

Do you like to listen to music while you exercise? Do you enjoy listening to music that respects the power of consent and empowers people to live authentically? Do you find yourself to be a passionate supporter of Sexual Assault Awareness Month? If you answered yes to any of these questions, then the City of Alexandria's Sexual Assault Center has the playlist for you!

Staff of the Sexual Assault Center has compiled a playlist of songs that focus on consent and/or empowerment that can be used to heighten any enjoyable experience, but is especially meant to serve as a source of fuel for those participating in the virtual 5K. This playlist is available on Spotify by searching for "SAAM Virtual 5K Playlist." If you do not have access to Spotify, please find the list of suggested songs written below so that you can compile your own playlist to enjoy for many Sexual Assault Awareness Months to come!

#### Suggested Virtual 5K Playlist:

1. Green Light (feat. Andre 3000) – John Legend
2. Let Me Be Good to You – Otis Redding & Carla Thomas
3. Do You Feel Me – Anthony Hamilton
4. Slow Down – Alicia Keys
5. NO – Meghan Trainor
6. U + Ur Hand – P!nk
7. Drunk Girl – Chris Janson
8. Shelter – Joy Oladokun
9. Roar – Katy Perry
10. Brave – Sara Bareilles
11. Fight Song – Rachel Platten
12. You Don't Own Me – Lesley Gore
13. Confident – Demi Lovato
14. Follow Your Arrow – Kacey Musgraves
15. Who Says – Selena Gomez & The Scene
16. That's My Girl – Fifth Harmony
17. Rebel Girl – Bikini Kill
18. Lovely Day – Bill Withers
19. Respect – Aretha Franklin
20. Titanium (feat. Sia) – David Guetta
21. Q.U.E.E.N. (feat. Erykah Badu) – Janelle Monae
22. Don't Stop Me Now – Queen
23. Just Like Fire – P!nk
24. Can't Hold Us (feat. Ray Dalton) – Macklemore & Ryan Lewis
25. Bulletproof – La Roux
26. Don't Stop Believin' – Journey
27. This Is Me – Keala Settle & The Greatest Showman Ensemble
28. Shake It Out – Florence + The Machine
29. Firework – Katy Perry
30. Excuse Me Miss – JAY-Z
31. Be My Lover – La Bouche
32. I Want You – Marvin Gaye

- 33. Yes – Beyonce
- 34. Say Yes – Floetry
- 35. Permission – Ro James
- 36. Sexy Can I – Ray J & Yung Berg