

Top Ten Reasons MEN should...

Walk a Mile in Her Shoes®

- 10. Because one out of three women will be sexually assaulted in her lifetime.** You need to be prepared to help a loved one who discloses a sexual assault. Statistics prove that women in your life have dealt with sexual assault.
- 9. Because sexual assault crosses all barriers.** Anyone can be sexually assaulted regardless of gender, ethnicity, sexual orientation, age, or socio-economic background.
- 8. Because 97% of sexual assaults are committed by men.** You can help stop sexual assault by no longer being a silent bystander & by challenging rape-supporting attitudes & behaviors.
- 7. Because 10-20% of all men are sexually violated in their lifetime & face unique difficulties in reporting & seeking help.** Unfortunately, male survivors are often faced with misunderstanding & disregard.
- 6. Because 80-85% of sexual assaults are committed by a perpetrator known to the victim.** When this happens it is very difficult for a survivor to distinguish between men who can be trusted & men who pose a threat. The result is a society with its guard up, where relationships with men are approached with fear & mistrust.
- 5. Because you want to understand the dynamics of sexual assault.** Myths & stereotypes about sexual assault still tend to place the blame upon the victims & not the perpetrators. These false ideas only serve to traumatize survivors & make them less likely to report or seek help.
- 4. Because you are disturbed by a culture that has created a society that lends itself to sexual assault.** The media sexualizes violence & makes it appear glamorous. The images & messages we see everyday lead to an acceptance of violent sexual crimes.
- 3. Because you don't want sexual violence to remain a hidden evil.** Unless you or a loved one has dealt with sexual assault personally, chances are you've never considered this issue before. It is important for everyone to understand the effects sexual assault can have on someone & the resources available in the community.
- 2. Because you want to make your community safer.** By participating in this event & educating yourself about sexual assault you are raising the community's awareness of this issue & speaking out against violence.
- 1. Outdoor exercise, open dialogue, great footwear, & an important cause.** The only question left is:

What will you be doing Wednesday, April 27, 2011?



Walk a Mile in Her Shoes® is an event that takes a light-hearted approach to the very serious subject of sexual assault and builds awareness of its impact on our community.

Participants are asked to contribute or collect a minimum \$100 donation, proceeds from the event benefit victims of violence and sexual assault. A donation is not required, supporters can walk as advocates. For more information go to www.ywca-sv.org or please call (408) 295-4011 ext 220 or email walkamile@ywca-sv.org.

Walker sign-in begins in Plaza de Cesar Chavez at 5:00 p.m. Wednesday, April 27, 2011
A hosted reception at a location TBD in downtown San Jose will conclude the event.

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The International Men's March to Stop Rape, Sexual Assault & Gender Violence

Statistics provided by the California Coalition Against Sexual Assault 2003 & Men Can Stop Rape