N○ MORE

TOGETHER WE CAN END DOMESTIC VIOLENCE & SEXUAL ASSAULT

NO MORE is a campaign to increase awareness and engage bystanders around ending domestic violence and sexual assault (DV/SA). Launched in 2013 by a coalition of direct service, prevention and advocacy organizations and major corporations, **NO MORE** is supported by thousands of individuals and communities who are using its unifying blue symbol and free tools to take action on these important issues.

KNOW MORE.

Learn the signs of domestic violence and listen without judgment to victims/survivors of sexual assault. Get the facts and know the resources available: **www.nomore.org/resources**

Say NO MORE.

Challenge yourself and others not to use language or expressions that denigrate women and girls and/or tease or harass men and boys for not being "manly" enough. Speak out against comments that blame the victim for what has happened to them. Let your friends know that blaming the victim is inappropriate and offensive. Seek help when you see this problem or harassment of any kind in your family, your community, your workplace or school.

Share NO MORE.

Download the free tools at nomore.org to engage your community around ending DV/SA. Wear the symbol to show your commitment to ending DV/SA. Shop NO MORE at nomore.org/shop to support direct service & DV/SA prevention services.

Ensure NO MORE.

Get involved. Volunteer in your community, or donate to a local, state or national domestic violence or sexual assault organization: **www.nomore.org/local-organizations**

DOMESTIC VIOLENCE AND SEXUAL ASSAULT RESOURCES

To learn how to help someone in an abusive relationship or to get help for yourself, contact The National Domestic Violence Hotline at **1-800-799-SAFE (7233)** or **thehotline.org**

For teens and young adults call **1-866-331-9474** or **text LOVEIS to 77054** or live chat online at **loveisrespect.org**

For more information on rape and sexual violence services, contact the Rape Abuse & Incest National Network (RAINN) at **1-800-656-HOPE (4673)** or by secure, private, online chat at **rainn.org**