NO MORE ACTION GUIDE:

KNOW MORE
Say NO MORE
Share NO MORE
Ensure NO MORE

www.nomore.org
**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.

**Say No More.** Break the silence. Speak out. Seek help when you see this problem or harassment of any kind in your family, your community, your workplace or school.

**Share No More.** Share the NO MORE symbol with everyone you know. Facebook it. Tweet it. Pin it. Instagram it. Email it. Wear it. Help to increase awareness about the extent of domestic violence and sexual assault. Visit the NO MORE Shop at nomore.org.

**Ensure No More.** Get involved. Volunteer in your community, or donate to a local, state or national domestic violence or sexual assault organization.
What is Domestic Violence?

Domestic Violence is a pattern of behavior used to establish power and control over another person through fear and intimidation, often including the threat or use of violence. Some signs of an abusive relationship include:

- Exerting strict control (financial, social and/or appearance).
- Needing constant contact including excessive texts and calls.
- Insulting a partner in front of other people.
- Extreme jealousy.
- Showing fear around a partner.
- Isolation from family and friends.
- Frequent canceling of plans at the last minute.
- Unexplained injuries or explanations that don’t quite add up.
What is Sexual Assault?

Sexual assault is a crime motivated by a need to control, humiliate and harm. Perpetrators use sexual assault as a weapon to hurt and dominate others. Sexual assault is forced or coerced sexual contact without consent. Consent is the presence of a clear yes, not the absence of a no. It can take the form of:

- Rape
- Incest
- Child Sexual Abuse/Molestation
- Oral sex
- Harassment
- Exposing/flashing
- Forcing a person to pose for sexual pictures
- Fondling or unwanted sexual touching above and under clothing
- Force which may include but is not limited to:
  - Use or display of a weapon
  - Physical battering
  - Immobilization of the victim
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 www.thehotline.org

For teens and youth call 1-866-331-9474 or text “loveis” to 77054 or live chat at www.loveisrespect.org

For more information on rape and sexual violence services, contact RAINN—the Rape Abuse Incest National Network at 1-800-656-4673 (HOPE) or by secure, online private chat at https://ohl.rainn.org/online/
Being An Active Bystander

Challenge your friends when they say or do something abusive and tell them what you think:

- “I’m surprised to see you act that way. You’re better than that.”
- “I care about you, but I won’t tolerate you being abusive.”
- “This makes me really uncomfortable. What you’re doing is not right.”
- “Loving someone doesn’t mean abusing them.”
- “Good partners don’t say or do those kinds of things.”

If you believe there is domestic violence, learn how to safely intervene by visiting:  
www.bit.ly/thehotline

To learn ways to prevent sexual assault, visit:  
www.bit.ly/helpendabuse
Supporter Resources

Allstate Foundation — Click to Empower campaign

Avon Foundation — mPowerment by mark.

Mark Kay Foundation — Don't Look Away Campaign

Verizon Foundation — Your Voice Counts
WHAT IS NO MORE?

NO MORE is a groundbreaking symbol designed to galvanize change and radically increase the awareness of domestic violence and sexual assault in our communities. Visit nomore.org for additional resources, including a list of national and state service providers and advocacy organizations.