

Safety During an Incident

You cannot always avoid violence, so you need to be prepared to respond to it.

- Keep your purse/wallet and keys ready to go.
- Carry mace, a body alarm or scream if the abuser is near.
- Give your neighbors a copy of the Protective Order/No Contact Order and ask them to call 911 if they see or hear anything suspicious.
- Devise a safety code/signal to use with your neighbors, friends, family, children (make sure children know how to call for help). This could be a flickering light, or a code word to be used over the phone.
- Identify the quickest exit route out of your home and practice that route with your children.
- Stay away from areas with no outside exits and rooms containing (i.e. bathrooms, garages, kitchens, etc.). Try to stay in a room with a phone.
- Keep emergency numbers near the phone and or on you at all times.
- Teach your children to dial 911.
- Trust your instincts.

What to Pack

(Items marked * are priority items.)

- *Driver's License/Identification
- *Social Security Cards (self & children)
- *Birth Certificates (self & children)
- *School and Vaccination Records
- *Important Medical Records (self & children)
- *Pictures of self, children & abuser (to show the police)
- *Work Permits/Green cards/Passports/Visas
- *Money/Checkbooks/Credit Cards/ATM cards/Investment/Savings Account Numbers
- *Income Tax Records
- *Keys to House, Car, Office, Etc.
- *Medications/Health Insurance Cards
- *Glasses/Hearing Aids
- *Protective Order/No Contact Order or Restraining Order
- *Diplomas/Certificates
- Car Insurance and Registration
- Copy of Lease/Rental Agreement/House Deed
- Divorce/Custody Records
- Personal Care Items (Make-up, deodorant, etc.)
- Change of Clothes for Self and Children, including work and school clothes
- Jewelry
- Pictures
- Children's Special Toys/Blankets
- Sentimental Items
- Small Sellable items
- Address and Phone List



Hands of Hope



**Domestic and Sexual Violence
Safety Plan Tips
24-hour hotline numbers:**

765-664-0701—Grant County

260-563-4407—Wabash County

- Purchase or borrow a cell phone.
- Consider an unpublished and private number.
- If you are moving:
 - Stay away from places the abuser usually goes, they may follow you.
 - Consider a second story apartment to make outside access difficult.
 - Do not file a change of address. Only notify people you trust.

* Ask about the Address Confidentiality Program

Safety When Preparing to Leave

Leaving your batterer is the most dangerous time. Review your safety plan frequently.

- Leave a bag of essentials (see list) with someone you trust, or hide it somewhere you can get to quickly.
- Ask friends/family if they can loan you money in an emergency.
- Save money in an account of your own.
- Avoid making calling card or collect calls, they can be traced.
- Use *67 before calling out to avoid the abuser seeing your number on someone else's caller ID.
- Decide in advance where you can go; friends, relatives, shelter. (For Shelter Referrals 24 hours a day contact CRISIS LINE at 1800-434-8973 or 765-664-0701.)
- Rehearse your safety plan with your children.

Making Your Home Safe

It is not always possible to do all of these safety precautions at once, but safety measures can be added one at a time.

- Ask a friend or a family member to stay with you.
- Ask neighbors to watch over your home and alert you & the police if they see something suspicious.
- Change/secure locks on doors and windows.
- Replace wood exterior doors with metal doors
- Purchase fire ladders to use for escaping the second story.
- Look into a security system including extra locks, dead bolts, window bars, poles to wedge doors, outdoor motion lights, etc.
- Show landlord & apt. security your Protective Order/No Contact Order and ask that the abuser be barred from the property.
- Keep doors and windows locked at all times, and establish firm guidelines with children about answering the phone and door.
- Install a peephole (or ask your landlord to).
- Sleep in a room with a lock and phone.
- Screen your calls (through a friend or caller ID).
- If you have no phone service, ask for a 911 phone.
- Change the access code on your voice mail/answering machine and computer.

Safety in Public/Work/School & Childcare

Others can greatly enhance your safety, but carefully consider who you let into your safety network.

- Inform children's schools and daycare of who is and is not allowed to pick them up.
- If the abuser has visitation, arrange for pick up to be at a safe location (such as a public place).
- Teach children what to do if they are separated from you (they should call a trusted friend).
- Always have your Protective Order/No Contact Order on you.
- Give copies of your Protective Order/No Contact Order (and a picture of your abuser) to schools, daycare, workplaces, apartments, etc.
- Devise a plan with coworkers/security in the event that the abuser comes to the workplace (ex. They call 911 while you go to a safe area).
- Vary your routine. Use different stores, drive different routes, and shop on different days.
- Arrange for someone to walk you to your car or to wait with you for the bus.
- If you suspect you are being followed, go to a well lit, populated, public area.
- Let someone you trust know your route and destination times so they can alert the police if there are any problems.
- Ask that no one give out information about you.