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?