

UK SAYS NO MORE WEEK

TOGETHER WE CAN END

DOMESTIC VIOLENCE & SEXUAL ASSAULT



#TOGETHERWECAN

UKSAYSNOMORE.ORG

15th – 21st May 2017



When we work together, we are stronger, louder and more able to make change.

This year, from May 15th-21st, join us during UK SAYS NO MORE Week when we will be working with organisations and individuals across the UK to raise awareness of domestic violence and sexual assault.

In the UK, an estimated 4.5 million women and 2.2 million men have experienced domestic abuse since the age of 16, and nearly half a million adults are sexually assaulted in England and Wales each year (ONS). Domestic violence and sexual assault can affect anyone, of any age, gender, sexuality, race, ethnicity or religion.

Our goal is to unite in a week of activism, raising awareness of these issues and of the support available. We need your help to achieve this.

Help us to take a stand against all forms of domestic and sexual violence.

#TogetherWeCan

TALK: Let's end the silence around these issues and say "NO MORE" to the excuses so often made.

ACT: Set up an event to raise awareness during UK SAYS NO MORE Week.

GIVE: Whether money or time, you can make a huge difference by donating to a non-profit organisation.

1) TALK

Together we can start talking about these issues, ending the silence, stigma and myths which commonly surround them.

- Add your photo to the [UK SAYS NO MORE Gallery](#) and let us know why YOU are saying “NO MORE”
- Sign up to join the [Thunderclap!](#)
- Share this Guide [you can use the template email below]
- Speak up using the information on [uksaysnomore.org/learn](#) and in the [Toolkit!](#)
- Make a statement and add UK SAYS NO MORE to your [display picture!](#)

2) ACT

Host an event during UK SAYS NO MORE Week to raise awareness.

An event could be something as simple or as extravagant as you want! Some ideas could be...

- Hosting a **bake sale**, for example in your town’s community centre, with proceeds going to your choice of non-profit organisation.
- **Gathering your friends, family or colleagues**, to add your photo to the UK SAYS NO MORE gallery and share why you are saying “NO MORE” to domestic violence and sexual assault.
- Hosting a **documentary screening** in your community, university, school or at home with friends. [We recommend films such as *The Hunting Ground*, about sexual assault on campus, and *The Mask You Live In*, about masculinity, *plus Stacy Dooley & Reggie Yates on BBC iPlayer do some great documentaries around social and cultural issues including issues of gender and violence*]
- Printing out and putting up UK SAYS NO MORE posters in **your workplace** and pledging to speak up about these issues.
- Hosting a panel discussion on your university campus – involving local organisations and programmes working to end domestic violence and sexual assault.

3) GIVE

Give your time, or a donation to a [non-profit](#) of your choice.

You could fundraise during UK SAYS NO MORE Week with a group of friends, donate and receive your own [UK SAYS NO MORE pin](#), or sign up as a volunteer to donate your time and skills. Encourage donations through social media and engaging those in your community. **Your support will make a huge difference, however you decide to take action during UK SAYS NO MORE Week.**

UK SAYS NO MORE Week Images

You can use these images to share on social media, or in emails and email signatures to raise awareness and get friends, family, colleagues, and your local community involved!

You can also view, print and share the entire series of [UK SAYS NO MORE print ads](#) and use these in your local community, workplace, or university.

Regular Image for Instagram



Regular Image for Facebook



Regular Image for Twitter



Cover Image for Facebook



Cover Image for Twitter



[Talk](#) | [Act](#) | [Give](#) images for Instagram or to email/print



Example social media posts



Example Twitter posts

- #TogetherWeCan end domestic violence and sexual assault. Join me during UK SAYS NO MORE Week: <http://bit.ly/togetherwecan2017>
- I'm saying NO MORE to domestic violence and sexual assault during UK SAYS NO MORE Week! #TogetherWeCan make real change: <http://bit.ly/togetherwecan2017>

Example Facebook posts

- In the UK, an estimated **4.5 million women and 2.2 million men** have experienced domestic abuse since the age of 16, and nearly **half a million adults are sexually assaulted** in England and Wales each year (ONS). Join me in raising vital awareness during UK SAYS NO MORE Week! <http://bit.ly/togetherwecan2017> #TogetherWeCan
- Join me + add your photo to the Gallery to raise awareness during UK SAYS NO MORE Week - #TogetherWeCan make change!
<http://www.uksaysnomore.org/gallery>
- There are NO excuses for domestic violence and sexual assault. We can all make a difference by pledging to talk about these issues and challenge myths, ending the silence and sharing vital resources. Join at <http://bit.ly/togetherwecan2017>

Example Instagram posts

- It's UK SAYS NO MORE Week from 15th-21st May! Visit uksaysnomore.org to get involved and join others nationwide saying NO MORE to domestic violence and sexual assault. #TogetherWeCan **[post with image above]**

Email Template:

***SUBJECT:** Join me during UK SAYS NO MORE Week: #TogetherWeCan end domestic violence & sexual assault.*

Dear [insert name of individual or organisation]

When we work together, we can create change.

May 15th-21st is UK SAYS NO MORE Week, a time to unite and take action to end domestic violence and sexual assault.

Join me and others nationwide who are raising vital awareness during UK SAYS NO MORE Week – under the theme of #TogetherWeCan.

Here's what you can do:

TALK: Let's end the silence around these issues and say "NO MORE" to the excuses so often made. Speak up online, and start conversations with those around you.

ACT: Set up an event to raise awareness during UK SAYS NO MORE Week, this could be as small as gathering your friends to add a photo to the [Gallery](#). (Ideas can be found in our [Guide](#).)

GIVE: Whether money or time, you can make a huge difference by donating to a non-profit organisation.

We can all play a role in ending domestic violence and sexual assault, by raising awareness, sharing resources, and starting conversations to end the silence and stigma which so often surrounds these issues.

Use your voice to make a difference during UK SAYS NO MORE Week!

[Learn more and download the free tools](#) for UK SAYS NO MORE Week, and pass this email on to one friend, colleague or family member you want to join you in raising awareness during the week!

Thank you for your support.

[INSERT NAME]

#TogetherWeCan

Let us know your plans!

Whatever you decide to do during UK SAYS NO MORE Week, we would love to hear about it!

Tag us @UKSAYSNOMORE on Twitter, Instagram and Facebook, email plans and photos to uksaysnomore@hestia.org and use the hashtag **#TogetherWeCan.**

Use the poster below to write what you are saying “NO MORE” to [right click to save and print]

