Walk a Mile In Her Shoes®

HANDBOOK

What:	A men's march to stop rape, sexual assault and gender violence
When:	April 14, 2012, 9:30am
Where:	Bel Air Armory
Who:	Men, women and children can walk (children under 12 must be accompanied by an adult) Walk as an individual or form a team
How:	Register to walk online at www.sarc-maryland.org

What to Tell People:

- Walk-a-Mile sends two clear messages:
  - Most men are not violent (in fact, a vast majority of men are good guys who care).
  - Rape is a man's issue too – everyone is impacted by sexual and gender violence and

  ***ALL* of us can make a difference!**

- When good men take a public stand against violence, they give their peers permission to do the same.

- Walk a Mile in Her Shoes raises money for SARC, supporting their violence prevention initiatives and services to clients.

Step One: Set Goals

Get the word out!

- Talk to everyone you know in your family, church, work, school, neighborhood, and club and ask them to sponsor your one-mile walk in high heels.
- Collect donations from sponsors before the event. The team that raises the most money will receive special recognition.

- Team members and Individuals can set up their own personal online pages to publicize their efforts and track their progress. The website will provide the ability to email your friends and update your facebook page. It will also give you a sample pledge email, thank you note, and language to invite members to join your team.

Step Two: Recruit Walkers

The easiest way to increase your team's pledges is by recruiting more sponsors. Generate excitement by putting up posters, sending emails to contacts, and "talk it up". Word of mouth is a great recruiter. Encourage your walkers to recruit more walkers too! They can ask co-workers, friends, and family to join them.

STEP THREE: MAKE IT A PARTY

Encourage our teammates to invite their family and friends, schedule a meeting place, and plan some special activities for your team. This event is about having fun and making a difference!

Forming a Team

Forming a team to participate in Walk a Mile in Her Shoes® is a great way to have fun with family, friends, and coworkers, and to support domestic violence in our community.

Teams may consist of no more than 4 participants, men and women. The first person to register for your team becomes the Team Captain. The Captain can register your team online at www.sarc-maryland.org. Information, registration brochures, and Walkers Handbook can be downloaded from here, also. On the site, your team walkers can register online separately and create their own pages. We challenge each team to raise at least $1000.00

A special thank you

A special thank you for pounding the pavement for a good cause, top fundraisers can soothe their weary feet in Fuzzy Slippers. Walk a Mile in comfortable slippers provided to our top individual and team fundraisers!

And Last but Not Least!

The top Individual and Team Fundraiser for the event will receive the Golden Shoe Award!

Walk a Mile In Her Shoes® is a symbolic gesture of men marching in female footwear to raise awareness on the issue of violence against women. **To show respect for victims of domestic & sexual violence and the seriousness of these issues, men who walk in women's shoes must wear male appropriate clothes.** Dressing in women's clothing is only allowed if the person is someone who practices that lifestyle.

SARC (Sexual Assault/Spouse Abuse Resource Center, Inc.) has been providing quality services to victims of domestic violence, sexual assault, & stalking for over 30 years. We provide services for women, children & men. Our services include:

24 Hour Helpline
Hospital Companion service
Safehouse for victims and their children
Crisis intervention
Victim counseling
Legal advocacy and representation
Abuser Intervention counseling
Community education and outreach
Volunteer opportunities

24 Hour Helpline
410-836-8430
www.sarc-maryland.org

Turn in your old cell phone when you register your team!
SARC partners with Shelter Alliance to collect old phones and recycle them responsibly.
Some phones are kept and given to clients so they can call 911 in an emergency.
Proceeds from this effort benefit victims of domestic violence, sexual assault, and stalking right