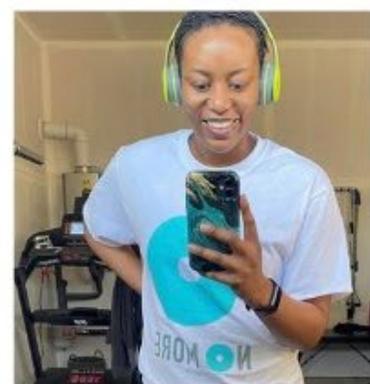


Event-in-a-Box:

A NO MORE Fundraising Toolkit



NO MORE
TOGETHER WE CAN END DOMESTIC & SEXUAL VIOLENCE





1 in 9 men experience domestic violence from a partner in their lifetime



1 in 6 men experience sexual abuse before the age of 18



1 in 4 women experience domestic violence from a partner in their lifetime



1 in 3 women has experienced sexual violence in their lifetime



1 in 5 women is a survivor of rape



Violence affects all communities

Domestic and sexual violence impact people of all races, ages, classes, socio-economic or educational status, sexual orientation, demography, geography, ideology, disability and theology.

Since 2013, NO MORE has been working to end domestic and sexual violence by increasing awareness, inspiring action, and fueling culture change. Today, NO MORE has more than 1,400 allied organizations and chapters all over the world. Our global network of nonprofits, corporations, government agencies, media, schools and individuals are all committed to addressing domestic and sexual violence from the ground-up. Together, we are engaging millions in the effort to stop and prevent domestic and sexual violence.

You can help too!

One small action can make a huge difference for NO MORE. We believe in the power of collectiveness, in spreading awareness, ending the stigma and dismantling the culture that allows violence to persist.

By hosting a fundraising event for NO MORE you are helping us to achieve that mission by **starting conversations, encouraging action** and **driving critical resources** to NO MORE.

Why say NO MORE?

"I say NO MORE because I suffered in silence and now that I'm free, I never want my daughter to have to experience the same thing. I speak out so she feels empowered to recognize the warning signs and speak out against violence."

- Nenia

"I say NO MORE because I am a 5 year survivor of domestic violence and sexual assault. No woman, man or child should ever have to deal with being a victim of domestic violence. Never did I think I'd be a victim of domestic violence. I want to share my story in hopes of spreading awareness to domestic violence. It needs more awareness than it has. It's a serious issue. I hope that everyone who stands up will help stop domestic violence."

- Jasemine

NO MORE | TOGETHER WE CAN END DOMESTIC & SEXUAL VIOLENCE

Event-in-a-Box:

A NO MORE Fundraising Toolkit

Thank you for planning a fundraising event to help NO MORE - your donations will allow us to continue our valuable work to help stop domestic and sexual violence.

Our efforts are needed now more than ever, and your support in this fight is really appreciated.

This toolkit contains ideas on planning your event and all the materials you might need.

Good luck with your event!

If you have any suggestions for additions to the NO MORE Fundraising 'Event-in-a-Box', please let us know by emailing info@nomore.org. We would love to hear from you.

Contents

1. Planning

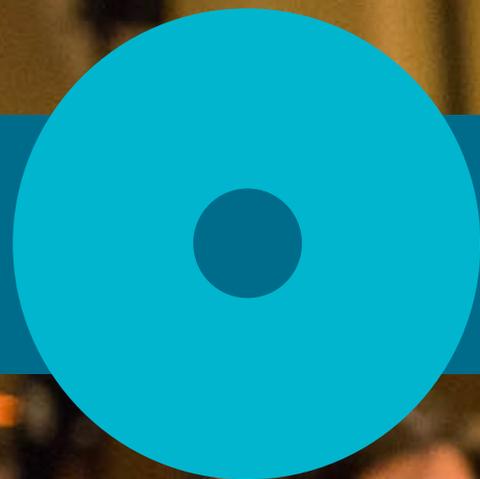
Be Prepared!	2
After the Event	3
Resources on Domestic and Sexual Violence	4

2. Event Ideas

Host a Coffee Morning or Afternoon Tea	5
A Novel Idea - Set up a Book Club	6
Host a Quiz	7
Shhhhh - Sponsored Silence in Progress	8
Movie Marathon	9
Get Moving	10
Hosting an Online Event	11
Facebook Fundraiser	12
KNOW MORE Event	13

3. Additional Information

Annual Domestic and Sexual Violence campaigns	14
International Days/Months	15
Sample Social Media Posts	16



Planning



Be Prepared

Step 1 Decide what kind of event you want to hold.

The possibilities are endless! Check out our list of **'World Days'** which should give you some inspiration – e.g., tell as many jokes as you can on World Smile Day or hold a sponsored shave on World Beard Day! Or look at our **Event Ideas** or **Case Studies Guide** to discover how other people have spread the NO MORE message and raised money.

Step 2 Set the date and time of your fundraiser.

This could be during one of the domestic and sexual violence annual campaigns.

Step 3 Make an invite list.

Email or mail out **invitations**.

Step 4 Set a fundraising target.

Use a **Fundraising Thermometer** to map your progress during the event!

Step 5 Gather your NO MORE materials.

Splash around some **posters** to advertise the event and print or email NO MORE **signs** for your guests to fill in and hold up for that photo opportunity! Our **Banner** designs may help at a more formal event. (See our **Resources** for more ideas).

Step 6 Holding a raffle?

Be sure to include a NO MORE **mug or tshirt** as prizes!

Step 7 Creating your own signage?

Please read the NO MORE **Style Guide** to keep you on the right track (and use our **Logos!**)

Step 8 Want to hold an event online?

Check out our **help sheet** for hosting a virtual event!

Step 9 Advertise your event.

Share the details online at nomore.org/events/submit-event/

Step 10 Ask your employer.

Check if your employer will match your donations **via our website** or ask if they will match your total fundraising amount – you never know, they might say yes!



Before you post, please make sure you have permission from everyone in the photos!

After the Event

Share your photos of the event on social media by using our [sample Social Media posts](#).

Use our [template](#) to thank all your attendees, supporters and volunteers from the event.

There are a number of ways that you can pay your donation/s:



[Donate through the NO MORE website](#)



[Donate through your Facebook Fundraiser](#)

Or mail a check to:



Event Ideas



Host a Coffee Morning or Afternoon Tea

Raise funds by selling “Cuppa and Cakes” at a coffee morning or afternoon tea, by charging an entrance donation or asking for a contribution to ‘eat and drink as much as you like’.

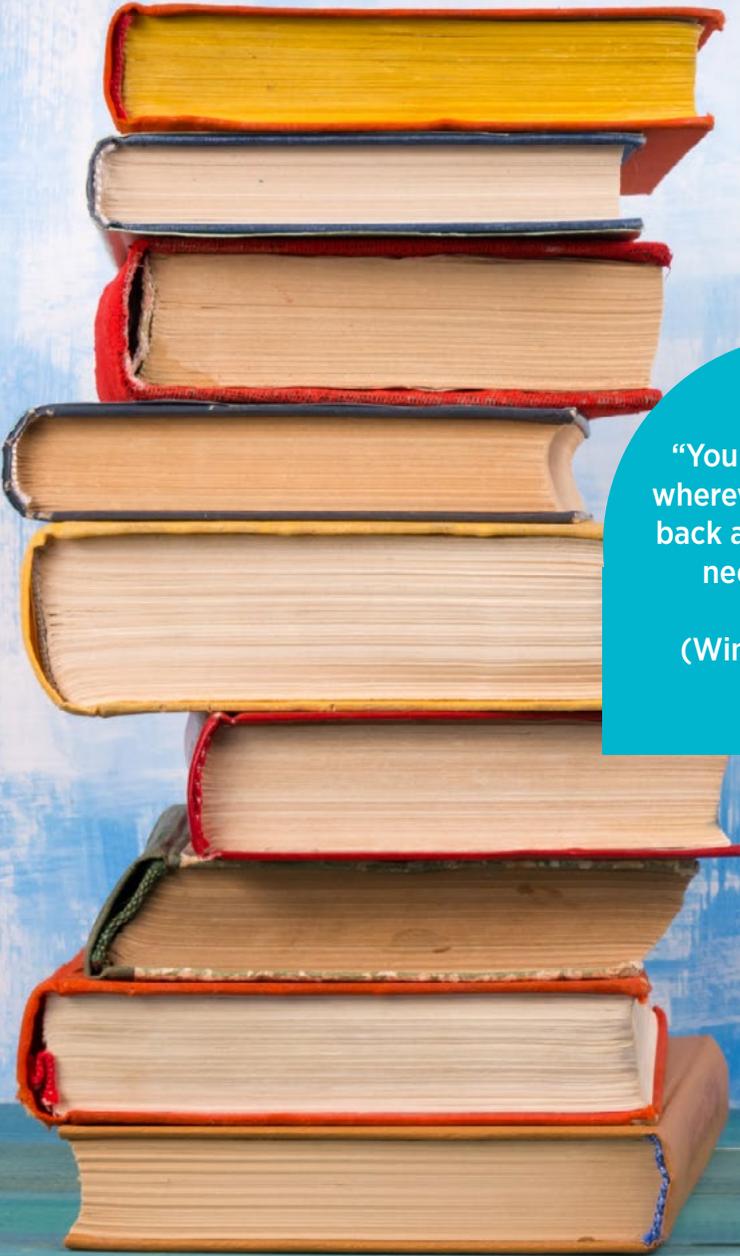
Use a cake to raise funds, by:

- Asking everyone who comes to bake a contribution;
- Selling a cake
- Raffling a cake;
- Hosting a **tea related quiz** or a **coffee related quiz** with a small entry fee;
- Having a donations jar that your guests can use;
- Use our **Cake Anagram Puzzler** or make up your own;
- Hold a ‘guess the weight of the cake’ competition.

Show the **Cup of Tea video** which relates to sexual consent (if applicable).

If you’re stuck for baking ideas, why not start with piping teal icing onto pre-bought ring donuts or baking NO MORE cut-out cookies with teal frosting - see our **recipe book** for details.

If you are providing home cooked refreshments and need help with food safety, please see www.cdc.gov/foodsafety/ and www.food.gov.uk/.



A Novel Idea – Set up a Book Club!

Whether it's biographies, science fiction or historical novels, a book is always a good way to escape. But it's also a great way to fundraise!

You can raise money with books by:

- Requesting a donation at every book club meeting;
- Holding a **Book Quiz** or an **Anagram Puzzler** with a small fee to take part;
- Selling your second-hand books at a garage sale or online - you could ask friends and family to have a clear out too!
- Swapping your books with club members for a small donation.

Encourage your friends, family and colleagues to read about the complexities and nuances of domestic and sexual violence. Suggested books include: *Big Little Lies* (Liane Moriarty), *Where The Crawdads Sing* (Delia Owens), *Crazy Love* (Leslie Morgan Steiner), or find other suggestions [here](#).

When you email out **invitations** to your fellow bookworms, be sure to give them the link to the event if it is online. If you need help to set this up, please see the '**Hosting an online event**' section. For further pointers on holding a Book Club, there is guidance available [here](#).

“You can find magic wherever you look - sit back and relax, all you need is a book”

(Winnie The Pooh)

Host a Quiz

Using a quiz to fundraise is great fun. [Download our ready-made quiz and anagram sheets](#) on:

- [Tea](#)
- [Coffee](#)
- [Cakes](#)
- [Books](#)
- [Movies](#)

There are also lots of resources available for creating your own virtual quiz - here are a few:

- [Quizbreaker](#)
- [Britannica](#)
- [Typeform](#)
- [Quizmaker](#)

Quizzes can be incorporated into other fundraising events or as a standalone event.

Money could be raised through an entrance fee, or by creating a fundraising page and adding the link to your [invite](#).



What starts with 'E' and ends with 'E' but only has one letter in it?

Answer:
an envelope



Shhhh – Sponsored Silence in Progress ...

A great way for chatterboxes to raise money! Or challenge a friend who likes to talk to take part.

Ask for sponsorship to stay silent per hour - or stay off your phone or social media for a day!



Set friends and family the challenge to keep quiet or involve your local schools and colleges to join in.

Movie Marathon

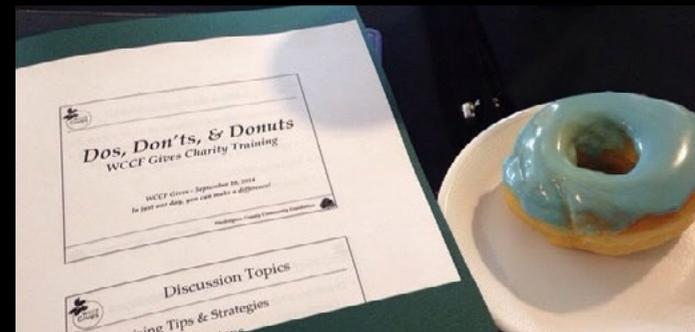
A movie marathon is a great way to spend time with your friends and family without having to leave the comfort of your own home. And what's more, it's a fun way to raise money for NO MORE! Some of our favorites include Harry Potter, the Marvel movies, Shrek, or Lord of the Rings.

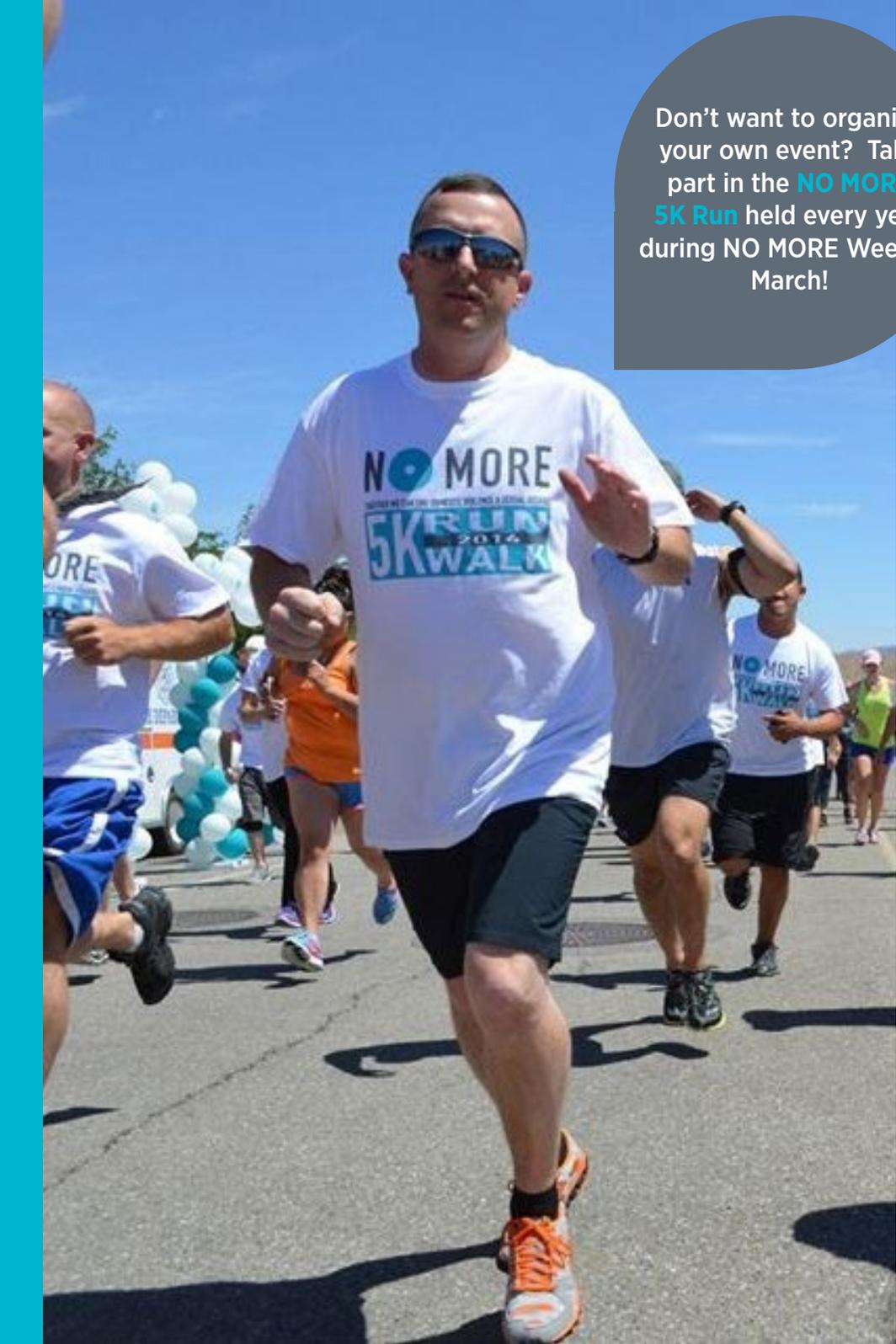
Or, host a film screening to raise awareness of the nuances of domestic and/or sexual violence. You could watch:

- Enough (2002)
- Sleeping with the Enemy (1991)
- Maid (2021 TV series)
- Safe Haven (2013)
- I Am Evidence (2017)
- The Hunting Ground (2015 documentary)

To fundraise, you could:

- Share a fundraising page with friends and family for donations;
- Ask for sponsorship per hour, per movie or episode, or for the whole time!
- Provide refreshments like popcorn, pizza and hotdogs (for a small fee!)
- Hold a **film themed quiz**.
- Show **16 films** - a project by our UK Says NO MORE chapter for 16 Days of Activism Against Gender Based Violence. Due to the nature of these films, they may be triggering for victims/survivors.



A man in a white t-shirt with 'NO MORE 5K RUN 2016' printed on it is running in a race. He is wearing sunglasses and black shorts. Other runners are visible in the background, some also wearing 'NO MORE' t-shirts. The scene is outdoors on a paved road under a clear blue sky.

Don't want to organize your own event? Take part in the **NO MORE 5K Run** held every year during NO MORE Week in March!

Get Moving

Here are some ideas for a great way to have fun, keep fit - and raise money at the same time!

- Organize a sporting event, like baseball, rounders or a football match. You could invite spectators and charge admission, or make a rule that every time the opposite team scores, the other side has to pay a penalty!
- Hold a group golf tournament (or play a round with friends!) with an entry fee, and offer refreshments for a donation.
- Hold a kitchen dance-a-thon and see how long you can throw some shapes while you raise funds!

Ask your friends, family and colleagues to sponsor you by:

- Putting on your running shoes and see how far you can walk, run, skip or jump! (Did you know 15 minutes of skipping burns around 200 calories?!)
- Setting a goal distance and swimming it!
- Roller skating, skateboarding, or ice skating for as many laps as you can - or for as many minutes/hours that you can.

Hosting an Online Event

Hosting an online event is a great way to get together and fundraise for NO MORE.

NO MORE has a **toolkit** of resources that you may wish to use for your online fundraiser - why not show the **NO MORE video** or some of our PSAs such as **Listen** or **Join The Chorus** during your event?

These online platforms are popular for hosting online events:



Zoom: Is free, easy to set up and allows you to see your quiz participants (make sure they all have their cameras turned on!)

You will need to sign up to Zoom:
<https://zoom.us/signup> and set your meeting and schedule in advance.

Click here if you need any more help with Zoom.



Facebook: Is also a free and easy way to host your own quiz.

You will need to set up a **Facebook event**.

When you're ready to go live, select 'live video' within your event and follow the instructions. Your guests will be able to see you and interact with you via comments.



**KNOW
MORE**



Facebook Fundraiser

To create a charity fundraiser for NO MORE:

1

On Facebook, search for 'fundraiser' and choose:



2

Then choose:

+ Create Fundraiser

3

Choose 'Charity' and type 'NO MORE' into the search box.

4

When you've chosen NO MORE as your charity, you can fill in the details of your fundraiser, invite your friends to donate and share the details.

KNOW MORE Event

Raising awareness about domestic and/or sexual violence is a great way to educate your community and raise money— and the more people who are informed about these abuses, the better chance we have of ending them.

Change can happen anywhere. That's why we encourage everyone to make change by hosting a NO MORE event. Whether you're gathering a handful of friends or family; planning a workplace gathering to support your colleagues; or hosting a larger event on campus or in your community, the goals of a NO MORE event are the same:

1. **Start conversations and educate people about domestic and sexual violence** to help eliminate the stigma, shame and blame.
2. **Encourage action year-round.** Use events to help people learn how using the NO MORE symbol can help raise awareness for ending domestic and sexual violence in their communities.

Whether you are planning a large event or a more intimate gathering, here are some ideas for activities to engage attendees in a discussion.

Please remember to include support contacts for people experiencing domestic or sexual violence - so that any survivors or their loved ones can find appropriate support confidentially.
www.nomoredirectory.org

Have "I Say NO MORE" signs on hand that attendees can personalize. Don't forget to share photos of people holding their signs on social media with the hashtag #NOMORE.

Consider inviting local expert speakers or survivors to discuss the many nuances of domestic and/or sexual violence and why these topics are so important. If more than one speaker, try to include people from diverse backgrounds.

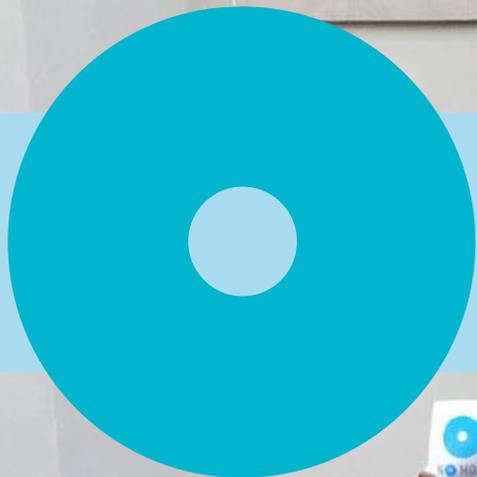
Break into groups for a discussion on how to apply the tools in the NO MORE Toolkit— conversation starters, warning signs, etc.

Display the statistics and conversation starters and other resources around the room.

Contact a local domestic violence/sexual assault organization and see what kinds of things they need— toiletries, food, school supplies—and then ask people to bring those items to the event.

Serve NO MORE blue donuts, cookies, popcorn, sandwiches – whatever you can think of to integrate the symbol and the color into elements of your activity to make it memorable and fun.

Facilitate role-playing of various bystander intervention/conversation scenarios.



Additional Information





International Days/Months

January	February	March	April
<p>14th World Logic Day</p> <p>21st International Sweat Pants Day</p>	<p>US/Canada Black History Month</p> <p>Teen Dating Violence Awareness Month (TDVAM)</p> <p>2nd World Play your Ukelele Day</p> <p>14th Valentine's Day</p>	<p>NO MORE Week is held every year during the first and second weeks of March</p> <p>2nd World Book Day</p> <p>8th International Women's Day</p>	<p>Sexual Assault Awareness Month (SAAM)</p> <p>4th International Carrot Day</p> <p>6th World Table Tennis Day</p> <p>29th International Dance Day</p>
May	June	July	August
<p>17th World Baking Day</p> <p>21st International Tea Day</p>	<p>13th World Softball Day</p> <p>18th World Juggling Day</p> <p>21st International Day of Yoga</p>	<p>1st International Joke Day</p> <p>18th World Listening Day</p> <p>21st International Day of Friendship</p>	<p>8th International Cat Day</p> <p>13th International Left-Handers Day</p> <p>24th International Strange Music Day</p>
September	October	November	December
<p>3rd World Beard Day</p> <p>9th International Sudoku Day</p> <p>13th International Chocolate Day</p> <p>International Peace Day</p>	<p>UK Black History Month</p> <p>Domestic Violence Awareness Month (DVAM)</p> <p>1st International Coffee Day</p> <p>International Music Day</p> <p>7th World Smile Day</p>	<p>16 days of Activism Against Gender Based Violence starts 25 November</p> <p>1st World Vegan Day</p> <p>19th International Men's Day</p> <p>25th International Day for the Elimination of Violence Against Women</p> <p>29th Giving Tuesday</p>	<p>16 days of Activism Against Gender Based Violence ends 10 December</p> <p>3rd International Sweater Festival</p> <p>10th International Human Rights Day</p>

Sample Social Media Posts



- We can all play a part in ending domestic violence and sexual assault. Join us for **[insert event name or link]**. #NOMORE #JoinTheChorus
- **[Insert Organization Name]** is saying #NOMORE to domestic violence and sexual assault. Will you join us? #JoinTheChorus
- Know the facts: 24 people every minute are victims of physical violence, rape and stalking from their partners. We're saying #NOMORE. #JoinTheChorus
- Know the facts: Every 2 minutes, someone in the U.S. is sexually assaulted. We're saying #NOMORE. #JoinTheChorus
- Raise your voice, raise #domesticviolence and #sexualassault awareness & make a difference. Use the #NOMORE symbol. We did! nomore.org/toolkit
- Know the facts: Nearly half of all men and women have experienced verbal abuse from a partner. #NOMOREVerbalAbuse #NOMORE #JoinTheChorus
- We hosted an event in our office centered around the @NOMOREorg movement, which aims to galvanize change and increase awareness of domestic violence and sexual assault in our communities. Find out more here: www.nomore.org
- During a NO MORE awareness event at the office, colleagues answered the question: "I Say NO MORE because..." How would you say NO MORE to domestic and sexual violence? #JoinTheChorus #NOMORE
- We hosted an event in our office centered around the @NOMOREorg movement, which aims to galvanize change and increase awareness of domestic violence and sexual assault in our communities. Find out more here: www.nomore.org

Use the following hashtags to accompany your event photos:
#NOMORE, #JoinTheChorus, #domesticviolence, #sexualassault, #awareness



NO MORE

TOGETHER WE CAN END
DOMESTIC & SEXUAL VIOLENCE

The NO MORE Foundation

US address: 195 Maplewood Avenue, Suite 381, Maplewood, New Jersey, 07040

Europe address: Office 16, Terminal House, Station Approach, Shepperton, TW17 8AS, UK

Email: info@nomore.org | EIN Number: 83-3491251

[NOMORE.org](https://www.nomore.org)

[NOMOREdirectory.org](https://www.nomoredirectory.org)

[dontstandby.org](https://www.dontstandby.org)

[NOMOREverbalabuse.org](https://www.nomoreverbalabuse.org)

[commonwealthsaysnomore.org](https://www.commonwealthsaysnomore.org)

