

Walk-a-Mile-in-Her-Shoes FAQ

- **Why are we having this event?**

Whether we realize it or not, each of us knows someone whose life has been impacted by sexual violence. Current estimates tell us that: 1 in 4 COLLEGE WOMEN have been the victim of rape or attempted rape since the age of 14 (US Department of Justice). Additionally, for every 1000 women on a college campus, approximately 35 rapes occur over a seven-month academic year. In other words, a college campus with 10,000 women may experience upwards of 350 RAPES PER ACADEMIC YEAR (US Department of Justice). It is also important to recognize that men, too, experience sexual violence: 1 in 33 MEN have experienced sexual assault (US Department of Justice). While most sexual violence (against both women and men) is perpetrated by men, MOST MEN ARE NOT SEXUALLY VIOLENT.

- **Why men?**

While many people believe that sexual assault and other forms of interpersonal violence are "women's issues," violence often involves both women and men. When we invite men to be allies in ending violence, we send a powerful message to our community. In asking men to publicly stand up and show their commitment to ending violence, their actions will encourage other men to start thinking about how they, personally, can do their part.

- **Why men in heels?**

An old adage states, "You can't understand a person's experiences until you walk a mile in her shoes." Through a humorous application of this saying, we are better able to reach out and educate members of our community about a serious topic. By reaching out in a non-threatening way, we allow others to begin to face the realities of sexual violence.

- **How did "Walk-a-Mile-in-Her-Shoes" start?**

Frank Baird, a Clinical Supervisor at the Valley Trauma Center in Van Nuys, CA, first proposed "Walk-a-Mile-in-Her-Shoes" in 2001 to raise awareness about sexual assault. Frank writes of his experience: "Women had created a very successful rape crisis movement and I was grateful to have been able to join their efforts. I...wanted

to increase the opportunities for men to contribute to efforts to make the world safer. Violence against women does not just affect women. Men are hurt and angered when women they care about are raped.... And the same violence that targets women also targets men because rape isn't about sex, it's about power, control and violence.... I knew that for every man who could be persuaded to think differently about gender roles, gender relationships and gender violence, many more women would be spared--and so, too, would the men in their lives."

- **How do I become a Walker or a "Blister Sister"?**

You may register to become a Walker and "Blister Sister" through the USU SAAVI Office website— http://www.usu.edu/saavi/events/walk_a_mile.cfm. Walkers and Blister Sisters may register through the day of the event.

- **How do Walkers help raise money for SAAVI?**

Walkers get friends, family members, colleagues, students, professors, etc. to sponsor their one-mile walk. There is no minimum pledge; every dollar counts!

- **I am sponsoring a Walker. Is my pledge tax deductible?**

Yes! Have the walker you are sponsoring record your full name, address, and phone number on his pledge sheet. Ask your walker to turn your information into the USU SAAVI Office along with your payment to ensure that you receive a tax deduction credit from the university. Those paying by check will automatically receive a tax receipt from the university.

- **I don't know a specific Walker, but I would like to make a contribution. Who do I contact?**

You may contact Rachel Brighton (USU SAAVI Coordinator) by phone at: (435) 797-1510, by email at: saaviinfo@cc.usu.edu, or in person at the Student Health & Wellness Center.

- **I heard that prizes will be offered—what prizes can I win?**

Every year, gift cards and official certificates are awarded to outstanding walkers. The prize categories include: "Most Money Raised," "Most Enthusiastic Walker," and "Organization/Group with the Most Walkers." In addition, participants and spectators can enter a drawing to win one of several door prizes!