

DOMESTIC VIOLENCE & SEXUAL ASSAULT ARE ALL TOO PREVALENT IN OUR SOCIETY

Consider this:

- 1 in 3 women and 1 in 4 men experience violence from their partners in their lifetimes
- 1 in 3 teens experience sexual or physical abuse or threats from a boyfriend or girlfriend in one year
- 1 in 5 women are survivors of rape
- 1 in 4 women and 1 in 6 men were sexually abused before the age of 18

SO WHAT CAN I DO TO HELP?

Silence and lack of knowledge about domestic violence and sexual assault play a large part in why they persist. We have to start talking openly about these issues to help remove the shame and stigma they carry.

NO MORE

TOGETHER WE CAN END DOMESTIC VIOLENCE & SEXUAL ASSAULT

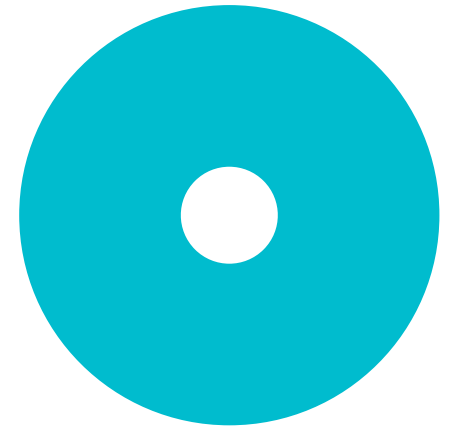
WHAT IS NO MORE?

NO MORE is a unifying symbol and movement to raise public awareness and engage bystanders around ending domestic violence and sexual assault. Launched in March 2013 by a coalition of leading advocacy groups, service providers and major corporations, NO MORE is supported by hundreds of national and local groups and by thousands of people who are using its signature blue symbol to increase visibility for these hidden issues.

Learn more about NO MORE at
www.nomore.org

Learn how to prevent violence at
www.nomore.org/prevention

For regular updates, follow NO MORE:
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NO MORE

TOGETHER WE CAN END
DOMESTIC VIOLENCE & SEXUAL ASSAULT

KNOW MORE AND TALK ABOUT THESE ISSUES OPENLY

WHAT IS DOMESTIC VIOLENCE:

A pattern of abusive and threatening actions used to exert power and control over an intimate dating partner or spouse.

Domestic violence includes the use of physical and sexual violence, threats and intimidation, stalking, emotional and psychological abuse, and financial control.

It may also include:

- Physical abuse or the threat of abuse of the victim, children, or pets
- Rigidly controlling finances or withholding money
- Sabotaging a partner's job by making them miss work, constantly calling them at work, showing up uninvited, etc.
- Verbal insults that humiliate a partner
- Threatening to out a partner's sexual orientation
- Telling a partner who he/she can or can't hang out with, be Facebook friends with, or text
- Stealing or insisting on having a partner's Internet or bank passwords
- Isolating a partner from family and friends

WHAT IS SEXUAL ASSAULT:

Any unwanted sexual activity without consent, including rape, incest, sexual harassment, and molestation. **Consent is the presence of a clear yes (not the absence of a no).** Sexual assault perpetrators are motivated by the need to control, humiliate, and harm their victims.

Sexual assault can also involve:

- Exposing or flashing oneself in person or sending unsolicited explicit pictures
- Forcing a person to pose for sexual pictures
- Not allowing a sexual partner to use birth control or be protected from STD's
- Engaging in non-consensual sexual activity with someone drugged, drunk, unconscious, sleeping, etc., ranging from taking explicit pictures to unwanted sexual touching above or under clothing to engaging in intercourse
- Coerced sexual acts by a boss, higher-ranking officer, teacher, or other authority figure

LEARN HOW TO PREVENT VIOLENCE

Everyone can play an active role in stopping domestic violence and sexual assault before it occurs by helping to establish an environment where healthy and positive relationships are based on respect, safety, and equality. Taking steps to stop harassment or violence can make a significant difference in someone's life, and send a powerful message to society that violence is not acceptable.

KNOW WHERE TO GO FOR HELP

If you see, hear, or suspect that someone is in danger, call 911 immediately.

If you or someone you know has questions or needs help, please contact the appropriate resources below:

The National Domestic Violence Hotline at 1-800-799-SAFE (7233) or visit www.ndvh.org

The National Sexual Assault Hotline at 1-800-656-4673 (HOPE) or by secure, online private chat via www.RAINN.org

Adult male survivors, family members, friends and partners of men who may have had abusive sexual experiences can also seek help through the 1in6 Online SupportLine at www.1in6.org

For teens and youth, call 1-866-331-9474, text "loveis" to 22522, or live chat at www.loveisrespect.org