

NO MORE

TOGETHER WE CAN END DOMESTIC VIOLENCE AND SEXUAL ASSAULT

I SAY **NO MORE** BECAUSE *everyone deserves to be safe.*

I SAY **NO MORE** BECAUSE *domestic and sexual violence cripples and destroys lives and families.*

I SAY **NO MORE** BECAUSE *I want to help educate my friends, my family, and help stop this epidemic.*

I SAY **NO MORE** BECAUSE *All men can stand up-show up and speak out to end all forms of violence.*

I SAY **NO MORE** BECAUSE *I was sexually abused as a child. I am 1 of 42,000,000.*

I SAY **NO MORE** BECAUSE *how we teach our children can help make this the last generation to tolerate abuse.*

I SAY **NO MORE** BECAUSE *every person has the right to be treated with dignity.*

I SAY **NO MORE** BECAUSE *NO ONE should be silenced by the shame and fear created by domestic violence and sexual assault.*

I SAY **NO MORE** BECAUSE *everyone deserves a happy home and a life free of abuse and violence.*

TAKE **ACTION.** Visit us at www.nomore.org and tell us why **YOU SAY NO MORE.**



IF YOU OR SOMEONE YOU KNOW NEEDS HELP, PLEASE CONTACT:

National Domestic Violence Hotline: 1.800.799.7233 | www.thehotline.org

National Sexual Assault Hotline: 1.800.656.4673 | www.rainn.org

National Dating Abuse Helpline: 1.866.331.9474 | www.loveisrespect.org