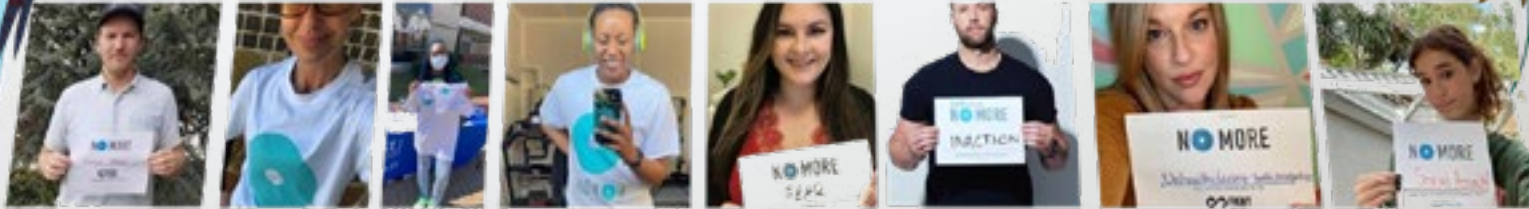


IMPACT REPORT 2022



NO MORE



Featuring our 'Join The Chorus' birds




Foreword



Jane Randel
Chair and Founder



Pamela Zaballa
Global CEO



The world around us continues to be filled with uncertainty — economically, geo-politically, environmentally and so on. It can be overwhelming to say the least, but NO MORE's unwavering commitment to ending and preventing domestic and sexual violence for the generations to come is one constant amidst the chaos.

As you will see in the pages that follow, our initiatives spanned the globe. From Rwanda to London to Mexico to New York, the team took full advantage of relaxed COVID travel rules and expanded NO MORE's reach in the process..

The Queen Consort, the Secretary-General of the Commonwealth of Nations, First Ladies of Commonwealth countries -- these are just a few of the prominent individuals that joined with us to say NO MORE in 2022. Taking a moment to consider the previous sentence, I am astonished not only by the distance our NO MORE message has traveled, but by how deeply it resonates with such a wide array of individuals from a variety of cultures -- just as it was intended.

To be sure, neither my co-founder, the late Anne Glauber, nor I truly considered how far NO MORE could go when we conceived of the idea, but thankfully, the current team, led by CEO Pamela Zaballa, does.

This journey around the globe would not be possible, however, without the NO MORE Global Directory. The most comprehensive tool of its kind, the Global Directory provides domestic and sexual resources to those in need in 205 countries and territories. There are over two thousand entries -- each checked on a regular basis to ensure the information is up-to-date.

Finally, I must acknowledge the NO MORE Board of Directors. In 2022, the majority of the board was able to get together in person -- many meeting each other for the first time. Sounds routine, but after several years of COVID, I am not sure the word "routine" applies to much. Ours is a committed, working Board, and I am grateful daily for their initiative and support.

Without a doubt, the best of NO MORE is yet to come, and looking back on this past year just solidifies the veracity of the statement.

Thank you for your ongoing support

Dear Supporters,

I am proud to present The NO MORE Foundation's 2022 Impact Report, which showcases our progress in raising awareness and driving change in the fight against domestic and sexual violence. Despite the challenges posed by the ongoing pandemic, we have continued to work tirelessly to bring attention to this critical issue and drive real, tangible change.

In 2022, our partnerships were a primary focus of our work, and we are proud to have formed powerful alliances with leading corporations, advocacy organizations, and media partners. These partnerships have helped us to reach a wider audience and increase our impact.

Our Global Directory has also continued to grow and become an essential resource for organizations and individuals who need to have easy access to this information. The Directory provides a comprehensive list of resources and helps to connect survivors and communities to support services.

As we look ahead to the future, I am more inspired than ever by the resilience and determination of survivors and the unwavering support of our partners and supporters. Together, we will continue to work towards a world free from domestic violence and sexual assault.

Thank you for your continued support and for your commitment to creating a better world for all.



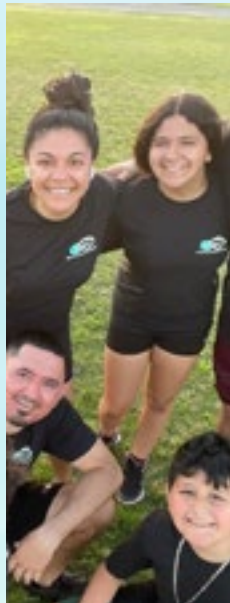


NO MORE Week

NO MORE Week, held annually when NO MORE, its Chapters and Allies shine a spotlight on the importance of stopping and preventing violence – was held March 5th through 12th and included several special events and activities, such as:

The NO MORE Week 5K Walk/Run

Sponsored by State Farm and the NFL, the 2nd annual race had thousands of participants from 11 countries, including Australia, Canada, Japan, Sweden, Cyprus, the UK, Netherlands, and the US.



KNOW MORE Global Dialogue Series

Featured important conversations from across the globe on:

- The importance of centering survivor voices and experiences in efforts to prevent domestic and sexual violence. We were honoured to have FKA twigs, Mildred Muhammad, and Leslie Morgan Steiner share their powerful stories.
- The Community Response to domestic abuse. Organized by UK Says NO MORE, the event highlighted their lifesaving “Safe Spaces” program.
- The history of NO MORE, with NO MORE Board Chair and Co-Founder Jane Randel and CEO Pamela Zaballa. The event was held in partnership with leaders from Washington Says NO MORE.
- A Spanish-language session on how parents can help prevent domestic and sexual violence by teaching children about healthy boundaries and relationships. Ecuador Dice NO MÁS, Esperanza United, and NO MORE brought together advocates throughout Latin America.

- What actions businesses can take to tackle gender-based violence in the workplace. We joined Natalie Deacon (President of Avon Foundation for Women) and other leading GBV experts and advocates for the session, which gave advice on how to overcome the key challenges facing business and how to develop and implement strategies within organizations. The event was hosted by Avon as part of the Business Fights Poverty Gender Summit.

“Talking Healthy Relationships” – A Conversation Guide

Launched in partnership with Esperanza United, the “Talking Healthy Relationships” Conversation Guide, available in English and Spanish, helps parents and caregivers start to discuss healthy relationships with their kids. It includes tips and resources on talking to children about healthy communication, sexuality and relationships, and helping to stop violence before it starts.



All of our Chapters worked hard during 2022 to spread NO MORE's messages throughout their communities, as well as leading on programs, projects and events of their own. Here are updates from a few of them:

NO MORE Chapters



Our chapter in Ecuador was awarded a prestigious SDG Action Award by the United Nations at a ceremony in Bohn, Germany, attended by finalists selected from over 3,000 applications from 150 countries!



Paola Andrade Arellano and Ricardo Vélez, who run the chapter, were honored for their work to empower sexual abuse survivors to become SUPvivors (SUPER Survivors) and realize their potential as agents of

change. The campaign has reached 11 million Ecuadorians, inspired hundreds of thousands of survivors to speak up and forced national authorities to recognize the importance of tackling sexual abuse by making statistics more accessible and initiating programs to improve the response to victims.

UNICEF Ecuador also paid tribute to Paola and Ricardo by naming them as 'Champions for Children' – an honor bestowed on those who have marked milestones for children in Ecuador.



Grammy-nominated artist Mary Lambert says NO MORE to domestic and sexual violence at the biennial Summit held by Washington Says NO MORE – a collaboration of the National Women's Coalition Against Violence and Exploitation (NWCAGE) and students from Washington State University. The virtual event - held during NO MORE Week - focused on the shadow pandemic, and featured Good Day L.A. Co-anchor, Araksya Karapetyan, as host, Michelle Bart, President and Co-Founder (NWCAGE), and Lisa Brumm, Board member (NWCAGE).



Students at Washington State University Everett promoted NO MORE's messages during Sexual Assault Awareness Month, and took action by pledging to say NO MORE to domestic violence and sexual assault.



UK Says NO MORE worked with their 'Safe Spaces' partner HSBC UK, alongside Surviving Economic Abuse to raise awareness of financial abuse with a national advertising campaign, entitled 'Control' that aired in December. This powerful TV ad highlights the struggles that those trapped in economically abusive relationships face and what support is available.



This was a continuation of the 'When an abuser controls your finances, they control you' campaign from June, raising awareness that every HSBC UK branch is a 'Safe Space' where victims of domestic abuse can take their first step to financial independence by seeking specialist support.



Shaynna Blaze and Neva Morrissy, Co-Founders of Voice of Change AU, took on stewardship of Australia Says NO MORE towards the end of the year, and will continue Claire Quinn's great work to amplify the key messages of NO MORE throughout Australia.

Shaynna – an Australian interior designer, television personality, writer and former singer – met with domestic violence survivor and ambassador for Australia Says NO MORE, Simone O'Brien, who talked about her work in schools, communities and the workplace.

Shaynna is best known for her work as a co-host on 'Selling Houses Australia' (2008–2020) and as a judge on 'The Block' (2012–present). In 2021 she won 'Celebrity Apprentice Australia'.



A video from Marios Kyriakou and Yiannos Spyrou who lead Cyprus Says NO MORE,

was aired at the Commonwealth Heads of Government Meeting in Rwanda, where they spoke about their motivation, drive and commitment to form the chapter and put an end to domestic and sexual violence.



Marios and Yiannos also organized 'self-love' activities in conjunction with The Body Shop, where they both work. These included exercise techniques and meditation to assist with difficulties in everyday life and to promote physical, psychological, and spiritual growth.



Sexual Assault Awareness Month (SAAM)



The Commonwealth Heads of Government Meeting (CHOGM)

Throughout April, NO MORE worked to increase awareness and action to stop and prevent sexual violence. Efforts included:

- Discussing the importance and purpose of observing Sexual Assault Awareness Month on Univision Noticias. (Watch the full interview: <https://bit.ly/3KavNs2>)
- Joining forces with Avon Worldwide to increase understanding about the weapon of wartime sexual violence. This included a social media campaign and shared blog highlighting the magnitude of the problem: According to a reliable cross-national study, wartime rape occurs in 62% of all major civil wars and is perpetrated against men and boys as well as women and girls.

Links to our Global Directory of support contacts were provided for victims and survivors who need support.

- Participating with Avon and Peace One Day in a webinar to discuss the sexual violence occurring in the war in Ukraine and in many other parts of the world.

In June, NO MORE was proud to participate in the Commonwealth Heads of Government Meeting in Rwanda, alongside then-HRH The Duchess of Cornwall, the Secretary-General of the Commonwealth of Nations, First Ladies from several Commonwealth countries, and other dignitaries.

During a special event focused on the epidemic of violence against women, NO MORE CEO Pamela Zaballa highlighted the importance of a “Whole System Approach” to preventing domestic and sexual violence. Watch Pamela’s full speech here. NO MORE’s Director of Partnership Melissa Morbeck also served on a panel discussing the Commonwealth’s response to gender-based violence.

NO MORE also joined the Commonwealth’s Rule of Law Conversation seminar series, attended by leaders from UN Women, Get Safe Online, and the UK Foreign, Commonwealth and Development Office. The conversation focused on cybercrime and online abuse of women, and changes needed to promote safety.

We were also honoured to partner with the Commonwealth Secretariat to deliver the Guide On Implementing VAWG Protocols & Prevention Work (SDG 5.2) during CHOGM. This Guide was written for member nations to take positive action on preventing domestic violence.



Victory Over Violence

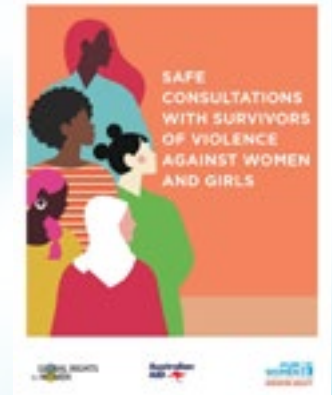
In May, NO MORE joined UN Women and Grace Farms Foundation to host a one-day forum convening current and former athletes, representatives of sports leagues, service providers and advocates, law enforcement, and community leaders who focused on the challenges and opportunities of preventing violence against women and girls in and through sports.

Participants in the “Victory Over Violence” Forum included two-time Olympic Gold Medalist and WNBA Champion Breanna Stewart; White House Gender Policy Council Senior Advisor Rosie Hidalgo; former NFL players and advocates Dwayne Allen and Don McPherson; senior executives from the NFL, MLB, Commonwealth Games, and other sports leagues; and leading advocates from many NO MORE Chapters and prominent non-profit organizations around the world. The event fostered connection and collaboration to fuel more positive change in and through sports.

NO MORE’s Founder and Chair, Jane Randel, moderated a panel discussing ‘changing the culture’ with Tony Porter, CEO of A Call to Men, and Carla Chalas, Senior Coordinator at Major League Baseball.



Other Special Events & Partnerships



Our Director of Partnerships, Melissa Morbeck, moderated a virtual panel including Anna Isaacson, Senior Vice President-Social Responsibility, NFL; Tracey Vitchers and Kyle Richard from It’s On Us; Anne Wafula-Strike MBE, Commonwealth Special Envoy, Champion for Equality in Sports; and Eric Anderson, President/CEO, Los Angeles Rebellion Rugby Football Club.

Sexual Violence Resource Initiative (SVRI) Forum

“Join The Chorus” was the theme of NO MORE’s presentation at the 2022 Sexual Violence Resource Initiative (SVRI) Forum in Cancun, Mexico, in September. NO MORE hosted an information booth throughout the five-day event and Director of Operations Lyndsey Dearlove addressed the conference on the importance of unifying the global prevention of violence against women and girls.

UN Panel

NO MORE moderated a panel for UN Women during their launch of guidance on ‘Safe Consultations with Survivors of Violence Against Women and Girls’. Representatives from Australian Aid, the International Development Law Organization (IDLO), and Global Rights For Women, joined UN Women and NO MORE to discuss that centering survivors in every policy, procedure and program is essential to providing resources and services that will empower and uplift survivors.

Domestic Violence Awareness Month (DVAM)

Event-in-a-Box

Throughout October, NO MORE and its partners spoke out and encouraged greater action to address domestic violence that impacts 1 in 3 women and 1 in 9 men. Initiatives included:

- Creating a special social media campaign in partnership with Speak Your Truth to amplify the voices of victims and survivors of domestic violence. NO MORE and Speak Your Truth posted diverse survivor stories throughout the month and held an IG Live event focused on survivorship.
- Partnering with Discovery ID Network on their “No Excuse for Abuse” month-long effort, which included on-air programming, PSAs, social media content, and a website featuring information and resources. As part of the effort, NO MORE’s Director of Operations Lyndsey Dearlove participated in an IG Live with ID Network and One Love.
- Joining forces with Match Group. Match Group announced a global partnership with NO MORE to help end domestic violence and sexual assault around the world. Match Group CEO Bernard Kim also announced that NO MORE CEO Pamela Zaballa would join Match Group’s Advisory Council, where she will provide recommendations and guidance on Match Group’s ongoing global safety work.



The NO MORE ‘Event in a Box’ toolkit was launched during 16 Days of Activism – aimed at those who want to hold an awareness-raising event on domestic and sexual violence, but don’t know where to start. The guide contains everything you might need, including links to:

- Banners and Posters
- Factsheets and Leaflets
- NO MORE PSAs
- Sample invitation and thank you note
- Event Ideas
- Campaign resources

It also features ideas for fundraising events, sample social media posts and help on hosting an online event.



16 Days of Activism Against Gender-Based Violence

Once again, NO MORE forged partnerships to commemorate the 16 Days of Activism and provide tools for people to be part of the solution in their own communities. Programs included:

- The **#IAmASupporter** campaign in partnership with Avon - 16 Days of Activism coincided with the FIFA World Cup 2022, and Avon and NO MORE encouraged fans to not only cheer on their national teams but also say #iamasupporter of ending domestic abuse. Together we created a special social media campaign that highlighted the match or matches of each day and directed people in those countries to a toolkit with information and resources on how to recognize abuse and how to help people experiencing it.
- **A New Guide to Healthy Dating in partnership with Tinder UK** - NO MORE partnered with Tinder to launch “A Guide to Healthy Dating” which offers information and support on trusting your instincts, asking for consent and other important aspects of safe and healthy dating, both in-person and online.
- **16 Days, 16 Films** – NO MORE supported the 16 Days 16 Films annual competition, sponsored by UK Says NO MORE, for female filmmakers to submit short films inspired by the 16 Days of Activism. NO MORE showed one film per day and held a IG Live focused on the power of storytelling to help end domestic and sexual violence. Board Chair and Co-Founder Jane Randel served on the jury that selected the competition winner - Sarah Grant’s “Candy”.



NO MORE Websites

2,750,000 people have visited our websites

Over **7 million** website pages have been viewed

6,500 survivors have shared their story in our **gallery**

67,000 people have **joined us** to receive our newsletters

41,000 have taken the **NO MORE pledge** to help end domestic and sexual violence

Our **toolkit** has been downloaded **31,000** times

Website visitor comments:

I need to show my daughter that I can be a strong and independent role model for her and demonstrate what a healthy and loving relationship looks like.

Thanks for all you do. As a 30 year survivor of rape, your programming is empowering.

I want to spread the word around my school.

I watched my best friend go through it, and I am helping people say NO MORE.



The NO MORE Global Directory is the first online tool that provides links to domestic and sexual violence helplines and online resources in 205 countries and territories.

Since its launch in 2021, the Directory has grown and become an invaluable resource for companies, universities, government agencies, nonprofit organizations, and survivors and their loved ones.

The website contains over 2,000 support contacts for emergency frontline services in almost every country, and provides information on helplines, crisis centers, shelters, legal organizations, police support units and medical assistance.

We have produced a Directory widget that can be easily placed on website homepages – please send an email to info@nomore.org for more details.

over **62,000**
page views

from **175**
countries on all
continents

Emergency helpline
information has
been translated into
53 languages

most visited by
18-24 year olds

Social Media



Throughout the year, we have highlighted many areas of domestic and sexual violence through our social media campaigns, including providing information on:

Teen Dating Violence

Verbal Abuse

Digital Abuse

Campus Sexual Assault

Healthy Relationships

Stalking

Digital Consent

All survivors deserving safe and accessible services

Bystanding Information

PTSD and Domestic Violence

Our information, education and messaging are reaching millions of people. Specifically:



Over **11.5 million** viewers have watched our 49 YouTube Videos



200,000 people follow our social media accounts



1,400 people every day have downloaded our Healthy Dating Guide (average)



TV Broadcasts to a potential **180 million** viewers



Over **1.6 million** impressions on social media pages



Thanks to
our Partners

Thanks to
our Board



PAUL
HASTINGS



Board Members

In 2022, we welcomed two new Board members, Elizabeth Legrain and Ramon Ramirez, bringing our total to 14 Directors. Our Board met regularly throughout the year in adherence to our bylaws.

Alvin Thompson



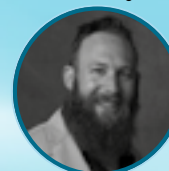
Home Depot

Amy Terpeluk



Finn Partners

Brian Singer



Wayfarer

Christine Mau



Medline

Daniel Herndon - Treasurer



MilesHerndon/Gavel

Elizabeth Legrain



The World Bank
(retired)

Jane Randel - Chair



Karp Randel

Joanne Bischmann



Harley Davidson
Foundation

Kimberly Greiner



Southwest Airlines

Lori Weinstein



Jewish Women
International

Madeline McQueen



Q Squared Ltd

Ramon Ramirez



O'Melveny & Myers

Sam Howard



Translation LLC

Toby Graff - Secretary



The Graff Group

... and special thanks to our individual donors for their generosity throughout 2022.



Find out more about
[Join the Chorus](#) here