

Ten years ago, NO MORE reached more than 4 billion people with the purpose of fueling the culture change necessary to end domestic and sexual violence. We called for NO MORE: NO MORE Violence, NO MORE Shame, NO MORE "She was asking for it," NO MORE Victim-blaming, NO MORE Silence.

In many ways we have made a lot of progress: raising awareness of domestic and sexual violence around the world, providing tools and resources to communities and leaders to combat it, and starting to change the culture that allows violence to persist.

Thanks to you, NO MORE has expanded to challenge the silence and stigma around domestic and sexual violence all over the world.

Together we can end domestic & sexual violence

But domestic and sexual violence remain at epidemic levels with 1 in 3 women and 1 in 6 men experiencing it in their lifetimes. Technology and social media have led to advances, but also more challenges to safety and increased online abuse. Women's rights are under attack in many places. Resources to stop and prevent violence have been cut or stretched to the breaking point.

We need more. MORE NO MORE.

For NO MORE's 10 year anniversary, we're calling for MORE Progress, MORE Commitment, MORE Action, MORE Unity, MORE Inclusion, MORE Respect, MORE NO MORE.

Join us to amplify our voices and call for MORE NO MORE.

Here's how it works:

- Find attached a "MORE NO MORE" Sign
- Take a photo holding up the More NO MORE sign (see below) and share what you'd like to see more of to combat domestic and sexual violence.

Examples include:

We need MORE: progress

We need MORE: education

We need MORE: awareness

We need MORE: funding

We need MORE: commitment from lawmakers

- Post your photo to your social media account, tag @NOMOREorg, and use #MORENOMORE



NO MORE was founded 10 years ago on the idea that we can achieve more when we come together and we still believe that we are more powerful together.

Suggested copy:

- We need MORE ____! Join me in sharing what we need MORE of to end domestic and sexual violence. #MORENOMORE
- We each can make a contribution to end domestic and sexual violence. Join me in saying we need MORE. #MORENOMORE
- Women and men around the world still are experiencing domestic and sexual violence. Join us in committing to end domestic and sexual violence. We need #MORENOMORE!
- We are proud to say we need #MORENOMORE. What do you want to see MORE of in the movement to end domestic and sexual violence?
- If you or someone you know is experiencing domestic and sexual violence, help is available. The NO MORE Global Directory provides information to local support services in over 190 countries. Go to NOMOREDirectory.org for more information.
- If you or someone you know has experienced rape or sexual assault, help is available at NOMOREDirectory.org. The NO MORE Global Directory provides information to local support services in more than 190 countries.
- Everyone deserves to be in a happy, healthy relationship. If you or someone you know is experiencing domestic violence, help is available. You can find your local support service at NOMOREDirectory.org.

MORE Respect
MORE Inclusion
MORE Unity
MORE Progress
MORE Action

We need MORE

Together we can end domestic and sexual violence

#MORE NO MORE

NOMORE.org