At the Restraining Order Hearing:

How can I provide proof?

Have there been any witnesses to the abuse? It can be anyone (friends, family, doctors, nurses, law enforcement and even strangers).

• Get evidence and documentation to help prove your case:

- Medical reports
- Police reports
- Pictures of your injuries or damage that he has done to your property
- Voice mail messages or text messages that the abuser may have left for you or sent to you.
- Letters the abuser may have written to you

• Anything else that can demonstrate to the Court Commissioner that you have suffered acts of domestic violence and need the restraining order.

Practice telling your story. Make notes or an outline of the abuse you have suffered. Tell your story in your own words but leave out the details that have nothing to do with physical violence or the threat of physical violence. Use facts, dates and documentation to establish the necessary foundation to assist the court in understanding your reasons for concern.

Be sure to mention:

- any law enforcement contacts
- the most recent incidents of abuse,
- if the abuser has a gun or other weapons, and
- if the abuser has threatened to physically hurt or kill you

What should I do the day of the hearing?

• Arrive at the court house early
• Dress neatly
• Bring a copy of your temporary restraining order
• Bring a copy of the written proof that the abuser was served (Proof of Service)
• Have your evidence there and ready
• Have your witnesses there and ready
• Relax and remain calm
• Never lose your temper in the courtroom
• Always tell the truth

If I am granted the restraining order how long will it be effective?

A domestic abuse restraining order is good for up to 4 years but must be based on your request in the Petition. If firearms were used in the violent act or if their use was threatened, the Court Commissioner can provide up to 10 years of protection in an Injunction Order (final restraining order).

What if I am granted the restraining order but my abuser violates it?

If the abuser violates the restraining order:

- Call 911 immediately
- Tell the officers that you have a restraining order and the abuser is violating it
- Keep a journal of any times/instances that the abuser violates the order