



2009 TEAM CAPTAIN HANDBOOK



2009 Walk A Mile In Her Shoes Walk Team Handbook

www.wammilwaukee.org

Domestic violence is a serious crime that has significant consequences for its victims and the Milwaukee community. According to a study by the *National Institute of Justice* and *Centers for Disease Control and Prevention*, **1.5 million** women are either raped or physically assaulted by their partners each year. In addition, each year, more than **10 million** American children witness family violence in their homes. **Forty percent** of girls age 14 to 17 know someone their age who has been hit or beaten by a boyfriend.

Females who have survived physical and sexual abuse by an intimate partner typically experience a lifetime of violent relationships and are subject to a range of trauma-related consequences. They face isolation from family and community networks, drug and alcohol addiction, and a lack of basic life skills from employment to parenting. Although treatment for this type of trauma should address the full range of these issues, community service agencies are often ill-prepared to deal with the depth of problems associated with victims of domestic violence, including low self-esteem, feelings of uselessness and powerlessness, manipulation by the abusive partner, and an inability to effectively parent their children.

You can make a difference!

Join Walk a Mile in Her Shoes®, presented by Verizon Wireless.

ABOUT WALK A MILE IN HER SHOES®

Walk a Mile in Her Shoes® is a men's march to stop rape, sexual assault and gender violence. First held in 2001 in Los Angeles, this national event has grown each year since, with larger crowds attending each march and more cities hosting marches. 2009 marks the third year that *Walk A Mile In Her Shoes, presented by Verizon Wireless*, has been held in Milwaukee

First You Walk the Walk

There is an old saying: "You can't really understand another person's experience until you've walked a mile in their shoes." Walk a Mile in Her Shoes® asks men to literally walk one mile in women's high-heeled shoes. It's not easy walking in these shoes, but it's fun and it gets the community to talk about something that's really difficult to talk about: gender relations and sexual violence.

Then You Talk the Talk

It's critical to open up communication about gender violence. People unfamiliar with it often don't even want to know it exists. It's ugly. People that have experienced it themselves want to forget about it. How do you get them talking now, so they can prevent it from happening? And after it's happened, how do you get them to talk about it so they can recover?

Walk a Mile in Her Shoes® provides several opportunities to get people talking. For preventive education, it helps men better understand and appreciate women's experiences, thus changing perspectives, helping improve gender relationships and decreasing the potential for violence. For healing, it informs the community that services are available for recovery. It demonstrates that men are willing and able to be courageous partners with women in making the world a safer place.

Milwaukee's Walk a Mile in Her Shoes®, presented by Verizon Wireless

This unique event is a collaborative fundraiser for Jewish Family Services, Sojourner Truth House, and Task Force on Family Violence. This fundraiser invites all women, men and children to participate, and encourages men to walk one mile in women's high-heeled shoes to support the domestic violence and sexual assault prevention efforts of the three Milwaukee-area agencies. Male walkers can opt to wear any footwear they choose, and flip-flops will be available at the Walk.

Turn in your old cell phone when you register your team!
Verizon Wireless HopeLine® program collects wireless phones and accessories from any wireless service provider, and then refurbishes the phones or recycles them in an environmentally friendly way.
Proceeds from the HopeLine program benefit victims of domestic violence and non-profit advocacy agencies, providing essential communication tools of wireless phones and wireless services, and financial grants.

FORMING YOUR TEAM

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

REGISTERING YOUR TEAM

You can register your team online at www.wammilwaukee.org. On this site, your team walkers can register online separately, and create their own pages. Information and registration brochures can be downloaded from the web at www.wammilwaukee.org too!

You can also register by mail and submit the registration card found in the brochure. Walkers for your team can then register by mail by including the team captain and the team name on their registration card.

TURNING IN CONTRIBUTIONS AND COLLECTING INCENTIVES

The team captain can submit the team's walkers' donations that have been collected. This can be done at registration the day of the walk, or prior to the event online at www.wammilwaukee.org.

STEPS TO HAVE A SUCCESSFUL AND FUN TEAM

STEP ONE: SET GOALS

Your team has the opportunity to support the cause to stop sexual assault and domestic abuse, so get your team's walkers excited! Chart your team's progress and keep your walkers updated on their success. Encourage walkers to set individual goals to help toward the team goal.

Teams that raise over \$1,000 will receive a commemorative bandana for each team member to wear on the day of the walk!

STEP TWO: RECRUIT WALKERS

The easiest way to increase your team's pledges is by recruiting more walkers. Generate excitement by putting up posters, sending e-mails 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: HOLD YOUR OWN TEAM PRE-REGISTRATION DAY

Set aside time to collect pledges from your walkers a few days before the walk. This way, you can pre-register your team at the event all at once, which makes it easier for your walkers and you.

STEP FOUR: MAKE THE WALK A PARTY

Encourage your 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!

Don't forget to pose for a team picture! Photographers will be available before and after the walk.

ABOUT JEWISH FAMILY SERVICES, SOJOURNER TRUTH HOUSE, AND TASK FORCE ON FAMILY VIOLENCE



The mission of Jewish Family Services is to provide supportive services that will strengthen families, children and individuals throughout the lifecycle within the context of their unique needs and traditions.

JFS began a partnership with the Jewish Coalition on Interpersonal Violence (CHAI) and several committed lay activists in 1997. They have continued to focus on increasing the awareness of domestic violence within the Jewish community, the community at large and the needs of women living and children in abusive relationships. JFS continues to be committed to providing services to people of all faiths, incomes and lifestyles through direct case management, violence prevention efforts, referrals and advocacy work.

Through the CHAI program, JFS provides educational programming, such as Adults & Children Together (ACT) Against Violence, Men Opposing Violence Early (MOVE), and Six Critical Conversations: Talking With Your Teen.



Sojourner Truth House operates Milwaukee's oldest and largest shelter for abused women and their children. They have provided safety and support services to thousands of families since 1978. Other programs include the 24-hour Domestic Violence Hotline, Domestic Abuse Victim Advocates in the Milwaukee District Attorney's Office, Belle Resource Center for Women and Children, and Batters Anonymous—Beyond Abuse, for men and women seeking alternatives to their abusive behavior. Sojourner Truth House served over 24,000 people in 2007.



The Task Force on Family Violence has a fundamental belief in the individual right to safety and belief that each human being, whether an adult or child, should have an opportunity to live free from the terror of domestic violence. TFFV's Courthouse Restraining Order Clinic is the front door to the civil justice system for nearly 5,000 abused individuals each year. Each client is provided advocacy and in-depth case management services, support groups for survivors, educational groups for women offenders, classes for protective parents, and working children who are at high risk of being abused or have been abused.