



## UK SAYS NO MORE | Sample Social Media Posts

*Please use these sample social media posts as you wish across all social media platforms, adapting them where need be. Please read our Brand Identity Guidelines for guidelines on using the NO MORE brand icons.*

### TWITTER

- Today I joined the @UKSAYSNOMORE campaign, saying #NOMORE to Domestic Violence and Sexual Assault in the UK. Join at [uksaysnomore.org](https://uksaysnomore.org)
- Nobody who experiences Domestic Violence or Sexual Assault should feel ashamed or alone. Join the @UKSAYSNOMORE campaign: [uksaysnomore.org](https://uksaysnomore.org)
- 1 in 4 women and 1 in 6 men experience domestic violence. I have joined @UKSAYSNOMORE to end this and say NO MORE.
- I joined #UKSAYSNOMORE to say NO MORE to Domestic Violence and Sexual Assault.
- Join the @UKSAYSNOMORE campaign to become part of something amazing.
- I say NO MORE to Domestic Violence and Sexual Assault in the UK. #UKSAYSNOMORE

### FACEBOOK

- Today I joined the UK SAYS NO MORE campaign, raising awareness to end Domestic Violence and Sexual Assault in the UK. Learn more about why this is such an important campaign at [uksaysnomore.org](https://uksaysnomore.org)
- 1 in 4 women and 1 in 6 men experience domestic violence. Check out @UKSAYSNOMORE on Facebook, Twitter and Instagram as well as at [uksaysnomore.org](https://uksaysnomore.org) to support the campaign and say NO MORE Domestic Violence and Sexual Assault in the UK.
- Join me in saying NO MORE to Domestic Violence and Sexual Assault, learn more about these issues at [uksaysnomore.org](https://uksaysnomore.org)

### INSTAGRAM [use images provided in the Take Action Toolkit]

- I have joined the @UKSAYSNOMORE campaign to end Domestic Violence and Sexual Assault. Join me by visiting [uksaysnomore.org](https://uksaysnomore.org) and downloading the toolkit and signing the pledge. #UKSAYSNOMORE
- The NO MORE symbol is one which aims to raise awareness of issues surrounding domestic violence and sexual assault in the UK. Join me and become part of the @UKSAYSNOMORE campaign. #UKSAYSNOMORE

**Thank you for being part of the UK SAYS NO MORE Campaign. Together we can end Domestic Violence and Sexual Assault.**