Let's Get the Conversation Started on Domestic Abuse and Sexual Violence

UK SAYS NO MORE WEEK

Domestic violence.

Sexual violence.

#WHATICANDO
ABOUT UK SAYS NO MORE

UK SAYS NO MORE is a national campaign, facilitated by London Charity Hestia. The campaign launched in early 2016 with the aim to raise awareness of domestic abuse and sexual violence across the UK.

UK SAYS NO MORE unites and strengthens a diverse community of members under one powerful, visual symbol, and provides open-source tools, information and resources for individuals and organisations to get involved.

Together, we are challenging the myths and misconceptions around domestic abuse and sexual violence, sharing resources and information and ultimately working together to make real positive social change.

ABOUT THE TOOLKIT

At UK SAYS NO MORE we want to encourage everyone to ask #WhatICanDo and enable you to recognise and respond safely to disclosures, ensuring that support is in place at the earliest opportunity which can be achieved through our Bright Sky App. This toolkit offers ideas and inspiration on how you can help to raise awareness of domestic abuse and sexual violence.

WHAT IS UK SAYS NO MORE WEEK?

What is UK SAYS NO MORE week? UK SAYS NO MORE on 20th to 26th May 2019 is a way for everyone; Hestia, leading organisations, companies, community leaders, Parliamentarians and people from around the UK to come together to show our commitment to ending domestic violence and sexual violence.
UK SAYS NO MORE week we will campaign for changes in the Domestic Abuse Bill and ask the public what they can do to end domestic abuse and sexual violence through #WhatICanDo. We are demanding the following through our Charter on Prevention:

**RESPECTIBILITY FOR EDUCATION AND AWARENESS SHOULD BE ENSHRINED IN THE ROLE OF THE NEW DOMESTIC ABUSE COMMISSIONER.**

- Education and awareness around healthy relationships is critical to preventing domestic abuse. This must extend beyond schools into all walks of community life from universities to places of worship. If a Domestic Abuse Commissioner is appointed, this must be a key part of their role.

**GREATER SUPPORT FOR CHILDREN WHO HAVE EXPERIENCED DOMESTIC ABUSE IN ORDER TO BREAK THE CYCLE. THE TRAUMA OF EXPERIENCING DOMESTIC ABUSE CAN HAVE A LONG-TERM IMPACT ON CHILDREN, WHICH COULD CONTINUE THE CYCLE OF ABUSE INTO THEIR ADULT LIFE.**

- Increasing opportunities for children and young people to access mental health support will have a significant impact.

**MAKING DOMESTIC ABUSE EVERYONE’S BUSINESS**

- Businesses are key to preventing domestic abuse, through the support and education that they can provide to their employees. The employers’ ‘duty of care’ should be expanded to include their responsibilities with regards to domestic abuse.

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**CHARTER ON PREVENTION**

What we are asking for:

1. **Responsibility for education and awareness should be enshrined in the role of the new Domestic Abuse Commissioner**
   
   Education and awareness around healthy relationships is critical to preventing domestic abuse. This must extend beyond PSE in schools into all walks of community life from universities to places of worship. If a new Domestic Abuse Commissioner is appointed, this must be a key part of their role.

2. **Greater support for children who have witnessed or experienced domestic abuse in order to break the cycle**

   The trauma of experiencing domestic abuse can have a long-term impact on children, which could continue the cycle of abuse into their adult life. Increasing opportunities for children and young people to access mental health support will have a significant impact.

3. **Making domestic abuse everyone’s business**

   Businesses are key to preventing domestic abuse through the support and education they can provide to their employees. We ask that the employer’s ‘duty of care’ is expanded to include their responsibilities in response to domestic abuse.

[UKSAYSNOMORE.ORG](http://UKSAYSNOMORE.ORG)
In 2019 we are specifically asking that the Domestic Abuse Bill does the following:

- **Children are not omitted from the Domestic Abuse Bill**
- **Children affected by domestic abuse receive priority access to schools**
- **Child survivors are given special waiting list status (protected status) for all NHS services including Child and Adolescent Mental Health Support (CAMHS).**

So, how can you help to raise awareness?
#WhatICanDo

Use these ideas for #WhatICanDo during UK SAYS NO MORE Week

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

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.

Shop
Get your NO MORE pin plus other exclusive items in our shop and help spark conversations about domestic abuse and sexual violence.

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.
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.

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

Host or Attend an Event
Hold an event to raise funds and/or awareness.

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

#WHATICANDO
Write For Us

Have you got a passion for writing, or fancy giving it a go?
You could write about a particular issue that is important to you around domestic abuse and sexual violence, your thoughts after attending a conference or event, or perhaps a story about how your community or workplace is making a difference.

Gallery

Why are you saying 'NO MORE' to domestic abuse and sexual violence? Share your message and photo on the UK SAYS NO MORE Gallery at and join others across the UK who are pledging to become part of making positive social change.
Head to uksaysnomore.org/gallery to join!
Download these resources and share them at home, at work or on social media.
I want to break the cycle of domestic abuse

THIS IS WHY I TAKE A STAND

#WHATICAN.DO

3.4 million women and 631,000 men have experienced a type of sexual violence since the age of 16*

THIS IS WHY I TAKE A STAND

#WHATICAN.DO

1 in 4 women and 1 in 6 men experience domestic abuse in their lifetime*

THIS IS WHY I TAKE A STAND

#WHATICAN.DO

*“On The Radar: The Economic and Physical Cost of Childhood Experiences of Domestic Violence”
EVENT IDEAS

WHAT YOU CAN DO IN YOUR COMMUNITY

- Gather people from within your community to attend a photo call, and upload it to the UK SAYS NO MORE gallery.
- Host a lunch and invite friends, family and members of your community. Ask everyone to bring a dish.
- Create blessing bags for your local domestic abuse refuge, including sanitary products, make up, toothpaste and shampoo.
- Organise a walk/run, print out resources to make them into banners.
- Create a pledge board and invite members of the community to sign it – upload a photo of it onto our gallery.
- 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.
YOUR FRIEND NEEDS YOU.

DOMESTIC ABUSE CAN AFFECT ANYONE.

If you're concerned about someone you know, download Bright Sky for support and information at hestia.org/BrightSky

#WHATICANDO

UKSAYSNOMORE.ORG
Get In Touch

Please email us at:
uksaysnomore@hestia.org