

NO MORE

WEEK OF ACTION

MARCH 6 - 12, 2016

#NOMOREWEEK

SPONSORED BY  
MARY KAY

## SUNDAY, MARCH 6TH

**#NOMOREexcuses** for domestic violence & sexual assault.

Help kickoff #NOMOREWeek by joining the 8-hour **USA Network '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!

Celebrate 'Men Too' Day by watching & sharing [Tony Porter's TED Talk](#) about engaging men. Host a screening for the documentary "[The Mask You Live In](#)" to help expand the definition of masculinity (check out this [screening guide](#)), or check out Dave Navarro's documentary, [Mourning Son!](#)

## MONDAY, MARCH 7TH

A movement of **#MenToo**

Has someone in your life ever told you to **#ManUp**? Whether you are a bystander or survivor, #MenToo are changing the conversation this week. Join us & **Mary Kay** to help us redefine that phrase, raise awareness of the role of men in these issues, and say #NOMORE.

**Stand with male survivors.** Print & display these [posters](#) in your community and watch the new NO MORE PSAs (coming soon!) produced by the Joyful Heart Foundation, in partnership with 1in6 and Viacom, and challenge your own perceptions as part of the #MenToo awareness campaign.

## TUESDAY, MARCH 8TH

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

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

**Share YOUR story!** Do YOU have a story about experiencing violence or discrimination because of your gender and immigration status or race? **We want to hear from you.** Join [THE G WORD: Transforming gender norms, one story at a time](#).

**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](http://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 the 5-hour **Discovery ID #InspireADifference Marathon** starting at **7AM e/6 c** & 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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