



This year White Ribbon are introducing the global event Walk a Mile In Her Shoes®.

The mile walk consists of two unique components, the physical walk where men are expected to wear heels (or footwear that is not their everyday shoes); and the opportunity to highlight and discuss the issue and ramifications of sexual, physical and emotional abuse toward women.

- 👠 Enter a team or as an individual
- 👠 Find yourself some suitable shoes (or [email](#) to let us know if you need footwear and your shoe size)
- 👠 Get sponsored to raise funds for White Ribbon

Prizes include:

- 👠 fanciest footwork
- 👠 smartest threads
- 👠 best signage

So dress up, organise some suitable protest signs and limber up

- 👠 Meet at Midland Park 12 noon Tuesday 25 November
- 👠 Walk from Midland Park to Plimmers Steps and back
- 👠 Prize Giving
- 👠 Entry forms at www.whiteribbon.org.nz or [download here](#)

Her Honour the Mayor will launch the event and then join White Ribbon Ambassadors Judge Boshier, Alfred Ngaro MP, Children's Commissioner Russell Wills and many more as they take part in the walk.

THE FACTS

Police attend a family violence incident every 5½ minutes
 There were 95,101 family violence investigations in 2013
 On average 14 women are killed each year by their partners or ex partners
 Over 3,500 convictions are recorded against men each year

As men we can influence the behaviour of other men. Let's be part of the solution. Take The Pledge and help us to end men's violence towards women. www.whiteribbon.org.nz

