

Safety Planning Tips



1100 South 9th Street, Suite 100
Noblesville, IN 46060
(317)773-6942

24hr crisis line: (317)776-3472

www.prevailinc.org

When I leave, I should take:

Identification/Passports	Legal Papers
Birth Certificates	Medical Records
Social Security Cards	Lease/Rental Agreement
School Records	House Deed
Checkbook, Debit Card	Car Title
Keys—house/car	Photos
Medication	Jewelry
Journals/Diaries	Children's toy/blanket
Tax Returns	Item of sentimental value
Pay Stubs	Items for Pets

Important Numbers

Emergency: 911

Hamilton Co. Sheriff (non-emergency): (317)773-1282
(Arcadia, Atlanta, Sheridan, Cicero, Fishers, Westfield)

Carmel PD: (317)571-2580

Noblesville PD: (317)773-1300

Victim Information & Notification: 1-866-891-0330

Department of Child Services: 1-800-800-5556

Probation: (317)776-9672

Prosecutor's Office: (317)776-8595

Connect to Help: 211 (resources and referrals)

Safety while Using Technology

- If your offender sends you threatening messages, save them. They can be used as proof of harassment.
- Try to use a safe computer at the library, community center, or other public place if your offender monitors your activity.
- Protect your email, voice mail passwords and PIN numbers; change them often.
- Be careful using cell phones. Your bill can reveal who you've called & your settings can be used to track and monitor you.
- Do not give out your Social Security number unless absolutely necessary.

Safety and my Emotional Health

- When you have to communicate with your offender, you can do so in the safest way possible—phone, e-mail, public place.
- You can meet with advocates at Prevail & attend support groups to gain support.
- You can practice self-care—exercise, journaling, etc.
- Before resuming an abusive relationship, discuss options with someone that you trust.
- Read books & articles about healing from abuse.

Whether or not you feel able to leave an abuser, there are things you can do to make yourself and your family safer.

Safety During a Violent Incident

If you are at home & you are being threatened or attacked:

- Decide and plan where you will go if you have to leave home (even if you don't think you'll have to).
- Leave if possible. If you can't leave, move to a room where you have access to an exit and/or phone.
- Stay away from rooms without exits or a room with items that could be used as weapons, such as kitchen, bathroom, garage.
- Create code word or signal to use to alert a neighbor or friend for help.
- Use your own judgment. If the situation is very dangerous, do what is necessary to keep safe; try to use de-escalation techniques.
- Get medical help if you are hurt.
- Take pictures of bruises or injuries.
- Call 911 right away for help.
- When you have gotten to safety, document what happened—take photos, file police report, etc.

Safety When Preparing to Leave

- Leave money, an extra set of keys, copies of important documents, and clothes with someone you can trust, so you can leave quickly.
- Open a savings account and/or credit card in your own name.
- Think of someone you could stay with or who could lend you some money if needed.
- Keep your cell phone charged and with you at all times, remember any cell phone that can be turned on can dial 911.
- Keep the phone number of Prevail or another crisis line in a safe place.
- Make plans for where to place pets if you cannot take them with you.

Safety in my own residence

- Change locks on doors and windows; local law enforcement can perform a walk-through free of charge.
- Install security systems including add'l locks, window bar poles, outside lighting system.
- Carry phone when walking outside (to car, getting mail, etc.)
- Inform neighbors, friends & others that partner does not reside w/you and to call the police if seen near your residence.
- Discuss safety plan with your children for when you are not with them.

Safety with a Protective Order

- Keep your Protective Order with you at all times. Give a copy to a trusted friend, family member.
- Inform employer, family, neighbor, friends, etc. that you have a protective order in effect.
- If your offender destroys your protective order, you can get another copy from clerk's office or Prevail.
- If your offender violates your protective order, you can call the police and report the violation. You can report ANY violation.

Safety in Public and at Work

- Inform your employer of your situation.
- Arrange for calls to go to voicemail, or have caller ID or co-workers screen your calls.
- Have someone escort you to your car or the bus and wait with you until you are safely on your way. Vary routes home.
- If you are being followed, drive to local law enforcement and call 911 for reinforcement.
- Change routine—go to different grocery stores, businesses and banks.

Remember, you do not deserve to be hit, threatened, sexually assaulted or have to live in fear!

**PREVAIL**

24-Hour Crisis Line: (317) 776-3472