

PCI Safety Plan

You and your children are not responsible for violent acts committed against you. Domestic violence is dangerous and while violent acts can be unpredictable, there are some things you can do that may reduce you and your children's risk of being harmed.

You can call our 24/7 Local DV Hotline at 318-226-5015 or the Statewide DV Hotline at 1-888-411-1333 for assistance with Safety Planning or other questions you might have.

Safety Planning When Preparing to leave, leaving can be the most dangerous time

- Open a savings account in your own name to start to establish or increase your independence if possible
- Have a packed bag ready and keep it in a secret place that is easy to reach
- Leave money, an extra set of keys, copies of important documents and extra clothes with someone you trust
- Keep the shelter phone number close at hand, or better yet, memorize it, and keep some change or a calling card on you at all times for emergency phone calls.

Safety in Your Own Home

- Change the locks on your doors as soon as possible. Buy additional locks and safety devices to secure your windows
- Inform neighbors and landlord that your partner no longer lives with you and that they should call the police if they see your partner near your home
- Change your phone number
- If you are able, save all messages with threats

Safety and Your Children

- Discuss a safety plan with your children for when you are not with them
- Give them a code word
- Teach them not to get into a middle of a fight
- Inform your children's school, day care, etc., about who has permission to pick up your children, Give them a picture of the abuser if possible

Your Safety and Emotional Health

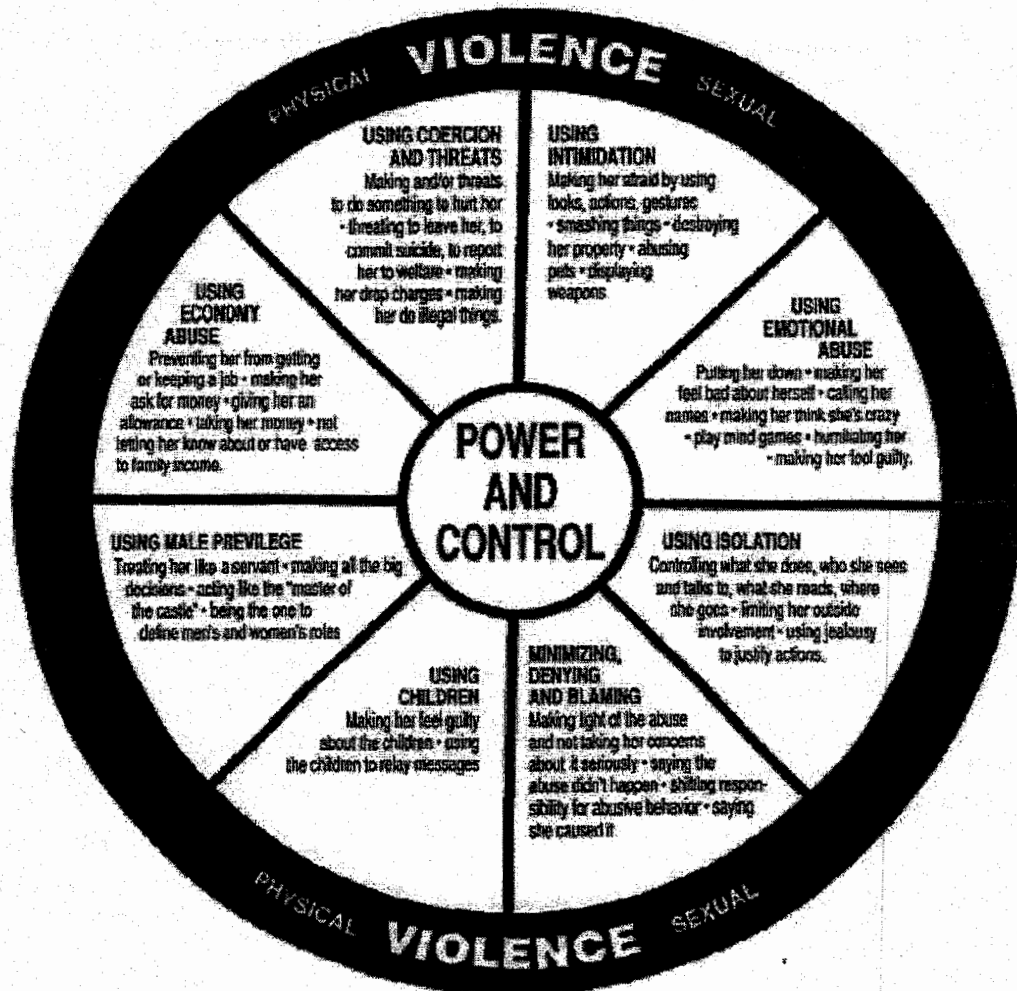
- Consider attending a support group to gain support from others and to learn more about yourself and the relationship. You may get information about our free and confidential DV Support Groups by calling **318-226-5015 or toll free 1-888-411-1333.**

Important Items to Take With You If You Leave

- Identification
- Social security cards
- Birth certificates
- Children's birth certificates
- Money
- Medications
- Keys
- Marriage license
- Checkbook
- Charge cards/debit cards
- Bank statements
- Proof of income

Power and Control Wheel

Below is the Power and Control Wheel. The power and control wheel is a way of visually representing the tactics typically used by batterers. Battering means the ongoing pattern of violence, coercion, and abuse in an intimate relationship.



Project Celebration offers free and confidential services for victims of domestic violence and sexual assault. Please give us a call at 318-226-5015 or 1-888-411-1333 for assistance.