

APRIL 25TH 2025

ADVOCATE APPRECIATION DAY





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**ADVOCATE
APPRECIATION
DAY**

On April 19th, 2023, Promoting Awareness | Victim Empowerment (PAVE) founded the first annual National Sexual Assault Advocate Appreciation Day in order to show our gratitude towards those who support survivors during their trauma. The work that advocates do is unparalleled and often plays a crucial role in the healing process.

In many areas, survivor advocates are volunteers or are severely underpaid. They often work long hours and are exposed to traumatic experiences on the job, often left with little support afterwards.



What is a sexual assault advocate?

Sexual assault advocates are professionally and specially trained individuals who respond to and support survivors of sexual assault. Sexual assault advocates' specific duties vary by location, but most provide emotional support, a lending ear, access to resources, and serve as an echo to a survivors' needs. Advocates do not make decisions for survivors. They inform survivors of possible options and advocate on their behalf to others. Many advocates are first responders in communities, but their duties are not limited to the acute phase after an assault



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What Does An Advocate Do?

While no location is the same, some things advocates may do are -

- Provide in-person support to survivors in the immediate aftermath of an assault
- Provide virtual support in the immediate aftermath of an assault
- Educate survivors on their rights and resources available to them
- Liaison with providers about survivor's needs
- Listen and provide emotional support
- Help a survivor reach out to professors or bosses about accommodations
- Help survivor fill out forms like crime victim's compensation
- Follow-up with survivors for longer term services
- Educate their community



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Where Can I Find An Advocate?

Rape Crisis Center:

- your local rape-crisis center has advocates ready to help. Need to find your local center?

Visit: [Survivors.org](https://www.survivors.org) 

On Campus:

- most campuses will have sexual assault advocates. They are often located in different places on different campuses, but they may be located in:
 - Women's Center
 - Relationship/Sexual Violence Center
 - Mental Health Center
 - Health Center
 - Student Services

Reporting:

- if you decide to report your assault, a advocate will be provided by:
 - police
 - hospital
 - Title IX Office

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How Can I Observe Advocate Appreciation Day?

Show Appreciation:

Thank-you Letters:

- Get a group together, or by yourself, and handwrite thank-you letters and deliver them to the advocates at your local rape crisis center

Gift Baskets:

- Curate gift baskets for advocates at your local crisis center
- Reach out to businesses to see if they are willing to donate materials

Catering:

- Donate a breakfast, coffee, or other food/treats to your local crisis center to be enjoyed April 25th
- Coordinate with the center beforehand to ensure they're willing/able to receive this act of service



How Can I Observe Advocate Appreciation Day?

Increase Awareness:

Posters:

- If you're a college student, create posters letting students know where your on-campus advocates are located. They may be located in:
 - Health Center
 - Women's Center
 - Relationship and Sexual Violence Center
 - Counseling Center

Tabling:

- Set up a table on campus and discuss sexual assault advocates with students, help them create thank-you cards and inform them where to find campus/local advocates

Social Media:

- Create your own graphics thanking advocates for their work and educating others on what an advocate is, or share our graphics



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How Can I Observe Advocate Appreciation Day?

Club Event:

Thank-you Letters:

- Host an event where members create Thank You letters for advocates on campus or at your local rape crisis center.
- They can either be hand delivered, mailed, or hung in the office where the advocates work.

Scavenger Hunt:

- Host an event where members locate important spots on campus, such as:
 - Title IX Office
 - Advocate Location(s) on campus
 - Advocate Location(s) in the city
 - Mental Health Services
 - During the scavenger hunt, stops along the way can also be locations where Thank You Letters are left and posters can be hung.
- Tip: Get local businesses or campus spots involved to spread the word