

## 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 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**

A United Way Agency of Grant County  
A United Fund Agency of 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 you 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.