SAMPLE SOCIAL MEDIA POSTS

Instructions: Please adapt the sample posts below as needed and distribute to your networks on Twitter, Facebook and Pinterest to introduce them to NO MORE. If you have any questions please contact nomoreproject@gmail.com

Share this on Twitter

- Today I joined something amazing! We're using a new symbol to end an issue that hurts 24 people every min. I say #NOMORE www.nomore.org
- The silence and shame must end for good. I say #NOMORE. www.nomore.org
- 12.7 million victims in just 1 year. I say #NOMORE. www.nomore.org
- 24 victims every minute. I say #NOMORE. www.nomore.org
- Be in the kNOw about domestic violence and sexual assault. Say #NOMORE www.nomore.org

Share on Facebook:

- Today I became part of something amazing! It's called @NOMORE.org, and we're using a powerful new symbol to unleash national attention on an issue that impacts 12.7 million of us every year. That's 24 people every minute. Check it out at www.nomore.org.
- @NOMORE.org is a new symbol that's spotlighting an invisible problem in a whole new way. It's the first unifying symbol to express support for ending domestic violence and sexual assault. It can be used by anyone who wants to end domestic violence and sexual assault. Visit www.nomore.org and learn more.
- Did you know that 12.7 million people are physically abused, raped or stalked by their partners in one year? That's approximately the population of New York City and Los Angeles combined. Now there's a new symbol that says NO MORE. Check out @NOMORE.org on Facebook and at www.nomore.org. Take the pledge and say NO MORE to domestic violence and sexual assault.

Share NO MORE on Pinterest (posts to use along with pinned images of the NO MORE symbol)

- Today I became part of something amazing! It's called NO MORE, and we're using a powerful new symbol to unleash national attention on an issue that impacts 12.7 million of us every year. That's 24 people every minute. Check it out at www.nomore.org.
- NOMORE is a new symbol that's spotlighting an invisible problem in a whole new way. It's the first unifying symbol to express support for ending domestic violence and sexual assault. It can be used by anyone who wants to end domestic violence and sexual assault. Visit www.nomore.org and learn more.
- Did you know that 12.7 million people are physically abused, raped or stalked by their partners in one year? That's approximately the population of New York City and Los Angeles combined. Now there's a new symbol that says NO MORE. Check out NOMORE.org on Facebook and at www.nomore.org. Take the pledge and say NO MORE to domestic violence and sexual assault.
- Together we can end domestic violence and sexual assault.