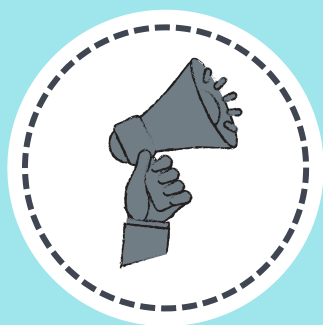


# UK SAYS NO MORE WEEK TOOLKIT

21 - 27 MAY 2018



UK SAYS NO MORE Week (May 21-27) is a time for everyone – individuals, non-profit and corporate organisations, communities and groups across the UK – to unite and continue the conversation around domestic abuse and sexual violence.

This years' theme is #WhatICanDo, as each one of us can play a role in preventing domestic abuse and sexual violence, and promoting equality and respect in our communities, schools, universities and workplaces.

**#WHATICANDO**

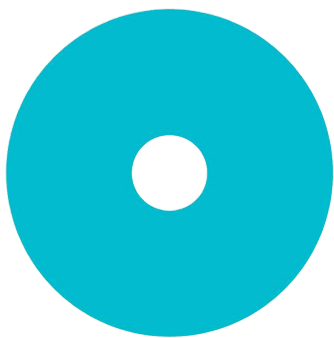


# #WHATICANDO



## SHARE RESOURCES

Print out and share the resources found in this toolkit. Let your friends, family and colleagues know about the **Bright Sky** app.



## HOST OR ATTEND AN EVENT

Hold an event to raise funds and/or awareness during the week (see event ideas on pages 6-9).

## GET TALKING

Join the conversation by asking yourself **#WhatICanDo** to end domestic abuse and sexual violence. Use the hashtag to help spread the conversation nationwide.



## WEAR THE NO MORE PIN

Get your **NO MORE** pin and wear it to spark conversations about domestic abuse and sexual violence.



# #WHATICANDO



## WATCH A FILM/DOCUMENTARY

There are plenty of educational films that focus on domestic abuse and sexual violence. Organise a screening within your workplace or university - see page 9 for suggestions.



## #WHATICANDO

Got your own #WhatICanDo idea? Tweet us or record a selfie video telling us about it.

## DONATE

Whether this be time or money, many of our **partners** rely on your generosity to continue providing vital support.



## WRITE TO YOUR MP

Write (or tweet!) to **your MP** asking what they're doing to prevent domestic abuse and sexual violence in your area.



# RESOURCES

Use the below resources to engage your organisation, family and friends on the issues of domestic abuse and sexual violence.



#WHATICANDO  
TO END DOMESTIC ABUSE AND SEXUAL VIOLENCE

UK SAYS  
NO MORE

UKSAYSNOMORE.ORG  
f t i y



#WHATICANDO

TO END DOMESTIC ABUSE & SEXUAL VIOLENCE

UKSAYSNOMORE.ORG  
f t i y



1. Download the [How To Help](#) cards.
2. Download the [#WhatICanDo card and poster](#).
3. Share our celebrity [PSAs](#) on social media.
4. Print out our [Print Ads](#) and put them up in your workplace, school or university.

# Are you or a loved one experiencing **Domestic Abuse?**

Download the **Bright Sky** app to:

- Record evidence in your Private Journal
- Find and contact your nearest support service
- Understand the signs of abuse
- Complete the 'Am I at Risk?' questionnaire

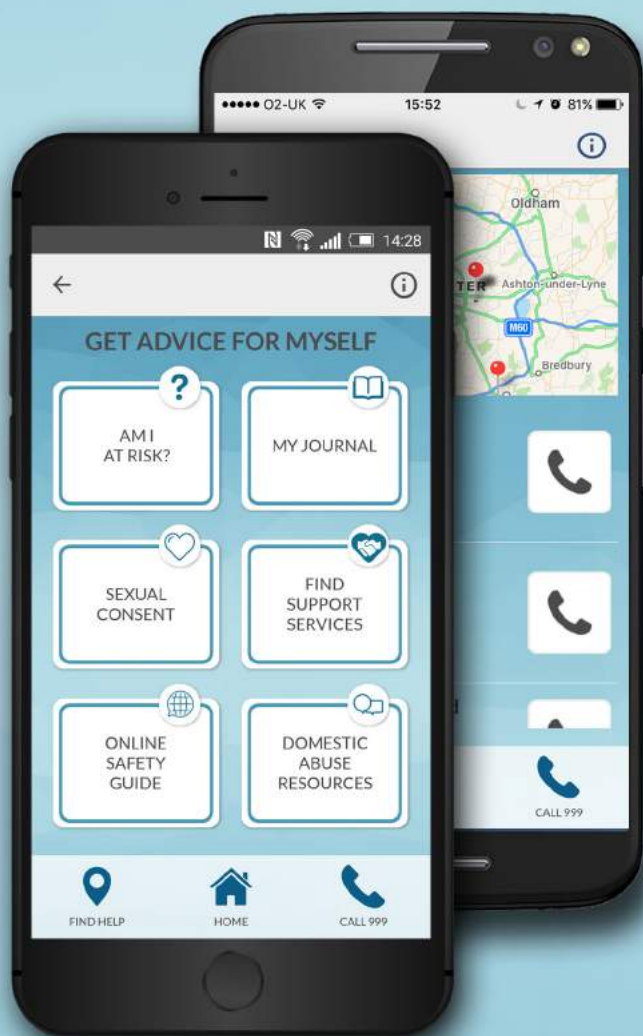


## Bright Sky

Bright Sky is a free app providing information on domestic abuse, sexual violence and consent, stalking and harassment.



[Hestia.org/BrightSky](https://Hestia.org/BrightSky)



If you are in immediate danger, please call 999.

In partnership with



**Vodafone  
Foundation**



# IMAGES

 **CLICK TO DOWNLOAD!**

## FACEBOOK

WE'RE SAYING **NO MORE** TO  
DOMESTIC ABUSE AND SEXUAL VIOLENCE



UK SAYS NO MORE WEEK  
21-27 MAY 2018  
**#WHATICANDO**



GET TALKING THIS  
**UK SAYS NO MORE WEEK**  
21 - 27 MAY 2018  
**#WHATICANDO**

## TWITTER



UK SAYS NO MORE WEEK  
**21 - 27 MAY 2018**  
**#WHATICANDO**  
TO END DOMESTIC ABUSE AND SEXUAL VIOLENCE



SOMEONE'S BEING  
HARASSED AT THE GYM,  
AND IS VISIBLY  
UNCOMFORTABLE.

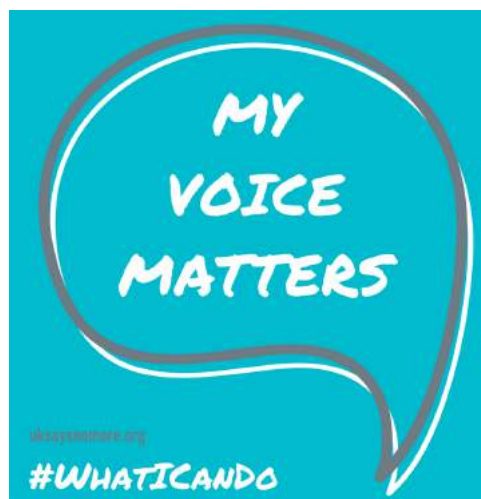
ENGAGE THEM IN  
CONVERSATION AND  
INVITE THEM TO TRAIN  
WITH YOU.

**#WHATICANDO**

## INSTAGRAM

UK SAYS NO MORE WEEK  
**21 - 27 MAY 2018**

**#WHATICANDO**  
TO END DOMESTIC ABUSE AND SEXUAL VIOLENCE



MY  
VOICE  
MATTERS

[www.whatismore.org](http://www.whatismore.org)  
**#WHATICANDO**

UK SAYS NO MORE WEEK  
21-27 MAY



TACKLE MYTHS  
AND  
MISCONCEPTIONS

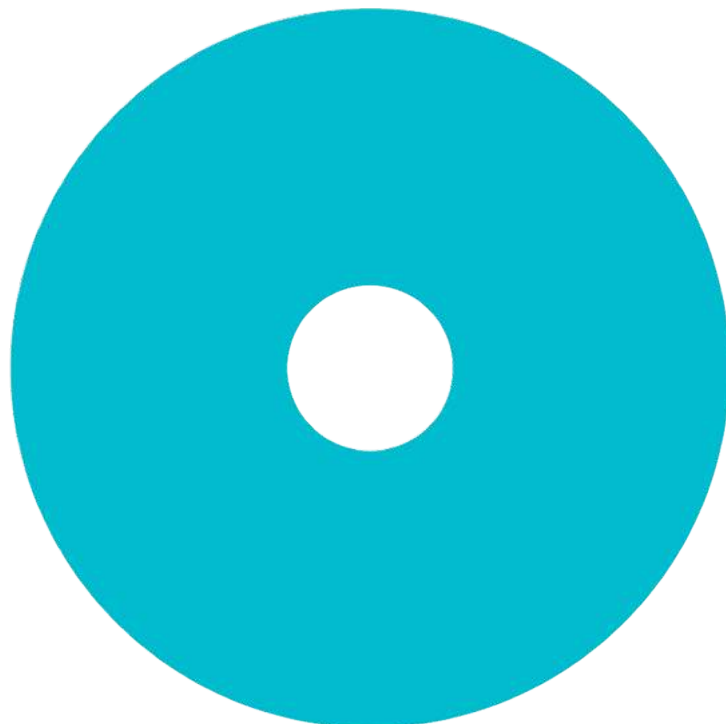
**#WHATICANDO**



CLICK TO DOWNLOAD!

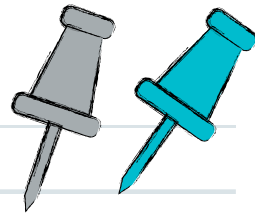
# LOGOS

Keen to create your own images to post on social media, or resources to print and share with others? Add our logo and let's get the nation united - just remember to check out our [visual identity guidelines](#).



# EVENT IDEAS

in your local community

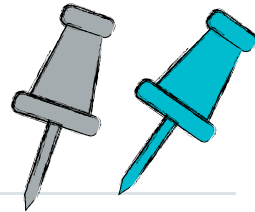


- ✓ Gather people from within your community to attend a photo call, and upload it to the UK SAYS NO MORE [Gallery](#).
- ✓ Host a potluck lunch (with lots and lots of cake!) and invite friends, family and members of your community.
- ✓ Create blessing bags for your local domestic abuse refuge, including sanitary products, make up, toothpaste and shampoo.
- ✓ Organise a 5k walk/run and print out [placards](#) to make them into banners
- ✓ Create a pledge board and invite members of the community to sign it (take pictures and invite people to sign up to the UK SAYS NO MORE [newsletter](#) too!)
- ✓ Contact [your local MP](#) and ask them to say NO MORE by signing our Charter on Prevention.
- ✓ Contact your mayor and ask them to go blue for NO MORE and turn landmarks in your city/town blue for the week



# EVENT IDEAS

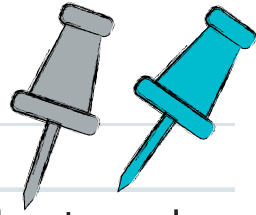
in your workplace



- ✓ Find out about how your organisation would respond to domestic abuse and what their workplace policy is. Learn more at [eida.org.uk](https://eida.org.uk)
- ✓ Invite colleagues to join together and have their photo taken with the **Poster Card** and upload the photos to the Gallery
- ✓ **Wear the pin** and encourage fellow staff to do the same, inspiring open conversations around these issues
- ✓ Print off the **How to Help cards** and arrange a slot to talk about UK SAYS NO MORE Week in your next team meeting
- ✓ Send out an all staff email with this toolkit and inspire colleagues to take their own small actions during the week and going forward to make a difference
- ✓ Many organisations can only offer the support services they do with the help of volunteers. Arrange a time for your organisation to volunteer their time to a local charity.

# EVENT IDEAS

at school/university



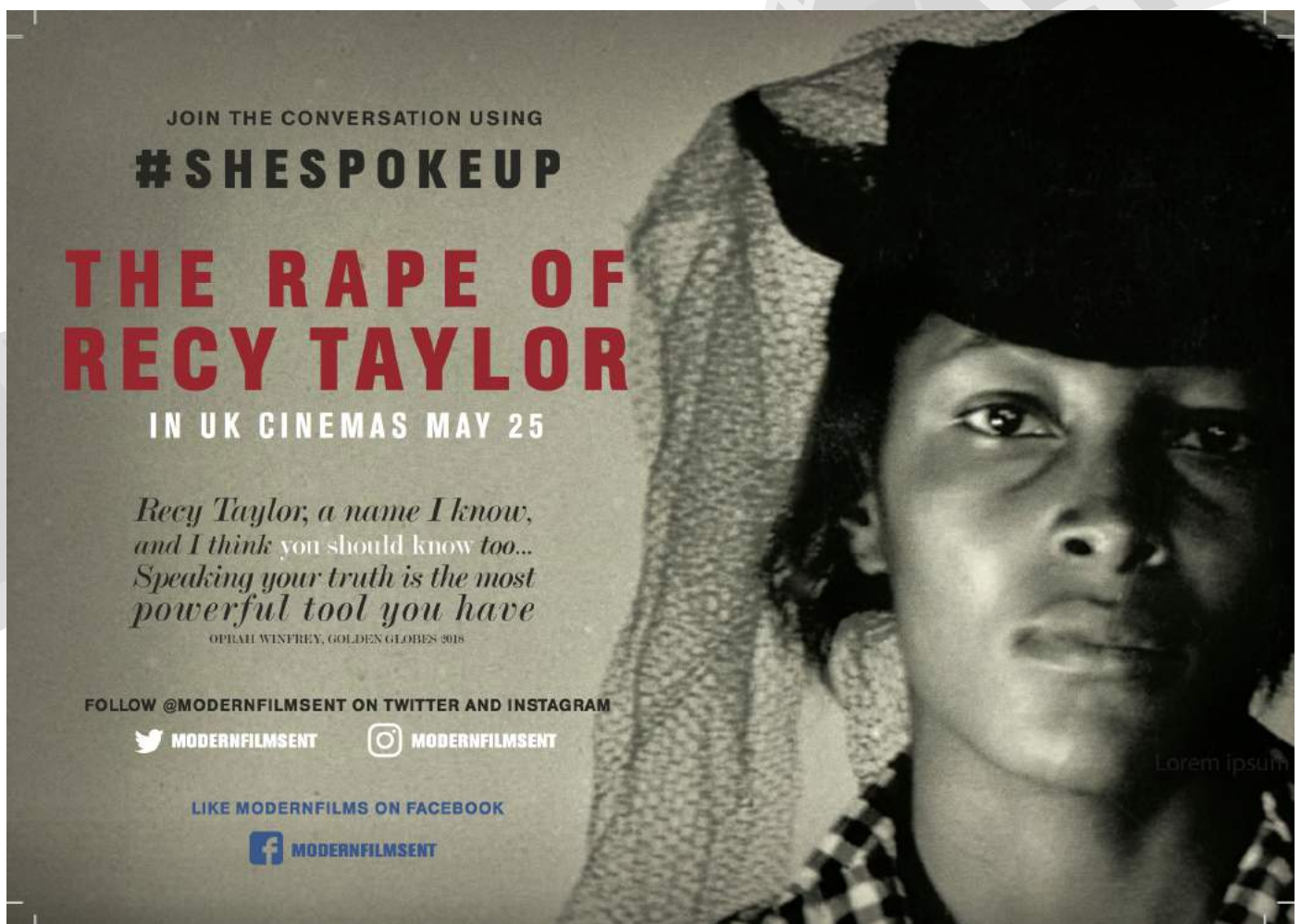
- ✓ Host a panel discussion on campus, inviting student and teacher representatives to discuss a topic around domestic abuse and sexual violence
- ✓ Host a #WhatICanDo booth on campus to share the resources and invite fellow students to write what they can do to end domestic abuse and sexual violence
- ✓ Host a bake sale on campus inviting everyone to take part with proceeds being donated to your local support services
- ✓ Bring UK SAYS NO MORE posters and materials to your lectures and workshops and invite fellow students and teachers to take photos and upload them to the [Gallery](#)
- ✓ Organise an assembly at school to talk about [healthy relationships and consent](#) in an age-appropriate way
- ✓ Set up a quiz to challenge your students /fellow students on common myths and talk about the facts around domestic abuse and sexual violence
- ✓ If you'd like to become an ambassador of UK SAYS NO MORE, drop an email to [uksaysnomore@hestia.org](mailto:uksaysnomore@hestia.org) and we'll send over some information.

# FILM SCREENINGS

Film ideas to host in your community, school, university and with friends and family

## THE RAPE OF RECY TAYLOR

A film telling the inspirational story of Recy Taylor, a 24-year-old black mother and sharecropper, who was gang raped by six white boys in 1944 Alabama.



If you're interested in hosting a film screening of 'The Rape of Recy Taylor', please send an email to [uksaysnomore@hestia.org](mailto:uksaysnomore@hestia.org).

# FILM SCREENINGS

Film ideas to host in your community, school, university and with friends and family

## THE HUNTING GROUND

A documentary on sexual violence on campus, looking at how students who have been raped face retaliation and harassment for seeking justice. WATCH ON: Netflix.

Learn more at [thehuntinggroundfilm.com](http://thehuntinggroundfilm.com)

## THE MASK YOU LIVE IN

This film looks at the stereotypes that confront men and boys, and the damage that societal expectations and masculinity are having on them. Watch on Netflix, iTunes, Amazon and Google Play. Learn more at

[therepresentationproject.org/film/the-mask-you-live-in/](http://therepresentationproject.org/film/the-mask-you-live-in/)

## SEEING ALLRED

A film following Gloria Allred, American women's rights attorney and historic voice for change, as she tackles sexual harassment, assault and gender inequality in Hollywood. Watch on Netflix. Learn more at

[netflix.com/gb/title/80174367](http://netflix.com/gb/title/80174367)

## Male Rape: Breaking The Silence

1 in 6 men are estimated to be victims of rape in the UK, but only 10% report it to the police. This documentary focuses on three men breaking the silence and tackling male rape in Britain. Watch on iPlayer:

[bbc.co.uk/programmes/p05ncndj](http://bbc.co.uk/programmes/p05ncndj)

# FUNDRAISING IDEAS

during UK SAYS NO MORE Week



We really appreciate all efforts made to  
fundraise for us!



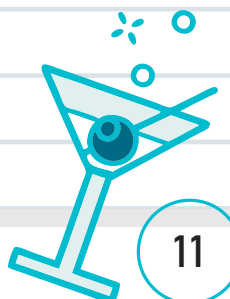
✓ On your marks, get set...bake! Host a bake sale and get your friends, family, and colleagues to buy your goodies...

✓ Complete a marathon! Run your way to fundraising glory, or take on something a little less daunting: try a marathon dancing session, yoga class or sponsored silence.

✓ How about a coffee morning? Get your friends together and raise some money over a good chinwag. If coffee isn't your thing, do the same but over...cocktails.

✓ Host a quiz night! You don't have to hire a fancy venue - your living room works just fine. Spruce it up and tell everyone to come in fancy dress!

✓ Get your thinking cap on and your creative juices flowing and come up with your own exciting fundraising idea!





# HOW TO FUNDRAISE

during UK SAYS NO MORE Week

We ask that those wishing to fundraise do so in the name of Hestia, with all donations being put back into the campaign. Alternatively, you can choose one of our many **partners** to fundraise for.



## FACEBOOK

Fundraising via Facebook is growing in popularity. **Create your fundraiser** in minutes and encourage your friends to get donating. You can also create a fundraiser for your birthday!

## GOFUNDME

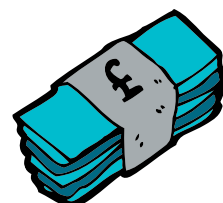
**GoFundMe** is quick, easy and allows you or to retain 100% of the donations you receive, ready to be passed on.

## JUSTGIVING

JustGiving is one of the most trusted ways to fundraise for charity. It's easy to **set up your fundraising page**, and takes just a couple of minutes!

## CHARITY COLLECTION BOX

If you want to collect money in person or via sponsor form, we can send out a charity collection box and authorisation letter for your event. Email **uksaysnomore@hestia.org** for more information.



# THE LEGAL STUFF...

## UK SAYS NO MORE Week



- ✓ Let us know about your event by emailing [uksaysnomore@hestia.org](mailto:uksaysnomore@hestia.org). This way, we can support you throughout your fundraising journey and provide you with the necessary tools.
- ✓ If you're taking photos throughout the week, be sure to print out one of [our photography/video consent forms](#), allowing people to give you permission to use their image.
- ✓ If you're hosting an event, be sure to fill out one of our [Risk Assessment](#) forms. The form identifies the risks involved in your event, and allows you to put procedures in place to control these risks.
- ✓ If you're planning on creating materials using the UK SAYS NO MORE brand or logo, that's fantastic! We just ask that you stick to our [visual identity guidelines](#).
- ✓ Other fun information about the do's and don'ts of hosting a fundraising event can be found at [fundraisingregulator.org.uk](http://fundraisingregulator.org.uk).
- ✓ If you've got any questions, feel free to drop an email to [uksaysnomore@hestia.org](mailto:uksaysnomore@hestia.org) or [Fundraising.Team@hestia.org](mailto:Fundraising.Team@hestia.org)

# CONTACT US



**UKSAYSNOMORE.ORG**



**uksaysnomore@hestia.org**



**UK SAYS  
NO MORE**