support Services**  
[Center for Wellness and Wellbeing](#) (310) 434-4503  
[Health Services Center](#) (310) 434-4262  
[Ombuds Office](#) (310) 434-3986

**Other Confidential Support Services/Hotlines  
24/7 and Free**

[Santa Monica Rape Treatment Center website](#) 424-259-6000  
1250 16th Street, Santa Monica 90404  
[Center for Pacific Asian Family Hotline Website](#) 1-888-339-3940  
[RAINN](#): 1-800-656-HOPE (4673)  
[National Domestic Violence Hotline](#): 1-800-799-7233  
[National Human Trafficking Hotline](#): 1-888-373-7888 (TTY: 711) or text them at 233-733  
[Suicide Prevention Hotline](#): 1-800-273-8255

**Other SMC and community support services can be found on the SMC website at:**

<http://www.smc.edu/StudentServices/SVRP/Pages/Community-Resources-and-Hotlines.aspx#Rape-Treatment-Center>

**Advice**

[National Sexual Violence Resource Center - list of centers in EVERY state and territory](#)



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