



31 DAYS OF SUPPORT TAKE THE 2024 SPEAK UP CHALLENGE!

SUN	MON	TUE	WED	THU	FRI	SAT
 <p>DON'T FORGET TO TAG MSH! f + @MySistersHouseInc LinkedIn @mysistershouse-inc</p>		1 Day 1 <i>A Little Bit Louder</i>	2 Day 2 <i>Healthier & Safer</i>	3 Day 3 <i>Survival Symbols</i>	4 Day 4 <i>Purple for Progress</i>	5 Day 5 <i>Safety Spotlight</i>
6 Day 6 <i>My 'Why'</i>	7 Day 7 <i>Reality Check</i>	8 Day 8 <i>Hope & Courage</i>	9 Day 9 <i>An Everyone Issue</i>	10 Day 10 <i>Red Flags</i>	11 Day 11 <i>Stronger Circles</i>	12 Day 12 <i>Community Counts</i>
13 Day 13 <i>Advocate for Access</i>	14 Day 14 <i>Mindset Matters</i>	15 Day 15 <i>Powerful Protection</i>	16 Day 16 <i>Post Our Partners</i>	17 Day 17 <i>Tag Your Team</i>	18 Day 18 <i>Ready to Run!</i> <i>(... or walk, or cheer!)</i>	19 
20 Day 20 <i>Reflect & Restore</i>	21 Day 21 <i>Support for Survival</i>	22 Day 22 <i>Get Guidance</i>	23 Day 23 <i>Be the Difference</i>	24 Day 24 <i>Town Hall & The Power of Purple</i>	25 Day 25 <i>Lowcountry Leaders</i>	26 Day 26 <i>Captions of Courage</i>
27 Day 27 <i>Family & "Framily"</i>	28 Day 28 <i>Creativity Can Heal</i>	29 Day 29 <i>Fast Facts</i>	30 Day 30 <i>365 Days Louder</i>	31 Day 31 <i>31 Days of Safety</i>	 a community health and safety campaign from My Sister's House proudly presented by Atlantic Packaging	

31 Prompts | 31 Pics | 31 Days to Be the DV Difference

Would YOU post 1x/day for 31 days to support DV survival?!

JOIN THE #SPEAKUPCHALLENGE

WEEK 1 | Oct. 1 – 6

TUE **A LITTLE BIT LOUDER**
Post our Speak Up SC campaign graphic and share your purpose — every reason matters to MSH and we want to hear yours!

WED **HEALTHIER & SAFER**
Share a pic that represents something that helps you build healthier, safer relationships.

THU **SURVIVAL SYMBOLS**
Post a photo that symbolizes resilience or survival to you.

FRI **PURPLE FOR PROGRESS**
Spot some purple today and snap a quick pic to flood our feeds with the color of DV survival, support, and hope.

SAT **SAFETY SPOTLIGHT**
Share a pic of a place, provider or resource in your area that YOU would turn to for support.

SUN **MY 'WHY'**
Post a pic of your 'Speak Up SC' inspiration—whether it's someone you love, a place that gives you courage, a message of hope, or even your younger self.

WEEK 2 | Oct. 7 – 13

MON **REALITY CHECK**
Real Facts = Real Support.
Share a pic that symbolizes a real barrier DV victims face when seeking support.

TUE **HOPE & COURAGE**
Share a pic with words of encouragement for survivors.

WED **AN EVERYONE ISSUE**
Share a pic of a surprising supporter (maybe it's you!) who chooses to speak up, because EVERY voice counts.

THU **RED FLAGS**
Share a pic showing a relationship red flag you watch out for.

FRI **STRONGER CIRCLES**
Post a pic symbolizing your support circle.

SAT **COMMUNITY COUNTS**
Post a pic highlighting a way you or someone you know makes a difference in the Lowcountry community.

SUN **ADVOCATE FOR ACCESS**
Post a photo supporting access to DV survival services.

WEEK 3 | Oct. 14 – 20

MON **MINDSET MATTERS**
Post a pic of a positive affirmation you use.

TUE **POWERFUL PROTECTION**
Share a pic or graphic RE: legal rights for relationship safety.

WED **POST OUR PARTNERS**
Post a pic showing your gratitude for the partners that make our programs possible!

THU **TAG YOUR TEAM**
Share a pic of your registration confirmation for #5toSurvive, tag your registered team members, and invite your friends to join!

FRI **READY TO RUN** (walk, or cheer!)
Post a pic of prepping for tomorrow's '5 to Survive' advocacy event!

SAT **5 TO SURVIVE**
Show your squad – we want to see the team photos from today's event!

SUN **REFLECT & RESTORE**
Post a pic that represents rest, reflection, or self-care for you.

WEEK 4 | Oct. 21 – 28

MON **SUPPORT FOR SURVIVAL**
Post a photo of a DV resource, service, or program your work offers, or one you think every local business should have!

TUE **GET GUIDANCE**
Share a photo of a resource or quote from a mental health or relationship expert you trust.

WED **BE THE DIFFERENCE**
Post a photo showing a way YOU choose to #BeTheDVAffirmation in the Lowcountry.

THU **THE POWER OF PURPLE**
Share your 'Power of Purple' pic to show you, your group, or our Town Hall team wearing their purple for DV awareness!

FRI **LOWCOUNTRY LEADERS**
Post a photo of a local leader, organization, or company you want to shout out for their commitment to creating a safer, healthier community.

SAT **CAPTIONS OF COURAGE**
Share a photo of someone who inspires hope, courage, or strength, along with a caption quoting them or sharing other inspiring words that matter to you.

SUN **FAMILY & "FRAMILY"**
Share a pic that celebrates your family or "framily" & shout them out with a tag!

WEEK 5 | Oct. 29 – 31

MON **CREATIVITY CAN HEAL**
Share a photo of art, poetry, or movement symbolizing healing, recovery, and growth.

TUE **FAST FACTS**
Share a photo of something you learned while participating in this month's #SpeakUpChallenge about MSH, our community, or DV survival.

WED **365 DAYS LOUDER**
Post a pic showing how you'll keep speaking up for #DVawareness after October 31.

THU **31 DAYS OF SAFETY**
We are so grateful for the incredible supporters who joined the #SpeakUpChallenge this month – share a collage of your challenge pics or the one MSH will post showing our favs!



WHILE YOU'RE SPEAKING UP, DON'T FORGET TO TAG MSH!



@MySistersHouseInc



@mysistershouse-inc