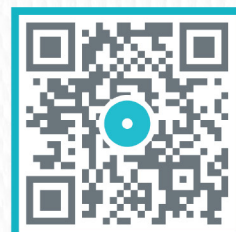


COMMUNITY GUIDE

NO MORE WEEK 2026: FOR YOUR COMMUNITY



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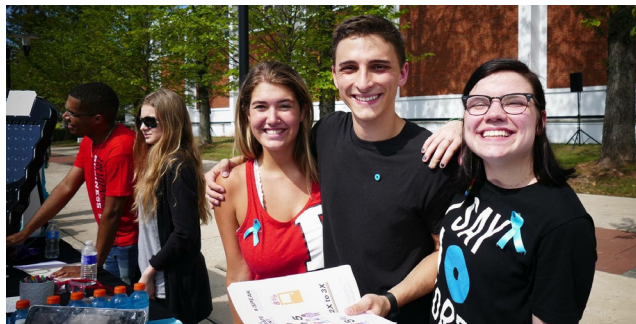
NO MORE Week 2026 – beginning March 2 and culminating on International Women’s Day, March 8 – brings people together across neighborhoods, cities, and countries to say NO MORE to domestic and sexual violence. It is a powerful moment for survivors, allies, families, community groups, and local organizations to increase awareness, inspire action, and strengthen prevention efforts. Communities have tremendous influence—and together, we can drive meaningful change.

Engage and Make a Difference



The NO MORE Week Challenge: Virtual Walk/Run

Sign up for free. Rally your friends, family, neighbors, clubs, or faith groups to participate in the 6th annual virtual [NO MORE Week Challenge](#). This walk/run raises awareness and support for survivors of domestic and sexual violence. Select your distance—5K, 10K, or Half Marathon—and complete it during NO MORE Week.



Organize Your Own NO MORE Week Event

Bring your community together by hosting an event that sparks connection and learning. Host a coffee, a panel discussion, an activation for students to fill out their own NO MORE sign, or develop another creative initiative. Every effort will build momentum, increase visibility, and encourage wider participation.



Champion Community Awareness

Awareness is the foundation of prevention. Use NO MORE Week to help community members understand domestic and sexual violence and learn where to get help. Share resources such as the [NO MORE Global Directory](#), the [Bright Sky app](#), or your own local support resources. Community-wide distribution through libraries, faith groups, or local businesses can make critical information accessible when it’s needed most.



Amplify Your Voice on Social Media

Social platforms are powerful tools for education and advocacy. To make participation simple, NO MORE provides ready-to-use social media posts you can download and share.

Every post helps broaden the conversation and invites others to join the movement.

Learn More and Get Involved

Visit www.nomore.org/no-more-week for more resources and ideas to activate your community.

2026 | NO MORE WEEK

TOGETHER WE CAN END DOMESTIC & SEXUAL VIOLENCE



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