

BUILDING SAFER CAMPUSES

A GUIDE TO SEXUAL AND
DATING ABUSE PREVENTION



NO MORE

Raise Your Voice with NO MORE

NO MORE is a global initiative dedicated to ending domestic and sexual violence by raising awareness, inspiring action, and fueling culture change. Since its launch, NO MORE has united individuals, organizations, and communities under a simple but powerful message: we can all say no more to violence, silence, and stigma. By working together, we can build safer spaces where respect and equality are the standard—not the exception.

You're here because you believe in a safer, more inclusive campus for everyone, and that's where real change starts. Sexual violence, dating abuse, and harassment have no place in our communities, and together, we can take a stand against them.

As students, you have the power to lead the charge in transforming your campus culture. By raising awareness, educating your peers, and supporting survivors, you're not just making a difference—you're setting the standard for what's acceptable in your community. NO MORE is more than just a campaign; it's a movement that empowers each of us to say "no more" to violence, discrimination, and silence.

In this guide, you'll find everything you need to start impactful campaigns, host meaningful events, advocate on campus, and spread the message that everyone deserves to feel safe and respected. We've organized the content into three key sections that will help you on your journey to tackle dating violence and sexual assault on campus.

1

Understanding the Issues
gives you the foundational knowledge to recognize and address sexual violence and harassment.

2

Taking Action
provides practical steps and ideas to turn your knowledge into meaningful change.

3

Support and Resources
ensures you have access to the help and services needed to support yourself and others.

So, let's get started. Together, we can create a campus where respect, equality, and safety are the norm. Ready to make a difference? Let's raise our voices and "say NO MORE."

Special thanks to Ray Epstein—survivor, advocate, and NO MORE Ambassador—for her contributions to this guide.



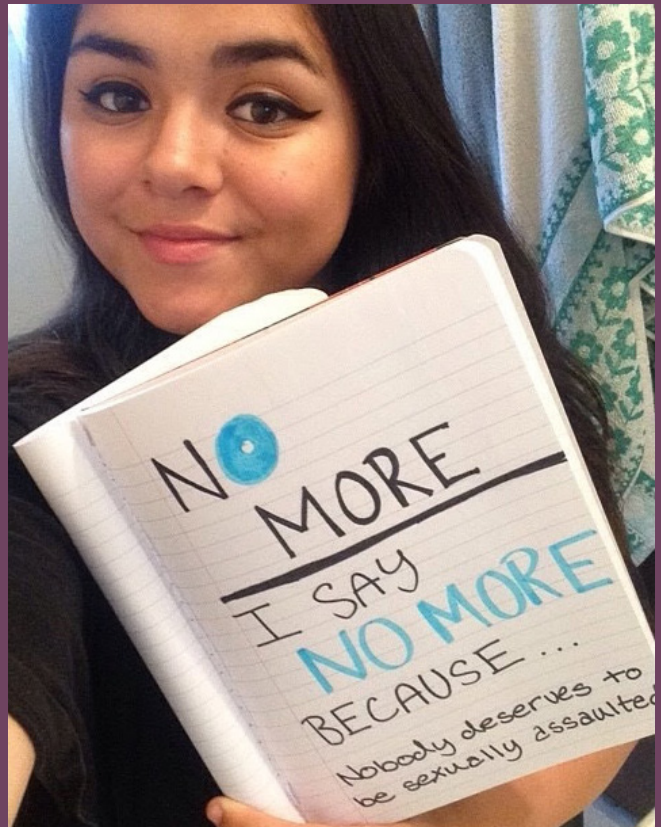
Understanding the Issues

What is Sexual Assault?

Sexual assault, also known as sexual violence and sexual abuse, is forced or coerced sexual contact without consent — the presence of a clear yes, not the absence of a no. Sexual assault is a crime motivated by a need to control, humiliate, dominate, and harm and can take the form of:

- [Rape](#), which includes by a partner or spouse
- [Child sexual assault](#) and [incest](#)
- Unwanted sexual contact or touching
- [Sexual harassment](#)
- [Sexual exploitation and trafficking](#)
- Exposing one's genitals or a naked body to other(s) without consent
- Masturbating in public
- Watching someone engage in private acts without their knowledge or permission
- Nonconsensual image sharing.

[Stalking](#) behaviors, such as persistent following, monitoring, or harassing the victim, can also precede, accompany, or follow incidents of sexual assault.



What is Dating Abuse?

Also called dating violence, relationship violence, or domestic violence, [dating abuse](#) is:

“Physical, sexual, emotional, or verbal abuse from a romantic or sexual partner. It happens to people of all races and ethnicities, incomes, and education levels. It also happens across all age groups and in heterosexual and same-sex relationships. Some people call dating violence domestic abuse, especially when you live with your partner.”

Office on Women's Health

[Abusive dating behaviours](#) can include your partner:

- Telling you what to wear and what not to wear
- Putting you down in front of your friends
- Trying to isolate you from friends and family
- Regularly displaying anger and/or jealousy towards you
- Abusing your money by making you pay for things, borrowing and not repaying, or stealing (financial abuse)
- Calling you names or constantly criticizing you.

These abusive behaviors may sometimes be interrupted with a period of “[love bombing](#)”, which often occurs at the beginning of a relationship but also can happen at any time throughout. This is when one partner showers the other with gifts, compliments, and attention before acting abusively, to confuse and disorientate the victim.

What Fuels This Abuse?

Rigid gender norms—cultural rules about how people should behave because of their perceived gender—can cause harm by perpetuating a culture where sexual assault is seen as a normal or even inevitable part of the college experience. Some of these practices are so ingrained in college life that they seem impossible to change. But **YOU** can be an agent of change by unpacking these norms and thinking outside the box to disrupt and challenge the ways they harm students in your community. Examples of harmful practices include:

Victim blaming amongst peers

Survivors are often blamed, suggesting they are partially or completely responsible for the harm they experienced. If victims feel blamed, they may remain silent and not report the abuse. This perpetuates a rape culture where:

The severity of domestic and sexual violence is minimized

Attitudes and beliefs uphold the normalization of domestic violence

The focus shifts from the perpetrator to the victim

Systems fail to provide necessary support to the victim

Systems fail to hold perpetrators accountable, leading to more violence.

It's important that someone experiencing abuse on your campus feel supported enough to report the abuse if they want to full stop. See "How Can I Help Victims?" for more information.

Non-consensual photo/video sharing

Sharing or threatening to share intimate photos and videos of someone without their consent, commonly called 'revenge porn,' is driven by harmful norms and mistaken beliefs, including that:

- Some groups are superior to others and can do as they like
- It is acceptable (and funny) to embarrass and ridicule others
- It is acceptable to shame LGBTQ+ individuals, women, men, or anyone that doesn't conform to societal norms, for their sexuality and participation in sex culture.



Rape culture on campus

Campus rape culture refers to a set of beliefs, norms, and practices that create an environment on college and university campuses where sexual violence is normalized, excused, or even encouraged. It encourages sexual aggression against women, and sexual or gender minorities, and normalizes patterns of sexual, physical, and emotional violence against them.

Rape culture might show up in ways you might not immediately realize, such as:

- 1 Blaming the Victim:** Ever heard someone say, “She shouldn’t have been drinking so much,” or “What was she wearing?” This kind of talk shifts the blame from the attacker to the victim and makes it harder for survivors to come forward.
- 2 Rape Jokes:** Those “jokes” about rape that people think are funny? They’re not. They make light of serious situations and contribute to a culture where sexual violence isn’t taken seriously.
- 3 Sexist Language and Attitudes:** Words matter. Using derogatory terms for women or objectifying them reinforces a culture of disrespect and devaluation.
- 4 Party Culture:** Frats, sororities, and other social groups often host parties where drinking is excessive, and sexual encounters are expected. This environment can make it hard to ensure that everyone involved is giving and receiving clear consent.
- 5 Media and Event Themes:** Events or media that sexualize students or normalize violent behavior, like certain party themes or costumes, can perpetuate harmful norms.
- 6 Normalized Harassment:** Catcalling, groping, and other forms of harassment are often seen as “normal” parts of campus life, but they’re serious issues that contribute to rape culture.



One common example of rape culture is the use of massive **banners** displayed across fraternity houses meant to intimidate new students, particularly in their first year. The victims will mainly be women and their parents, and the banners will often contain threatening and offensive messages that trivialize sexual assault. These are driven by norms including:

- The delusion of masculine sexual entitlement
- The equation of masculinity with dominance and assertion of this dominance early without fear of any repercussions.

Male victims may also need additional support to overcome widely accepted standards of masculinity that discourage men from acknowledging any vulnerability or experiences of victimization, or from showing ‘weakness.’ Listening, believing, and respecting whatever steps he’s ready to take are crucial elements of supporting a man who has experienced abuse.



Homophobia, Biphobia, and Transphobia

Behaviors that dehumanize the LGBTQI+ community can take many forms such as name-calling, derogatory jokes, intrusive or hostile questioning, threatening to ‘out’ someone, as well as unwanted physical contact and violence. This can happen verbally, in writing, in person, or online, driven by norms like:

The misguided belief that non-heteronormative sexualities and/or genders are less valuable in society

The belief that these communities have ‘secret agendas’ or are trying to corrupt children

Rationalizing hatred based on religious or cultural influences

Enforcing the gender binary and using slurs, violence, or threats to demean anyone who doesn’t conform.

You have the power to challenge and change these harmful norms. By recognizing and calling out these behaviors, supporting survivors, and fostering a culture of respect and consent, you can help create a safer and more inclusive campus environment.

For some ideas to disrupt these behaviors, see “Launching Your Campaign” in the Take Action section.

Know The Stats

Dating violence is more common than many people realize, often impacting young people at a critical stage of their lives. Chances are, you've met someone who has or will be affected.



The most common age range for intimate partner abuse is 18 to 24 years when many are in college.
(Domestic Shelters)



Almost one in three college women have been the victims of dating violence, with 43% reporting being subjected to abusive dating behaviors by a partner, such as physical, sexual, digital, or verbal abuse.
(National Domestic Violence Hotline)



Dating violence has also been linked to considerable psychological impacts, such as increased risk for depression, anxiety, and PTSD.
(NIH)

Sexual violence is also common on college campuses, especially at the beginning of the school year. **The Red Zone** is the period from the beginning of fall semester to Thanksgiving break when sexual assaults on U.S. college campuses spike. Although every student, regardless of age or gender, is at risk, freshman females are the most vulnerable.



More than 50% of college sexual assaults occur between August and November.
(American Psychological Association)

Most college students who are sexually assaulted are **victimized by someone they know**. Although stranger rapes do occur, it is more likely that a person will be assaulted by an acquaintance. Freshman females are especially vulnerable, as they may be new to the area, be without parental supervision for the first time, or be participating in new activities including drug and alcohol use as they try to meet new people.
(National Institute of Justice)



College women are twice as likely to be sexually assaulted than robbed.
(Center for Women & Families)



Among undergraduate students, 26.4% of females and 6.8% of males experience rape or sexual assault through physical force, violence, or incapacitation.
(RAINN)



Campus sexual assault makes up the greatest proportion (43%) of total on-campus crimes in the United States.
(American Psychological Association)



The odds of a girl being sexually assaulted while at college can be higher than the odds of getting into the school in the first place.
(USA Today)



A 2019 survey of 181,752 students at 33 leading universities across the country found that 25.9% of undergraduate girls had experienced "nonconsensual penetration, attempted penetration, sexual touching by force, or inability to consent" since they enrolled.
(Association of American Universities)



In 2019, nearly 26% of female, 7% of male, and 23% of trans, genderqueer, or nonconforming (TGQN) undergraduates had experienced nonconsensual sexual contact since enrolling.
(Best Colleges)



Male college students ages 18-24 are approximately five times more likely than non-students of the same demographic to be victims of rape or sexual assault.
(Best Colleges)

What Help is on Campus?

College campuses typically offer a variety of support services for victims of sexual assault to ensure their safety, well-being, and access to justice. These services often include:

A Civil Rights Coordinator:

Often called a Title IX Coordinator, this is someone who works with students, faculty, and staff, to investigate and respond to incidents of sexual violence.

Advocacy and Support Services:

Victim advocates can help survivors navigate their options, accompany them to medical or legal appointments, and provide emotional support throughout the process of seeking support.

Counseling and Psychological Services:

Many campuses have dedicated counseling centers that provide confidential therapy and support groups for survivors of sexual assault.

Medical Care: Campus health centers can offer medical examinations, emergency contraception, and treatment for injuries or sexually transmitted infections. Some campuses may also provide Sexual Assault Nurse Examiners (SANE), who are specially trained to collect forensic evidence.

Policies and Grievance Procedures:

Policies that prohibit sexual violence and grievance procedures that ensure a speedy and fair resolution when incidents occur.

Reporting Options: Colleges should have clear procedures for reporting sexual assault, whether to campus police, local law enforcement, or through internal processes like Title IX offices. These offices can also offer accommodations such as changes in housing or class schedules to ensure the victim's safety.

Legal Assistance:

Some campuses provide access to legal advice or representation, helping survivors understand their rights and options within the legal system.

Education and Prevention Programs:

These initiatives aim to prevent sexual assault through awareness campaigns, consent education, and bystander intervention training.

24/7 Hotlines:

Many colleges offer 24-hour crisis hotlines where survivors can receive immediate assistance and referrals to additional resources.

Consult your school's Title IX coordinator and familiarize yourself with your school's written policies for more details about the specific procedures on your campus. To learn about your college's resources for sexual assault prevention and support, speak to Campus Police, Student Affairs, or the Office of Resident Life. You could also check out your school's website for information.

Schools also provide an annual update on their policies, the number of incidents of sexual assault on campus, and other information thanks to another federal law, [the Clery Act](#). That information is collected and published every year by the Department of Education. [Check your college here](#).

There are also external resources, legal information, and support organizations available to help you. See "Support and Resources."

Taking Action

How Can I Help Victims?

Only 3% of students who experience dating violence tell an authority figure, while 60% tell a friend.

If someone has disclosed abuse to you, the following suggestions may help you to provide some support:

- 1 Find a place of safety.
- 2 Use RAINN's 'TALK' method for help in speaking with victims (right).
- 3 It's wise for a victim of sexual violence to have a medical check (for STIs, etc.), though they may feel overwhelmed and need time to reflect on what they want to do. At the same time, remember that if they proceed with reporting, possible evidence must be gathered within 72 hours.
- 4 Victims of dating/domestic violence may also need health support for any physical injuries they may have.
- 5 Document what happened by taking photos of any injuries.
- 6 Contact campus authorities, police, or a [local sexual violence support service](#) or [local domestic violence support service](#) as agreed/requested by the victim.

An important thing to reinforce is that what happened to them is not their fault.

How to 'TALK' with a loved one about sexual violence

When someone you love discloses that they have experienced sexual violence, you may not know what to say. RAINN's 'TALK' method can help you remember how to respond with empathy.

T	Thank them for telling you.
A	Ask how you can help.
L	Listen without judgement.
K	Keep offering support.

rainn.org/TALK

Engaging with Your University Administration: A Strategic Approach

When you feel that your university is falling short or handling an issue poorly, it's tempting to jump straight into organizing protests or launching public petitions. However, this can often burn bridges and make meaningful change more difficult. Instead, consider starting with a more strategic approach that allows for open dialogue and collaboration with the administration.

Start with Dialogue, Not Protest: Before resorting to protests or public petitions, give your university the opportunity to respond to your concerns and engage in a conversation. This approach can open doors to change without immediately putting the administration on the defensive. If dialogue doesn't lead to the desired outcomes, you can then escalate your efforts.

Get an Advisor Involved: Having an advisor who is respected within the university, such as a SANE nurse, professor, or someone familiar with the administration, can lend credibility to your efforts. An advisor can support you in advocating effectively and ensure that your approach is seen as professional and constructive.

Craft a Thoughtful Introduction: When reaching out to administrators, avoid inflammatory language. Instead, focus on building a connection by highlighting shared goals and passions. A suggested email template might be:

“I'd like to introduce myself and explore how we might collaborate, as we share a strong passion for improving our campus in this area. I would love to meet with you, and I'd also like to introduce you to my advisor, who shares our commitment to end sexual assault.”

This sets a positive tone and opens the door for productive discussion.

Plan Before You Meet: If you're addressing a specific problem, have a clear plan in place before meeting with university officials. Stay calm, non-inflammatory, and frame the issue as a shared concern. Emphasize that both you and the administration want what's best for the university, framing your efforts as part of a collective goal to uphold and enhance the institution's reputation.

Frame Strategically: When advocating for issues like sexual assault prevention, recognize that universities are often particularly sensitive to these topics. Frame your advocacy in a way that emphasizes compliance, improvement, and collaboration rather than confrontation. A 'we're in this together' attitude can help alleviate fears and encourage cooperation.

Use Campus Media Wisely: Consider writing op-eds or articles for your school newspaper. This not only makes your concerns visible to a broader audience, including faculty and administration, but also positions you as a resource for the campus community. The more visible and pervasive your presence, the harder it is for the administration to ignore your message.

Be Present and Consistent: Engage with the campus community by setting up information tables or participating in campus events. Regularly being present on campus ensures that both students and administrators know who you are, what you stand for, and that you're committed to being a constant, constructive force for positive change.

By taking a strategic, respectful approach to engaging with your university administration, you increase the likelihood of achieving meaningful and lasting change. Remember, you're working towards the same goal—making your campus a safer, more inclusive place for everyone.



Launching Your Campaign/Event

Essential Support Contacts:

Before launching a prevention campaign or event, please make sure that support contacts are well advertised throughout your campus. Ideally, details should be posted on bulletin boards, doors, in restrooms, and recreational areas all year round.

Sexual Assault Hotline:
[RAINN](#) – 800-656-HOPE (4673)

Domestic and Dating Violence:
[The Hotline](#) – 1-800-799-SAFE (7233)

Revenge Porn:
[Cyber Civil Rights Initiative](#) – 844-878-CCRI (2274)

Global Support: [NO MORE Global Directory](#) – Information and links to over 2,200 contacts in 205 countries and territories.

You could hold an event using our [Event in a Box guide](#) as part of your campaign. Some suggestions on topics and other links to resources follow.

Bystander Intervention: Encourage proactive community involvement with campaigns like Stand Up, Don't Stand By. Offer bystander training sessions, initiate a pledge campaign for students to commit to standing against sexual violence, and produce public service announcements that highlight the importance of intervention. See the assets from the Enough Campaign (UK) for other ideas.

Highlight the effects that sexual assault has on victims of all genders, who can suffer emotional distress at the invasion of privacy, suffer depression, anxiety, self-harm, suicidal thoughts, humiliation, and trauma, and who may be scared to report or seek support for fear of being blamed and shamed.

Consent and Healthy Relationships: Run campaigns that educate about consent and promote healthy relationships. Use tools like the 'Cup of Tea' video¹ and Love is Respect quizzes. Organize workshops, provide relationship health checks, and launch a media campaign to spread positive messages about consent.

Dating Violence Awareness: Base your campaign on identifying and understanding abuse using the Warning Signs of Abuse handout from Love is Respect. Educate your peers on healthy dating using these tips. Establish peer support groups, host events during Teen Dating Violence Awareness Month in February and Domestic Violence Awareness Month in October, and promote educational resources on dating basics.

Domestic and Dating Violence: Use resources from [The Hotline](#) to support your campaign against domestic and dating violence. Their posters and postcards provide essential contact details and are also available in Spanish. Launch a Red Flag campaign to symbolize warning signs of dating violence, conduct interactive workshops on recognizing and responding to domestic violence, and organize support drives to collect resources for local shelters.

Global Support: Leverage the NO MORE Global Directory to highlight global efforts to combat sexual violence. Organize a Global Awareness Day event, facilitate cultural exchanges to discuss how different cultures address these issues, and set up a resource fair to connect students with global support networks.



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Harassment and Identity-Based Discrimination: Experiences of public harassment are shaped by social inequality, historical context, cultural prejudices, and power dynamics. Use stories from [Right To Be](#) to highlight the impact of harassment on different identities. Create systems of peer accountability for harmful behaviors and conduct workshops to build empathy. Launch campaigns to promote dignity, equality, and respect, emphasizing the harmful effects of harassment and discrimination, e.g. using NO MORE Victimization/Discrimination signs.

Non-Consensual Image Sharing (Revenge Porn): Nearly all 50 states now have laws that outlaw nonconsensual pornography, or revenge porn. Most states make it a criminal offense to disseminate intimate images of someone if the defendant acted with intent to harm. Find your state's laws [here](#).

To educate students about the laws and protections against revenge porn, leverage resources from [StopNCII.org](#) and the [Cyber Civil Rights Initiative's Online Removal Guide](#). Develop a comprehensive digital safety campaign, host workshops on securing personal devices, and ensure that support resources are well-promoted so victims know where to find help.

Promote the Cyber Civil Rights Initiative's crisis hotline by distributing materials that inform about the legal and emotional impacts of revenge porn. Host educational talks, create an awareness campaign on social media, and offer confidential support sessions for those affected. Make sure students are aware of the steps they can take to report and remove non-consensual images online, and provide ongoing support through accessible resources and information.

Sexual Assault Awareness: To raise awareness about sexual assault, use resources from [RAINN](#) or [Shatter the Red Zone](#), including posters, postcards, and infocards to advertise the National Sexual Assault Hotline. Where possible, ensure these materials are accessible in both English and Spanish. Organize a poster campaign across campus, host information sessions to raise awareness about what constitutes sexual assault, and consider a week-long series of events, workshops, and speakers to engage and educate students.

[End Rape on Campus](#) provides tools like the Campus Accountability Map to empower students. Organize a policy review campaign, hold rallies or marches during the fall semester to raise awareness about the prevalence of sexual violence, and create platforms for survivors to share their stories, especially during Sexual Assault Awareness Month in April.



Stalking Awareness: During National Stalking Awareness Month in January, utilize [SPARC](#)'s resources to run workshops on stalking for both students and faculty. Host personal safety workshops and establish support groups for stalking victims. Highlight the importance of recognizing and protecting against stalking behavior.

Victim Blaming: Don't let perpetrators blame their victim, alcohol, or drugs for their abusive behavior. Confront victim blaming when you hear it and respond by flooding social media with positive messages that call out this behavior. You could show the 'NO MORE Excuses' PSAs, ask your campus community to make a video or NO MORE sign calling for "NO MORE Victim Blaming," or develop a NO MORE photo campaign with students challenging victim blaming and providing examples of ways to positively respond.

Timing Your Event Strategically

When planning events and campaigns, it's essential to align them not only with specific advocacy dates but also with broader campus activities and seasonal events. Tying your initiatives into events that the entire campus community is already engaged in—such as Halloween, homecoming, or spring festivals—can significantly boost participation and visibility.

By strategically aligning your events with popular campus activities, you can create more opportunities to engage students who might not otherwise participate in advocacy-specific events. This approach not only increases awareness but also helps to normalize conversations about important issues like sexual violence, dating abuse, and harassment in everyday campus life.

When using this guide, think creatively about how you can integrate your campaigns into the rhythm of campus life. By doing so, you'll reach a broader audience and make a lasting impact.



Support and Resources

Know Your Rights: Title IX

Students in the U.S. are protected by federal law requiring universities to follow [Title IX](#) regulations, which prohibit discrimination based on gender. Title IX promises to ensure that no person experiences sex discrimination, including sex-based harassment or sexual violence, in federally funded education.

[The Final Rule under Title IX released in April 2024](#) further assures:

- Protection for all students and employees from all sex discrimination prohibited under Title IX, including by
- restoring and strengthening full protection from sexual violence and other sex-based harassment.
- Requirement for schools to take prompt and effective action to end any sex discrimination in their education programs or activities, prevent its recurrence, and remedy its effects.
- Protection against retaliation for students, employees, and others who exercise their Title IX rights. The rule requires schools to communicate their non-discrimination policies and procedures to all students, employees, and other participants in their education programs so that students and families understand their rights.

For further information, download a [summary](#) of the major provisions of the final regulations from the Department of Education, or find out more about your [Rights on Sexual Harassment or Assault on Campus](#) from the American Association of University Women.

Check out [Know Your IX](#) Resources and Tools from Advocates for Youth.

Know Your Rights – The Clery Act

The [Jeanne Clery Disclosure of Campus Security Policy and Campus Crime Statistics Act](#) of 1990, also known as the Clery Act, represents an important moment in the movement to end campus sexual assault. Specifically, Clery mandates that colleges and universities publish an annual security report disclosing campus crime statistics and outlining campus security policies.

The Campus Sexual Assault Victims' Bill of Rights, passed in 1992, amended the Clery Act's requirements for complaint policies at colleges and universities by detailing students' rights in the campus judicial process. Furthermore, the Campus Sexual Violence Elimination (SaVE) Act, signed into law in 2013, included expanded protections for survivors and mandated prevention, awareness-raising, and risk reduction efforts at U.S. colleges and universities.

You may prefer to look for support outside the college community, in which case, there are plenty of support organizations ready to help you.



Helplines

- [RAINN](#) (support for rape, abuse, and incest)
Call 1-800-656-HOPE (4673) or connect via [online chat](#)
- [Love Is Respect](#) (support for teen dating violence)
Call 1-866-331-9474 or text “LOVEIS” to 22522
- [StrongHearts Native Helpline](#)
(support for Indigenous survivors)
Call 844-762-8483
- [Cyber Civil Rights Initiative](#)
(support for nonconsensual pornography)
Call 844-878-2274
- [National Suicide Prevention Lifeline](#)
(support for anyone considering suicide)
Call 988 or 1-800-273-TALK (8255)

Support Organizations

- Find your state's [Sexual Assault Coalition](#)
- Find your nearest [Rape Crisis Center](#)
- [National Sexual Violence Resource Center](#)
- [National Center on Domestic and Sexual Violence](#)
- [National Alliance to End Sexual Violence](#)
- [Esperanza United](#) (support for Latin@ survivors)
- [MaleSurvivor](#) (support for male survivors)

Resources For Campus

- [NSVRC Campus Resource List](#)
- [Sexual Violence Prevention Tools](#)

Legal Support

- [Helping Survivors](#)
- [Take Back the Night](#)

Know More About

- [When People We Know Commit Sexual Harassment, Misconduct and Assault](#)
- [Engaging Bystanders to Prevent Sexual Violence: Resource List](#)

This guide is part of the NO MORE Toolkit, an open-source collection of resources designed to support survivors, allies, and advocates in creating safer and more supportive environments for all. You can access the full library of our resources here: nomore.org/toolkit



NO MORE

TOGETHER WE CAN END
DOMESTIC & SEXUAL VIOLENCE



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