

# 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](http://www.nomore.org) and tell us why YOU SAY NO MORE.



OEOD: 1.800.367.6577

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

National Domestic Violence Hotline: 1.800.799.7233 | [www.thehotline.org](http://www.thehotline.org)

National Sexual Assault Hotline: 1.800.656.4673 | [www.rainn.org](http://www.rainn.org)

National Dating Abuse Helpline: 1.866.331.9474 | [www.loveisrespect.org](http://www.loveisrespect.org)