“In Her Shoes” Information Sheet

“In Her Shoes” Activity

“In Her Shoes” is an interactive, educational experience that connects participants to the daily life of a survivor of domestic violence. Participants have the opportunity to cultivate empathy for individuals experiencing gender-based violence.

What is Domestic Violence?

Domestic violence is a pattern of behavior in which one partner uses physical, sexual, financial, and/or emotional abuse to maintain power and control over their partner.

Support Survivors

1. I believe you.
2. This is not your fault.
3. Help is available.

Facts & Figures

- 1 in 4 women and 1 in 7 men will be victims of severe physical violence by an intimate partner.
- Women between the ages of 18 and 24 are most commonly abused by an intimate partner.
- 21.5% of men and 35.4% of women living with a same-sex partner have experienced domestic violence.
- 1 in 5 transgender people experience domestic violence.
- Nationwide, an average of 3 women are killed by a current or former intimate partner every day.
- On average, nearly 20 people per minute are physically abused by an intimate partner in the United States. During one year, this equates to more than 10 million women and men.
- 1 in 15 children are exposed to intimate partner violence each year, and 90% of these children are eyewitnesses to this violence.

Barriers to Leaving

- Safety concerns
- Love
- Isolation
- Hoping the abuser will change
- Feelings to guilt, shame, anxiety, depression
- Fear of not being believed
- Concerns about children
- Cultural/Religious/Family pressures to stay with abusive partner
- Lack of resources, such as:
  - Money
  - Shelter/Housing
  - Social support and/or family support
  - Employment