

UK SAYS

NO MORE

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TOGETHER WE CAN END DOMESTIC VIOLENCE & SEXUAL ASSAULT



#UKSAYSNOMORE

This is our [UK SAYS NO MORE](#) poster pledge

Step 1: Fill in an excuse such as 'Why didn't she tell anyone?', 'That doesn't happen to guys', 'What was she wearing?'. For more ideas visit our website - <http://uksaysnomore.org/get-involved/take-action-toolkit/>

Step 2: Strike a pose!

Step 3: Upload it to your Instagram, Facebook, and Twitter account. We want to see your post so tag us [@UKSAYSNOMORE](#) [#UKSAYSNOMORE](#)