

# USEFUL WEBSITES

## Rhode Island Coalition Against Domestic Violence (RICADV)

[www.ricadv.org](http://www.ricadv.org)  
(401) 467-9940

This website provides links to your local domestic violence agency, answers many of your questions about domestic violence, and has an online chat advocate available from 4 to 7 p.m. every day.

## Rhode Island Legal Services

[www.rils.org](http://www.rils.org)  
(401) 274-2652 or (401) 846-2264

This website provides information about Rhode Island laws and may be able to answer your legal questions regarding Family Court, criminal law, housing, and immigration.

## National Domestic Violence Hotline

[www.thehotline.org](http://www.thehotline.org)  
1-800-799-SAFE (7223)  
1-800-787-3224 (TTY)

The “Get Help” and “Resources” sections on this website provide information and resources to victims of domestic violence including technical and social media safety, deaf services, and safe havens for pets.

## Victim Information Notification Everyday

[www.vinelink.com](http://www.vinelink.com)  
1-877-744-8463

If you are a victim of a crime, you can register through this website to receive notifications on the custody status of the offender.

## National Teen Dating Abuse Hotline

[www.loveisrespect.org](http://www.loveisrespect.org)  
1-866-331-9474

**Text: loveisrespect to 22522**

This website offers support, information, and advocacy to young people who have questions about their dating relationships.

## Women’s Law

[www.womenslaw.org](http://www.womenslaw.org)

This website was created specifically for victims of domestic violence and provides state specific information on legal processes.

## Rhode Island 2-1-1

[www.uwri.org/get-help-2-1-1](http://www.uwri.org/get-help-2-1-1)

**Dial 2-1-1**

This website provides information and referrals to connect victims with agencies and trained specialists who offer supportive services.

## Contact your local domestic violence agency for assistance:

- HELPLINE 24-hour, toll free (800) 494-8100
- Blackstone Valley Advocacy Center (401) 723-3057
- Domestic Violence Resource Center of South County (401) 782-3990
- Elizabeth Buffum Chace Center (401) 738-1700
- Sojourner House (401) 765-3232
- Women’s Resource Center (401) 846-5263

## Additional resources for victims of domestic violence:

- Center for Southeast Asians (401) 274-8811
- Crossroads’ Domestic Violence Program (401) 861-2760
- Day One (sexual assault) (401) 421-4100
- Department of Children, Youth, and Families (DCYF) 1-800 RI-CHILD or 1-800-742-4453
- Department of Elderly Affairs (aged sixty (60) or over) (401) 462-3000
- Office of the Attorney General (401) 274-4400
- Progreso Latino (401) 728-5920
- Rhode Island Crime Victims Compensation Program (401) 462-7655

IN AN  
EMERGENCY,  
CALL THE  
POLICE:  
911

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# DOMESTIC VIOLENCE SAFETY PLAN



*For a personalized safety plan, you can contact your local domestic violence agency listed on the back of this brochure.*

*We suggest that if your abuser has access to your personal computer, avoid using the computer for safety planning and use a computer at a public library or a friend’s house instead. Your abuser may be able to see what websites you have visited or what documents you have downloaded, even if you clean out your history.*

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# SAFETY DURING A DANGEROUS INCIDENT

- **STAY AWAY FROM THE KITCHEN (THE ABUSER CAN ACCESS KNIVES THERE)**
- **STAY AWAY FROM BATHROOMS, CLOSETS, OR SMALL SPACES WHERE THE ABUSER CAN TRAP YOU**
- **GET TO A ROOM WITH A DOOR OR WINDOW TO ESCAPE**
- **GET TO A ROOM WITH A TELEPHONE OR GRAB A CELL TELEPHONE TO CALL 911**

## HOW TO PROTECT YOURSELF AT HOME

(OR WHEN YOU ARE PREPARING TO LEAVE)

- Plan an escape route; teach the escape route to your children
- Have a bag packed and ready to go; keep the bag hidden but accessible
- Work with a domestic violence advocate to develop a personalized safety plan
- Have a code word or phrase to use with your children, family, or friends to let them know if you are in danger
- Keep a cell phone with you at all times in case you need to call 911

## HOW TO PROTECT YOURSELF OUTSIDE YOUR HOME

(OR AFTER YOUR ABUSER HAS LEFT)

- Change your locks and be sure to secure your windows
- Change your routines and regular travel habits
- Get an unlisted telephone number
- Use caller identification to screen calls or use an answering machine
- Keep your protective order with you at all times; give copies to a friend, co-worker, or neighbor; keep a copy in a safe place
- Cancel any bank accounts or credit cards you shared with your abuser; open new accounts at a different bank
- Change passwords on your accounts
- Park in well-lighted areas and have someone walk with you to your car
- Teach your children how to call 911, what to do if an emergency occurs, and whom to call if you are not with them and they are concerned about safety
- Give the principal at your children's school or daycare center a copy of your protective order; tell them who is authorized to take your children and give them a photograph of your abuser if the person is not allowed to pick up your children.

## YOU HAVE A RIGHT TO BE SAFE FROM ABUSE

*Although you do not have control over your abuser's violence, you do have choices about how to respond and how to best keep yourself and your children safe. Rhode Island's specialized domestic violence agencies (listed on the back of this brochure) provide information, referrals, and support services, including:*

- Individualized safety planning
- Court advocacy and assistance in obtaining Restraining Orders
- Free 911 emergency cell telephones
- Safe shelter and information on transitional housing or rapid re-housing options
- 24-hour hotline services
- Support groups and educational programs
- Counseling and advocacy for yourself or your children
- "U" Visa and VAWA self-petition options for undocumented immigrant victims (call Sojourner House)

# CHECKLIST

WHAT TO TAKE WITH YOU

### IDENTIFICATION INFORMATION

- Driver's license and registration
- Birth certificate
- Your children's birth certificates
- Green card or work permits
- Passport
- Social security card

### OTHER IMPORTANT PAPERS

- Medical records for yourself and your children
- School records
- Divorce or custody agreements
- Lease or mortgage papers
- Insurance papers
- Copy of Protection Order
- List of important telephone numbers
- FIP/RIWorks identification card

### FINANCIAL ITEMS

- Cash, debit, and/or credit cards
- Bank books
- Checkbook

### OTHER IMPORTANT ITEMS

- Cell telephone and charger
- House and car keys
- Medications
- Anything valuable or sentimental (jewelry, photographs)
- Favorite toys for small children