This is our UK SAYS NO MORE poster pledge

Step 1: Fill in an excuse or myth about Domestic Abuse such as ‘Why didn’t she tell anyone?’, ‘That doesn’t happen to guys’, ‘What was she wearing?’ For more ideas visit our website - http://uksaysnomore.org/get-involved/take-action-toolkit/

Step 2: Strike a pose!

Step 3: Upload it to your Instagram, Facebook, and Twitter account. We want to see your post so tag us @Glos_Police #GLOSSAYSNOMORE