

*Some of the comments below the shoes in this booklet
are actual remarks made by abused women others
reflect stories and emotions in
'Every 6 seconds a woman cries'
a book of survivors poems and stories compiled by
Lighthouse Women's Aid*

*The facts which follow them are from a number of
sources, mostly agencies offering support to those who
have been subjects of domestic abuse.*

*Viv Buckle
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16 Days of Activism Against Gender-Based Violence 2017



BREAK the silence

LIFT the shame

SHIFT the blame

of gender-based violence

#letstalkaboutit #MU16days #endstigma #endgbv

25th November - 10th December



This presentation was inspired by '104 pairs of shoes' an exhibition originally put together by Scottish YWCA.

MU was given permission to replicate it.

The 104 shoes represented the women who die each year at the hand of their partner.

Here there is one pair of shoes for each day of the 16 days of Activism Against Gender Based Violence.



These were the shoes that
kicked me.

Women are much more likely to be victims of intimate partner violence with 85 % of domestic abuse victims being women and 15 % men.



These don't look much
but they were kind to
my sore feet.

A sign of abuse is when
your partner hurts you or
threatens you or your children.



These are the shoes
I walked away in.

Time and time again, people ask,
“Why doesn’t she just leave?”
The truth is that there are many
practical and psychological
barriers to ending a relationship
with a violent partner.



These are the kind of shoes
I changed to - shoes I can run in.

It may take a long time to recognize the abuse and finally put an end to it, but unfortunately the best way to end it is to leave. And I did. I ran away leaving behind me everything, except my dog, I took him with me.



I wore these shoes when I went to
the hospital with mummy.

62% of children living with domestic abuse are directly harmed by the perpetrator of the abuse, in addition to the harm caused by witnessing the abuse of others.



I wore these shoes to the office
I went nowhere else.

A sign of abuse is when your partner tries to prevent you leaving the house.



I love to dance but the magic stops
when his key turns in the lock.

A woman is assaulted in her home
every 6 seconds.



Shoes like these were worn by the
policewoman who came when I made my 999 call.

The police receive a complaint
about domestic violence
every 60 seconds.



When she came home from her
night out
he killed her with a claw hammer,
her blood ran red.

A woman is killed by a violent partner or former partner every 3 days.



Chains aren't the only things
that can imprison you.

Psychological abuse is insidious
and it occurs over time like an IV
drip of poison entering your veins.



It happens to
grandmothers too.

It is estimated that 1 in 4
women will experience domestic
violence in their life time.



I had high expectations for my relationship
I was always disappointed.

A woman is assaulted 35 times
on average before she seeks help.



His size 9's were the only thing
that left an impression on me.

There are a broad range of behaviours that come under the heading of physical abuse including actions such as punching; slapping; hitting; biting; pinching; kicking; pulling hair out; pushing; shoving; burning and strangling.



Sometimes the things you love
cause you a lot of pain.

98% of domestic violence
complaints are withdrawn by the
complainant before the case
gets to court.



Slippers are all you need when
you're not allowed out of the bedroom.

Domestic violence can take a number of forms including physical, verbal, emotional, economic, religious and sexual abuse, which can range from subtle coercive forms to marital rape and to violent physical assault.



Flip flop
make it stop.

In 2013-14 the police recorded
887,000 domestic abuse incidents in
England and Wales.