

# Domestic Violence Safety Plan

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The following also is provided in [Spanish](#). Lo siguiente tambien es provisto en [Español](#).

## Do You Feel Safe at Home? You Can.

### 24-hour hotlines

For local shelter: (318) 251-2255 or 1-888-411-1333  
National hotline: 1-800-799-SAFE (7233)

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### Safety at home

#### When abuser is there:

- Stay out of rooms with no exit.
- Avoid rooms that may have weapons.
- Select a code word that alerts friends and children to call police.
- Leave suitcase and checklist items with a friend.

#### When abuser has moved out:

- Obtain an order of protection.
- Change locks on doors and windows.

- Insert a peephole in the door.
  - Change telephone number, screen calls and block caller ID.
  - Install/increase outside lighting.
  - Consider getting a dog
  - Inform landlord or neighbor of situation, and ask that police be called if abuser is seen around the house.
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## **Safety at work**

### **What to do:**

- Tell your employer:
  - Give security a photo of abuser and order of protection.
  - Screen your calls.
  - Have an escort to your car or bus.
  - Vary your route home.
  - Consider a cell phone for your car.
  - Carry a noisemaker or personal alarm.
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## **Protecting your children**

- Plan and rehearse an escape route with your children.
  - If it is safe, teach them a code word to call 911, and how to use a public telephone.
  - Let school personnel know to whom children can be released.
  - Give school personnel a photo of abuser.
  - Warn school personnel not to divulge your address and phone number.
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## **Getting an order of protection**

- Call (318) 513-7393 to learn about an order of protection and injunction against harassment.
- Call the Police to get an immediate Order of Protection.

- Keep your order with you at ALL times, and give copies to family, friends, schools, employers and babysitters.

### **IN AN EMERGENCY - CALL 911 IMMEDIATELY**

- Go to an emergency room if you need medical help.
- Take pictures of bruises and injuries.

### **Local shelter and support**

#### **Domestic Abuse Resistance Team [DART]**

**1-318-251-2255 or 1-888-411-1333**

**Free to copy and distribute this information as needed. It is available in alternative formats by contacting [318] 513-9373.**