



These men stepped forward to draw a line and say NO MORE to domestic violence and sexual assault. Since the PSA shoots, they have been lighting up social media, inspiring others to join them and do the same. This is a powerful moment: men standing up, getting off the sidelines, lifting their voices and speaking out. We have the opportunity to amplify the power and reach of their voices by calling on our community to join us in saying **NO MORE**.

**Here's how:**

Share your commitment to say #NOMORE on social media, and call on others to demonstrate their commitment as well.

1. Download and print this sign and write what you say #NOMORE to.



2. Take a photo of yourself with the sign.
3. Tweet what you say #NOMORE to with your photo.

**Consider whose strong voice you'd like to enlist in this cause—your friends, your family, your co-workers—and invite them by name in your posts.**

Here are some examples you can personalize to get you started:

[There's no excuse for domestic violence or sexual assault. What's your #NOMORE?](#)

[#NOMORE excuses for domestic violence and sexual assault. What's your #NOMORE?](#)

4. Share your #NOMORE photo on Facebook. Here's an example you can personalize and add your photo. **And remember; ask your friends and family by name to say #NOMORE with you:**

[There's no excuse for domestic violence or sexual assault. What's your #NOMORE?](#)