

NO MORE

Together, we can help free those harmed by domestic and sexual violence.

Even the smallest actions can help stop and prevent domestic and sexual violence. Educating ourselves, talking with our friends and family, and getting involved in our communities all make a real difference. But sometimes it's hard to know where to start. That's why we've created the #JoinTheChorus To-Do list.

Pace yourself however you want. You can complete one item a day, two a week, five a month—it's up to you. Tick the boxes next to each item you've completed below. Share your progress with us on social media by tagging @NOMOREorg and using the hashtag #JoinTheChorus.

#JoinTheChorus To-Do List

Learn the [facts](#) and myths about domestic and sexual violence

Learn [how to help a loved one](#) who is experiencing abuse

Learn [how employers can be involved](#) in ending violence

Learn [how schools and campuses can get involved](#)

Learn [the facts about consent](#) in sexual situations

Find [support resources](#) for yourself or a loved one

Find [your local domestic and sexual violence organization](#)

Volunteer with your local organization

Create a fundraiser for your local domestic and sexual violence organization

[Donate to support the work of The NO MORE Foundation](#)

Speak up when you hear language that supports domestic and sexual violence

Talk to your children about healthy boundaries, consent, and nonviolent relationships

#JoinTheChorus on social media and tag @NOMOREorg

[Share your story in the NO MORE Gallery](#)

[Sign the Commonwealth Says NO MORE pledge](#)

[Download the NO MORE toolkit](#)

Share [the NO MORE Global Directory](#) of domestic and sexual violence services

[Download your sign and tell us why you say "NO MORE"](#)

