

NO MORE

WEEK OF ACTION

MARCH 6 - 12, 2016

#NOMOREWEEK

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SUNDAY, MARCH 6TH

#NOMOREexcuses for domestic violence & sexual assault.

Help kickoff #NOMOREWeek by joining **USA Network's 'NO MORE Excuses' Law & Order: SVU marathon** starting at 3PM e/2c. Participate in the conversation by supporting the #NOMOREexcuses social media [Thunderclap](#).

Join **NO MORE and Verizon's fundraising campaign** benefiting organizations focused on ending DV/SA, [The NO MORE Challenge](#). No matter how big or small, every donation will help life-saving programs win cash prizes totaling \$150,000!

Watch [Tony Porter's TED Talk](#) about engaging men.

MONDAY, MARCH 7TH

A movement of **#MenToo**

Join **Mary Kay** & talk about what the phrase [#ManUp](#) means to you on social media. Use [this graphic](#) to invite others to join you.

Launch a **'Men Too' Day** focused on engaging men, as both bystanders and survivors. **Print & display these [posters](#)** in your community. **Host a screening** of the documentary ["The Mask You Live In"](#) to help expand the definition of masculinity, using this [screening guide](#).

TUESDAY, MARCH 8TH

#KNOWMORE about how domestic violence & sexual assault impacts ALL survivors.

Read & share these [blogs](#) to help #KNOWMORE about the different barriers facing survivors of historically marginalized populations.

Launch a [photo campaign](#) or create your own public service announcement video to spotlight the voices of YOUR community. Some great examples can be seen [here](#), [here](#), and [here](#).

WWW.NOMORE.ORG/NOMOREWEEK

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WEDNESDAY, MARCH 9TH

Start **#OneMore** conversation to help prevent violence before it starts.

[Take the pledge](#) & share your commitment by inviting #OneMore person to join you.

Start a conversation with friends, family, coworkers, and your community. [Use these tips](#) to talk to kids & young people in your life about healthy relationships, or this [guide](#) for parents starting a conversation about teen dating violence.

THURSDAY, MARCH 10TH

Go blue to **#ShowNOMORE**

#ShowNOMORE by [wearing the symbol](#) & inviting your friends to join you. Add the [symbol](#) to your [profile photo](#), your website, retail store window, or create your own NO MORE products.

Upload a picture (with your NO MORE [sign](#)) & tell us why you say NO MORE by creating a [personalized postcard online](#). (Postcards submitted before NO MORE Week will be printed & delivered en masse to the real world to make an even bigger impact at #NOMOREWeek events across the country).

FRIDAY, MARCH 11TH

#NOMORE Bystanding

Watch & share the ["Get Off The Sidelines" PSA](#) to encourage others to take action.

Host a bystander engagement training. (The Avon Foundation for Women's free, online [bystander trainings](#) are a great place to start and/or reach out to your state and territory coalitions [here](#).)

SATURDAY, MARCH 12TH

#TogetherWeCan end domestic violence & sexual assault

Tune into **Discovery ID's #InspireADifference Marathon** & join the conversation on Twitter to discuss ways to create change in your community.

Support lifesaving programs working year-round to end domestic violence & sexual assault in [NO MORE's fundraising challenge](#). Write the name of the organization you supported on this [#NOMOREweek sign](#) & share a picture with on social media. Tag at least 3 friends to join you.

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