



## GENERATING CHANGE THROUGH GRASSROOTS ACTIVISM

*Examples of domestic violence & sexual assault activism from around the world*



CSUSM NO MORE Week 2016



496 views



- Create a ‘**NO MORE Day**’ to celebrate Domestic Violence Awareness Month (October), Teen Dating Violence Awareness Month (February), or Sexual Assault Awareness Month (April) or incorporate the symbol into your existing plans to show solidarity!
- Activate your community during **NO MORE Week of Action**, March 5-11th, 2017.
- **Contact your Mayor, City Council, or County Board of Supervisors to invite them to go blue for NO MORE** by turning landmarks or buildings blue in your city or state to create a future without violence like [Honolulu Hale did for Hawaii Says NO MORE](#) in honor of their Mayor’s proclamation of NO MORE Week in the City and County of Honolulu. (Can’t get a building to go blue? Chalk the sidewalks



blue and invite your friends to wear blue!)

- Host a [Twitter photo challenge with your school sports team, club or Greek organization](#).



- [Create a NO MORE photo gallery on a wall or on your website](#) featuring stories from survivors, allies, and supporters.

- **Table on campus:** Sell custom NO MORE t-shirts and NO MORE donuts to raise funds!
  - Need ideas for a t-shirt? our vendor, TVP Industries ([don@tvpindustries.com](mailto:don@tvpindustries.com)), or use your own! Partner with a local business to offer a discount to students wearing the t-shirt!



- **Create a photo, print or video PSA campaign.** Have your local officials, service providers and heroes create their own NO MORE PSA like [Chicago Says NO MORE](#), [Shasta County's NO MORE](#) campaign and the students from [Evansville University](#), [Rutgers University](#) and [Stanford University](#). For more inspiration, check out [these](#) NO MORE-inspired PSAs!

- **Host an awareness and education event to inform students.** Check out what [students at UAB](#) did, using the *NO MORE Awareness Event Guide* (you can download the guide by visiting [the NO MORE toolkit](#), filling out the form and selecting **Event Planning Tools** at the top menu bar).

- **Host a march or 5k run/walk** at your company, school or military base like the [Barstow Marines \(CA\)](#)!

- **Host a documentary screening or host a NO MORE Film Series:**



- Watch [Dave Navarro's documentary "Mourning Son"](#) to highlight a powerful example of how these issues directly affect men and boys.
- Host a [documentary screening of "The Mask You Live In"](#) in your community to help expand the definition of masculinity and use this [screening guide](#).
- Host a screening of the campus sexual assault documentary [The Hunting Ground](#) on your campus or at your local theater.  
*Note: screening fees will apply.*



- **Host a panel discussion on campus:** Get in touch with the local organizations that work on these issues year-round. You can find local programs through the domestic violence and sexual assault state coalitions in your state or territory. Find a list of state and territory coalitions [here](#).



- **Create your own pledge board** and people to sign their name - don't forget to collect email addresses and send a follow up email with photos and ways to get more involved!

- Sample pledge:

***Pledge to***

- 1) only engage in consensual sexual activity;
- 2) be an effective bystander by speaking out when I hear someone using sexist language that denigrates women and girls and teases or harrasses men and boys for not being 'manly' enough, by challenging comments that blame the victim for what has happened to them, and by intervening if I see others potentially acting without consent;
- 3) support survivors of sexual assault;
- 4) challenge the status quo by getting involved in the movement to end gender-based violence.

