



1. Write what you say #NOMORE to.
2. Take a photo of yourself with the sign.
3. Post what you say #NOMORE to with your photo on social media. Here are some sample posts:

- It's #NOMOREweek! #NOMOREexcuses for domestic violence & sexual assault. What's your #NOMORE?
- #NOMORE [insert excuse] #NOMOREexcuses for domestic violence & sexual assault. It's #NOMOREweek, will you join me in sharing your #NOMORE?

#NOMOREWEEK