

Peace at Home

AN INFORMATIONAL HANDBOOK BY



MEMBERS OF THE RHODE ISLAND COALITION AGAINST DOMESTIC VIOLENCE



CENTER FOR SOUTHEAST ASIANS | CROSSROADS RI | FAMILY SERVICE OF RI | PROGRESO LATINO | YWCA RI

**If you are in an abusive relationship,
there are steps you can take to stay safe.**

**You are not to blame,
and you are not alone.**

**Call the Rhode Island statewide Helpline
to learn about the support that is available:**

1-800-494-8100

All calls are confidential.

Peace at Home

**AN INFORMATIONAL HANDBOOK
ABOUT DOMESTIC VIOLENCE**

When it comes to ending domestic violence, we all have a part to play.

If you are looking for steps you can take to end an abusive relationship while staying safe, or looking to learn more about domestic violence so you can support a friend, this informational handbook can help guide you.

The information in the following pages will help you:

- ▶ **Learn about the dynamics and warning signs of domestic violence.**
- ▶ **Seek help for yourself and others.**
- ▶ **Be a source of information and support in your community.**

Read this book, learn about the problem, and share what you learn with others. Together, we can end domestic violence.



The purpose of the Rhode Island Coalition Against Domestic Violence (RICADV) is to eliminate domestic violence in Rhode Island.

The mission of the RICADV is to support and enhance the work of our member agencies and to provide leadership on the issue of domestic violence.

Member Agencies of the Rhode Island Coalition Against Domestic Violence*

- ▶ Blackstone Valley Advocacy Center
- ▶ Domestic Violence Resource Center of South County
- ▶ Elizabeth Buffum Chace Center
- ▶ Sojourner House
- ▶ Women's Resource Center

*Please see page 19 for information about our affiliate members.

This informational handbook is based on the original concept by Peace at Home, Inc.

The handbook was reimagined and revised by the Rhode Island Coalition Against Domestic Violence in 2015 and updated in 2018.

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What is Domestic Violence?

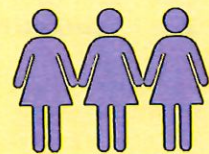
Domestic violence is a pattern of abuse within a relationship that escalates over time. It consists of abusive and coercive behaviors that one person uses to establish and maintain power and control over their partner.

Domestic violence can happen to anyone, regardless of age, race, ethnicity, gender identity, sexual orientation, religion, culture, income or education level, occupation, community, or socioeconomic status.

Under Rhode Island law, domestic violence is defined as a crime committed by one family or household member against another. Family or household members can include spouses, dating partners, parents and their adult children, siblings, step-relatives, in-laws, or roommates.

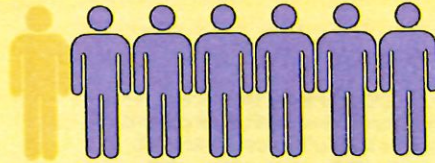
This handbook will focus on domestic violence as intimate partner violence, abusive behavior by a person against their current or former intimate partner.

This abuse can occur during the relationship, while the relationship is ending, or after the relationship has ended.



1 in 4 women

1 in 7 men



in the U.S. have experienced intimate partner violence in their lifetime

National Intimate Partner and Sexual Violence Survey (NISVS)

Types of Abuse

Domestic violence takes many forms. Abusers will frequently use multiple types of abuse at the same time in order to control their partner.

No amount or type of abuse is acceptable. People often think of domestic violence as being physical abuse, but physical violence is not the only type of abuse, and it may or may not be present in an abusive relationship.

Physical: Violence toward a partner or toward children, pets, or loved ones as a way to control the partner. Includes slapping, pushing, biting, grabbing, kicking, hair-pulling, punching, choking, burning, and using weapons. It also includes interrupting sleep; forcing substance use; withholding basic necessities; denying medical treatment; destroying a partner's possessions; slamming doors, punching walls, and throwing or breaking things.

Sexual: Any situation where an abuser coerces or forces a partner to take part in unwanted, unsafe, or degrading sexual activity. Includes rape; making the partner feel fearful about saying no to sex; forcing the partner to have sex with others; denying contraception or protection from sexually transmitted infections; and degrading treatment based on the partner's sexual orientation.

Emotional, Verbal, and Psychological: Includes constant put-downs and criticisms; minimizing the abuse or blaming the partner for the abuse;

isolating the partner from family, friends, and activities; excessive jealousy; accusing the partner of cheating; monitoring the partner's every move; using threats and intimidation, such as threats of violence, angry looks or gestures, using weapons, driving recklessly, threatening to report the partner to social service agencies (e.g., welfare, immigration, child protection).

Financial: Includes not letting a partner have access to their money; making the partner account for every penny they spend; giving the partner an allowance; hiding or preventing access to shared assets; creating debt in the partner's name or ruining their credit; interfering with the partner's job or education.

Digital: The use of technologies, such as texting and social media, to stalk, bully, harass, or intimidate a partner. Includes monitoring a partner; limiting or prohibiting a partner's activity or access; and threatening to expose private content or messages.



Power & Control Wheel

The Power and Control Wheel shows the various tactics that abusers use to exert power and control over their partners. This tool can help victims and others identify the dynamics of domestic violence and help victims understand what they are experiencing.

Domestic violence is not a momentary loss of temper. Abusive partners do not abuse because they are out of control. They are acting with intent and choosing when and how to use violence and abuse in order to control their partners.

Factors such as stress, drugs, alcohol, unemployment, and mental health do not cause people to be violent toward their partners. An abuser's use of alcohol, for example, may increase the severity of the abuse or may be used by the abuser as an excuse for their actions; however, it is important to recognize that it does not cause the abuse.



Adapted from The Duluth Model, Domestic Abuse Intervention Project

Cycle of Violence

The cycle of violence is present in many abusive relationships, set in motion by the abuser to maintain power and control over their partner. While the cycle of violence does not occur in every relationship, it does in many, and it commonly consists of three phases that repeat over and over – Tension-Building, Explosion, and Honeymoon. The severity and frequency of the cycle usually increase over time.

Tension-Building: The abuser is critical, bullying, moody, and demanding. The victim often feels like they are "walking on eggshells" and may try to pacify the abuser. The abuser's behavior escalates and may include threats of violence.

Explosion: As the tension builds, the abuse escalates to become more severe and dangerous. No matter what the victim does or does not do, abusive episodes are beyond the victim's control.

Honeymoon: After an abusive episode, the abuser may seem filled with shame and regret. They may say they are sorry and beg for forgiveness. They may be very loving and shower the victim with attention or gifts. The abuser may promise to "never do it again" or say they will take steps to change, such as counseling. They may try to minimize the abuse or blame the victim. Eventually, the tension begins to build again, and the cycle repeats.

Love / Hope / Fear
An abuser will often use the victim's feelings of love, hope, and fear to control them, making it very difficult for a victim to end an abusive relationship. The victim may still love their partner and hope that they will change. They may live in fear of the abuser, and of the threats the abuser has made against them or their children, pets, and loved ones.



Adapted by Dr. Lenore Walker's "Cycle of Abuse"



Warning Signs

Being able to identify warning signs and tactics of abuse is a critical step toward keeping yourself and others safe. These common warning signs, or "red flags," can help you recognize if you or someone you know is in an abusive relationship.

Take warning signs seriously. If you see red flags in your relationship, consider talking to someone you trust and calling the RI statewide Helpline (1-800-494-8100) for support. If you think someone you know is being abused, turn to page 15 for ways you can help.

Verbal Attacks: Name-calling; mocking; making humiliating remarks or gestures; making jokes at the partner's expense; teasing in hurtful ways and playing it off as a joke; using racial slurs or negative stereotypes based on a partner's identity, such as their sexual orientation

Disrespect: Interrupting; not listening or responding; not respecting feelings, rights, or opinions; putting the partner down in front of other people; making negative remarks about the partner's family and friends

Minimizing, Denying, & Blaming: Making light of hurtful behavior and not taking the partner's concerns about it seriously; blaming the partner for the hurtful behavior, saying they caused it

Emotional Withholding: Not giving support, attention, or

compliments; withholding affection or communication, particularly to punish the partner

Breach of Trust/Breaking Promises: Lying to a partner; cheating on a partner; not following through on agreements made; not taking a fair share of responsibility; refusing to help with childcare or housework

Harassment & Stalking: Making uninvited visits or calls; following the partner; embarrassing the partner in public; refusing to leave when asked; sending unwanted or explicit content via text, email, or social media; demanding that the partner send explicit content; threatening to expose private photos, videos, or messages; continually filing legal motions against the partner; filing a retaliatory restraining order

Monitoring: Constantly checking up on the partner; needing to know

where they are, who they are with, and when they will be home; constantly texting/calling the partner, demanding a response, and threatening or accusing them if they do not reply or do so fast enough; demanding to look through the partner's phone to check photos, texts, and calls; using social media sites or other technology to keep track of the partner; hacking into a partner's accounts or insisting that they share their passwords

Jealousy & Possessiveness: Being extremely jealous; accusing a partner of cheating or wanting to cheat; telling the partner where they can go, what they can wear, who they can talk to, and who they can be friends with, both online and off; getting upset with a partner for talking to or spending time with others

Isolation: Preventing a partner from seeing friends or relatives or making it difficult for them to do so; humiliating the partner in public or at social gatherings; stopping a partner from taking part in hobbies or activities;

not allowing a partner to use the phone or computer; insisting on transporting the partner to and from work or other activities; not letting the partner go out in public without them

Assuming Authority: Always claiming to be right; bossing a partner around and telling them what to do; insisting on making all major decisions; expecting the partner to be like a servant; feeling entitled to special treatment; routinely offended if they do not get what they think they deserve; believing they can say or do whatever they want no matter what

Economic Control: Threatening to withhold money; demanding they manage their partner's money; refusing to give a partner their own money or taking the partner's money; interfering with a partner's job or education; not letting the partner go to work or school; taking a partner's car keys or otherwise preventing them from using the car; sabotaging a partner's credit; controlling shared resources, such as bank accounts

Barriers to Leaving

Victims of domestic violence face many barriers to ending the abusive relationship and accessing safety, services, and justice. Victims from historically marginalized communities face additional barriers, such as language and discrimination based on race, culture, gender identity, or sexual orientation.

Understanding these barriers can help victims stay safe and help friends and loved ones build support systems for those experiencing abuse.

It is important to remember that the abuse is never the victim's fault. The abuser is choosing to be violent in order to exert power and control over their partner.

Asking "Why doesn't the victim just leave?" puts the blame and responsibility on the victim rather than on the person choosing to abuse. The question also assumes that leaving will end the violence; however, one of the most dangerous times for a victim is while or after they leave the abusive relationship. The abuser is losing power and control and will often react in harmful ways. Victims and their support network must be prepared for an increased risk of violence during this time (see page 11 for information on safety planning).

The question should not be "Why does the victim stay?" but rather we should ask, "Why does the violent partner abuse, how can we as a community respond, and how can I help the victim stay safe?"

Some of the most difficult barriers to ending an abusive relationship can be found on the following pages.

Fear: Fear of threats that the abuser has made against the victim and their loved ones, or of threats to self-harm or commit suicide if the victim leaves, can keep a victim in the abusive relationship. A victim may have experienced retaliation by the abuser in the past because they tried to leave, called the police, or sought medical attention. A victim may fear that the abuser will retaliate by reporting them to child welfare or immigration services and fear loss of child custody or deportation. A LGBTQ+ victim of domestic violence may fear that the abuser will "out" them to family, friends, and coworkers. The victim may have nowhere to go and fear becoming homeless. Victims may fear prejudice and discrimination from police or service providers.

Children: A victim of domestic violence does not want to put their children in harm's way by attempting to leave. An abuser will often threaten to hurt or abduct the children, get custody, or report the victim to child welfare or immigration services if the victim leaves. The abuser may have threatened or committed child abuse if the victim tried to leave in the past as a way to control the victim. The victim may feel it is their responsibility to keep the family together, particularly if they have children in common with the abuser. Victims are often concerned about the disruption to their children's lives that comes with separation, including the children's relationship to the abusive partner, changes in living environment or school, and changes in financial stability.

Love & Hope: The victim may love the abuser and hope that they will change. They may only want the abuse to stop, not for the relationship to end entirely. Oftentimes, the relationship did not start out this way; the victim may remember better times and hope that the relationship will go back to the way it once was. They may think they can change the abuser or that the abuser is genuinely remorseful and committed to change.

Barriers to Leaving (continued)

Finances: The victim may be concerned about providing for their basic needs and those of their children without the abuser, who may be the sole provider or have control over the finances. The victim may not have an income because the abuser takes their paychecks, does not let them work, or makes it difficult for them to keep a job. Separating from the abuser may be complicated if there are joint bank accounts and other shared assets. The abuser may have sabotaged the victim's credit. The victim and their children may not have anywhere else to live.

Isolation: A victim may not have a support network because their abuser has isolated them from their family, friends, community, and resources. The person may depend on the abuser in ways that increase their isolation, such as not speaking the primary language where they live and relying on the abuser to translate for them. If a person is elderly or has a disability, the abuser may be their primary caretaker. They may not have many connections outside of the home or relationship, and they may need the abuser in order to survive. A victim may lack means of transportation or communication, including access to the internet, often because their abuser blocks access to these resources.

Low Self-Esteem/Self-Blame: When an abuser constantly puts down their partner or blames them for the abuse, they can erode the victim's self-esteem. The victim may start to question their reality or begin to believe the abuse is their fault. The abuser may say, "Why do you make me do this to you?" or, "I wouldn't hit you if you didn't act that way." In turn, the victim may start to think, "If I was better, the abuse would stop." Over time, the repeated insults and threats from the abuser can destroy the victim's self-esteem, causing the victim to blame themselves for the abuse and stopping them from reaching out for help. The abuser may also deny that their actions are abusive, so the victim may struggle with self-doubt and may not be sure if what they are experiencing is actually abuse.

Shame: Victims of domestic violence may be ashamed that they got involved with an abusive partner. They may think, "I should have known better" or fear that other people will look down on them or judge them. They may be embarrassed and think, "How did I let this happen to me?" or "What would people think of me if they knew?" They may feel shame and self-blame: "I should be able to make my relationship work" or "I should be able to keep my family together."

Lack of Support: Victims often fear that no one will believe them if they come forward. For example, some people do not think that domestic violence occurs in same-sex relationships. Abusers can also be charming, and they are often well-liked in their family and community because of how they present themselves publicly. They know how to hide the abuse and choose when, where, and how to abuse their partner in order to keep the abuse "behind closed doors." This tactic can make it difficult for people outside of the relationship to believe that the abuse is taking place, due to what they think they know of the abuser.

Societal Norms & Beliefs: The person being abused may feel pressured by societal norms or religious beliefs to stay in the relationship. A person married to their abusive partner may fear disapproval from family, friends, and their community over divorce or may believe marriage vows are "for better or for worse." An abuser may assert, "This is just the way it is in relationships" or try to convince the victim to stay by saying that children are better off in a two-parent home. The abuser may use cultural or religious beliefs to justify the violence against their partner. People who grew up witnessing abuse may think violence is a normal part of life and may not know what a healthy relationship looks like.

Safety Planning

If you are in an abusive relationship, a safety plan is a practical guide that can help you stay safe. While you do not have control over the abuser's violence, you do have choices about how to respond and know best how to keep yourself and your loved ones safe.

As the person experiencing the abuse, you are the expert on your own relationship, so it is important that you lead the process of developing a safety plan that will work for you.

Every relationship is different. Some of the steps suggested here may not apply to everyone and should be adapted as needed. We encourage victims of domestic violence, and those looking to help, to speak with an advocate. Call the RI statewide Helpline (1-800-494-8100) or a local domestic violence agency to speak confidentially with an advocate and make a plan for safety.

Steps to Consider:

- ▶ Decide what you will do if the abuser becomes violent. What has worked in the past to keep you and your children safe? Can you call the police or teach your children to call? Who else can you call? Work out an emergency code or signal with the children or with neighbors you trust. Ask the neighbors to call the police if they see or hear anything suspicious around your home.
- ▶ Know how and when you can most safely leave the house. Plan an escape route to get out of the house quickly. Rehearse the escape plan and practice it with your children, if it is safe to do so. Create a few believable reasons for leaving the house at different times of day or night, like taking out the trash or walking the dog. Make a habit of backing the car into the driveway and keeping it fueled.
- ▶ Consider where you, your children, and your pets can go and whom you can call for help, either in an emergency or if you decide to leave the relationship. Talk to trusted people in your life about your situation.

- ▶ Write down a list of names, phone numbers, and addresses of people and organizations you can go to for help. Keep the list in a safe place where the abuser cannot find it, preferably not in a cell phone, which can break or get lost or which the abuser can monitor, take, or destroy.

- ▶ See the "Items to Take Checklist" on the next page if you are planning to leave the relationship. Keep important items, such as money, spare keys, clothes, medicine, and copies of important documents, with someone you trust in case you need to leave quickly.

- ▶ Contact a local domestic violence agency to learn about the resources available to you. Call the RI statewide Helpline (1-800-494-8100) to confidentially speak with an advocate.

- ▶ Consider restraining order protection. Contact a domestic violence court advocate for information and support (see page 20).

- ▶ Open a post office box so you can receive mail at a safe address. Open a savings account at a bank not used by the abuser. Open the account in your name using a safe address, or hide money to establish or increase your independence.

- ▶ Take steps to prove ownership of your pets. Register them with your town under your name. Do not leave pets alone with the abuser. Talk to loved ones or your veterinarian about temporary care for your pet, or contact a local domestic violence agency or animal shelter directly.



TECHNOLOGY SAFETY: While the technology you use, such as cell phones and social media, may be helpful to you, they can also be misused and monitored by the abuser. As you think about safety planning, remember to make your digital safety and privacy a priority. For tips, visit techsafety.org/resources-survivors.

Safety Planning (continued)

Items to Take Checklist

- Identification & driver's license
- Car registration, title, & insurance
- Birth certificates for self & children
- Social Security cards
- School & medical records
- Cash, bankbooks, ATM & credit cards
- Extra keys - house/car/office
- Changes of clothes
- Medications
- Eyeglasses & contacts
- Food & supplies for pets
- Pet registration & medical records
- Cash & food assistance cards
- Child support orders
- Passport, Green Card, visa, permits
- Divorce & custody documents
- Marriage license
- Copies of protective orders
- Agreements - lease/rental/deeds
- Mortgage payment book
- Current unpaid bills in my name
- Health & life insurance documents
- Jewelry, heirlooms, photos, & items of sentimental value
- Children's toys & blankets
- Address book / emergency numbers
 - RI statewide Helpline (1-800-494-8100)
 - Trusted friends & family; school; work
 - Local police; doctor's office; hospital
 - Community agencies; veterinarian

If you have ended the relationship, consider the following:

- ▶ Change the locks on doors and windows.
- ▶ Install a security system, extra locks, steel or metal doors, window bars, better lighting, motion-sensitive and outdoor lighting, smoke detectors, and fire extinguishers.
- ▶ Inform trusted neighbors that the abuser no longer lives with you. Ask them to call the police if they observe the abuser near your home or children or if they hear or see anything suspicious around your home.
- ▶ Avoid places (stores, banks, etc.) and routes that the abuser uses often or expects you to use often.
- ▶ Change your work hours or the route you take to work. Create a plan for leaving work safely every day and a process for screening your calls.
- ▶ Talk with schools, childcare providers, and anyone who takes care of your children about who has permission to pick them up.
- ▶ Teach your children what to do if the abuser takes them, such as calling you, the police, or trusted family members and friends.
- ▶ Change veterinarians, and avoid leaving pets outside alone.
- ▶ Obtain a restraining order, and keep it on you at all times. Call the police to enforce the order. Give copies to employers, neighbors, and schools along with a photo of the offender.
- ▶ Talk to a lawyer who specializes in family violence. Learn about options that will protect you and your children when it comes to divorce, custody, and visitation.
- ▶ If you have a custody agreement with the abusive partner, develop a safety plan for visitation, such as whom the children can call or where they can go if they need help. Make a plan for safe custody exchanges, such as meeting in a safe public place and bringing someone you trust.

Suggestions for Helping

Do you know someone in an abusive relationship? Do you suspect that a friend, family member, or someone you know is being abused? If so, you can be a critical source of information and support.

Approach the person without judgment, and express your concerns. Assure them that you will keep all conversations confidential. Even if they choose not to talk, they will know that you care and may reach out to you for help in the future.

Listen, and believe them. What they say may be hard for you to hear, but try to contain reactions that may make them feel self-conscious or hesitant to share more. Some of what they say may be hard for you to imagine based on what you think you know of the abuser – do not let that interfere with being there for the victim. Stay in the moment and listen, even if it is difficult for you to accept or understand.

Acknowledge that it is difficult to talk about domestic violence. Assure them that the abuse is not their fault, that they are not alone, and that no one deserves to be abused.

Respect their feelings. A person talking about the abuse they are experiencing may display intense or inconsistent emotions or may not seem to have any emotions at all. Being abused is traumatic, and reactions to trauma vary widely. Recognize the ways that the person is coping, but do not judge the victim or dismiss the abuse if they are not acting how you would expect.

Assess your safety. Find ways to help that will keep both you and the victim safe. Ask questions like, "What can I do to help?"

Support the victim. Allow them to make their own decisions, even if it means not being ready to leave the relationship. Victims are the experts on their own situations and know best what kind of support they need and what steps to take to stay safe.

There are many barriers to ending an abusive relationship. Avoid telling the victim to "just leave." Instead, offer support, resources, and options. Below, find a list of steps you should and should not take to help.

DO:

- ▶ **Offer** the victim a safe place to stay, or help them find one.
- ▶ **Provide** information about local domestic violence agencies and the RI statewide Helpline (1-800-494-8100). Encourage them to talk to people and organizations that can help. Offer to call an agency or the Helpline with them.
- ▶ **Encourage** the victim to document evidence of physical abuse, keep a journal of violent or abusive incidents, and save or print any threatening emails or messages from the abuser.
- ▶ **Remain patient.** Leaving an abusive relationship is a process. Respect the victim's decisions. Do not cut off support, and do not give up!

DO NOT:

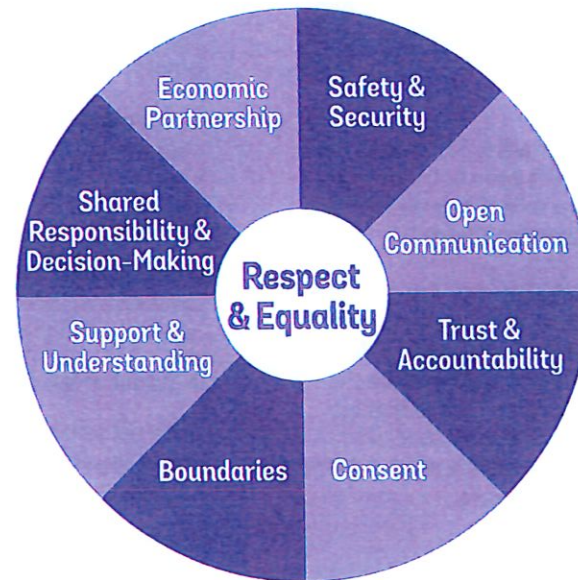
- ▶ **Do not wait** for the person to tell you about the abuse. If you suspect that someone you know is being abused, tell them you care about them and are concerned for their well-being.
- ▶ **Do not judge, blame, or criticize** the victim for staying with the abuser.
- ▶ **Do not pressure** the person to tell you about the abuse. Just let them know you are there for them. Do not make choices for them. Instead, help them create a plan to stay safe.
- ▶ **Do not place conditions** on your support. The victim may not do what you want or expect them to do, but focus on remaining supportive.
- ▶ **Do not post information** about the victim on social networking sites or use social media to reveal their location.

Healthy Relationships

The Healthy Relationships Wheel shows what a relationship looks like when it is based on equality and respect, not power and control.

In a healthy relationship, partners feel accepted, appreciated, and heard. Partners share an intimate connection but also feel supported to pursue interests and activities independent from one another and to spend time with people other than their partner.

While every relationship is different, healthy relationships have certain characteristics in common, such as those listed on the following page.



Adapted from *The Duluth Model, Domestic Abuse Intervention Project*

Open Communication Each person has a responsibility to make themselves heard and to hear the other. Partners are able to express needs, wants, and feelings without fear. Partners listen and try to understand the other's needs and points of view. Disagreements and conflict occur, but partners can mutually find solutions through fair, respectful compromise.

Boundaries Each partner has space and privacy, both online and off. Partners can spend time apart – alone and with others – and pursue their own hobbies, activities, and goals. Each person can express what they are or are not comfortable with when it comes to sex, finances, and personal time and space without feeling pressured to do anything they do not want to do.

Trust & Accountability Partners can speak openly about their feelings and beliefs, value one another's individuality, and trust each other with their safety and well-being. Each partner is reliable and can depend on the other in times of need as well as joy. Partners follow through on agreements they have made with one another. They own their mistakes and accept responsibility for themselves and their behavior.

Support & Understanding Partners provide emotional support to one another, support each other's goals, and celebrate one another's accomplishments. Both accept and love the other for who they are. They show respect through both words and actions. They each have self-worth and focus on their own wellness, but also speak up when they need support.

Consent Partners can say yes or no to sex or other aspects of the relationship without feeling afraid or pressured. The status of the relationship does not make consent automatic; partners may be dating or living together, but neither partner owns the other or is entitled to their mind or body.

Economic Partnership Partners share responsibility for financial decisions. They have equal access to financial information, and they mutually benefit from agreed-upon financial arrangements.

Shared Responsibility Partners make family and relationship decisions together. They mutually agree on a fair distribution of work, such as childcare and household chores. Partners share parental duties, and each acts as a positive, nonviolent role model for the children.

Local Resources

1-800-494-8100 RI Statewide Helpline

Organizations throughout Rhode Island provide emergency support services to victims of domestic violence and their children. To learn more, contact the 24-hour statewide Helpline, offering support, information, and advocacy for those impacted by crimes of violence.

Local Domestic Violence Agencies

The RICADV's member agencies provide confidential services for victims, including emergency shelter, support groups, counseling services, and assistance with the legal system. The agencies also offer specialized programs and services (e.g., LGBTQ+, immigration) to support and serve their clients and communities. Learn what is available in your area by contacting the local agency directly.

Blackstone Valley Advocacy Center
401-723-3057
bvadvocacycenter.org

Elizabeth Buffum Chace Center
401-738-1700
ebccenter.org

Women's Resource Center
401-846-5263
wrcnbc.org

RICADV Affiliate Members

Center for Southeast Asians
401-274-8811
cseari.org

Family Service of Rhode Island
401-519-2280
familyserviceri.org

Domestic Violence Resource Center of South County
401-782-3990
dvrcsc.org

Sojourner House
401-765-3232
sojournerri.org

Crossroads Rhode Island
401-861-2760
crossroadsri.org

Progreso Latino
401-728-5920
progresolatino.org

YWCA Rhode Island
401-769-7450
ywcari.org

Domestic Violence Court Advocates
To get information and support on restraining orders or the court process, contact a domestic violence court advocate:

Garrahy Judicial Complex (Providence) 401-458-3372

McGrath Judicial Complex (Wakefield) 401-782-4174

Murray Judicial Complex (Newport) 401-236-8364

Noel Judicial Complex (Warwick) 401-822-6680

Office of the RI Attorney General Domestic Violence/Sexual Assault (DV/SA) Unit
401-274-4400

Crime Victim Compensation Fund
This program provides financial compensation to victims of violent crime for related expenses, such as medical bills and relocation. For information, call the Office of the RI General Treasurer at 401-462-7655.

Day One: The Sexual Assault & Trauma Resource Center
401-421-4100
www.dayoneri.org

Rhode Island Legal Services
401-274-2652
Legal assistance for qualifying low-income Rhode Islanders

Rhode Island Bar Association:

Volunteer Lawyer Program
1-800-339-7758
Free legal services to qualifying low-income Rhode Islanders

Lawyer Referral Service
401-421-7799
Reduced fee and legal assistance for those with qualifying income

RI-VINE
1-877-RI4-VINE (744-8463)
Register to receive updates when an offender is released from the Adult Correctional Institutions (ACI).

Department of Children, Youth & Families (DCYF)
1-800-RI-CHILD (1-800-742-4453)
Mandatory reporting number to report child abuse

Division of Elderly Affairs (DEA) Protective Services Unit
401-462-0555
Mandatory reporting number to report elder abuse



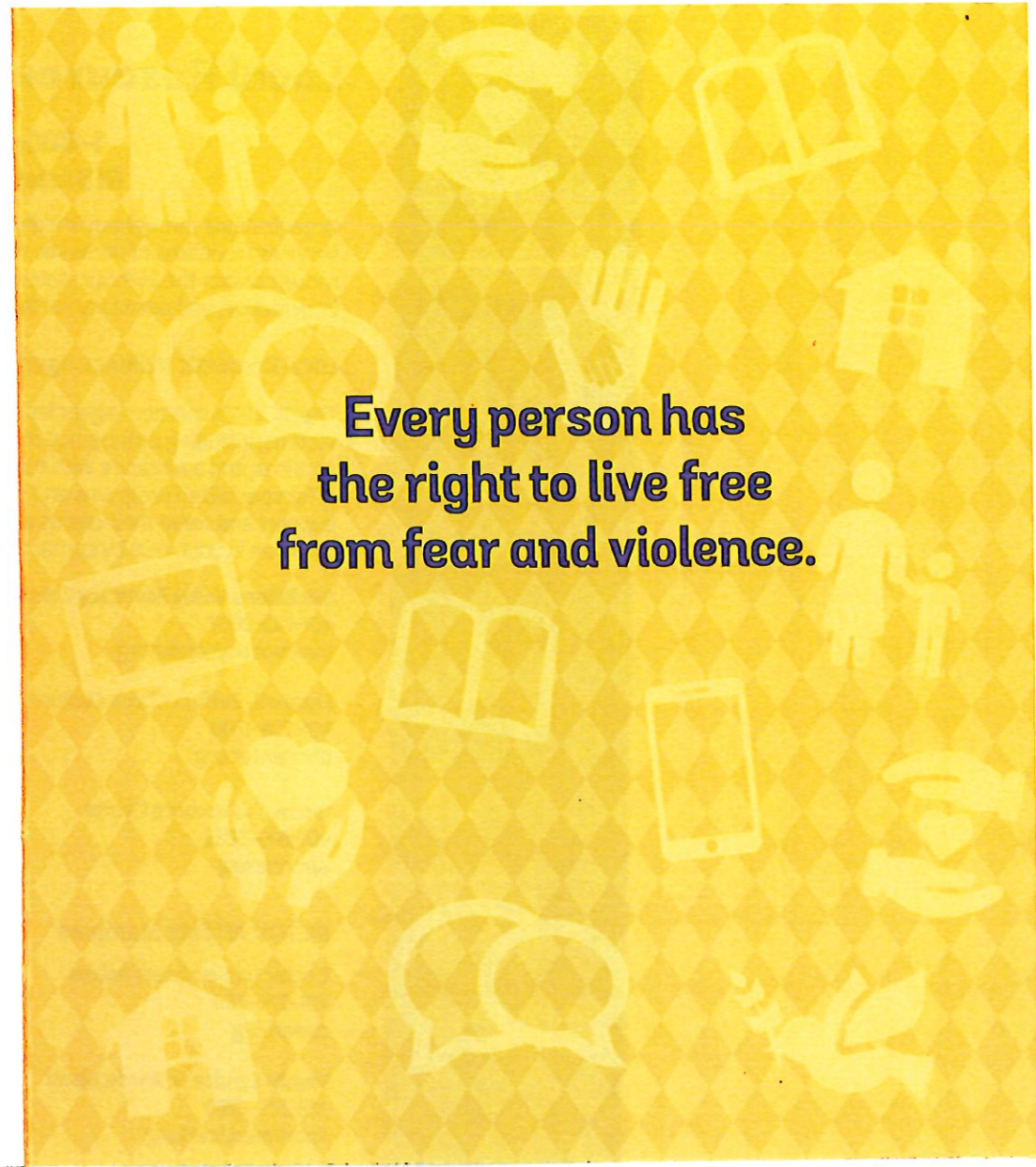
National Resources

National Network to End Domestic Violence
1-202-543-5566
www.nnedv.org

National Domestic Violence Hotline
1-800-799-SAFE (7233)
1-800-787-3224 (TTY)
www.thehotline.org

loveisrespect (National Teen Dating Abuse Helpline)
1-866-331-9474
Text: loveis to 22522
www.loveisrespect.org

National Sexual Violence Resource Center
1-877-739-3895
www.nsvrc.org



**Every person has
the right to live free
from fear and violence.**