

## Restraining Orders

### What Is It?

A restraining order is a Family Court Order that can help protect you from your abuser. To get a restraining order your abuser must have been your spouse or live-in partner.

A restraining order restricts an offender from doing all or some of the following:

- Contacting you;
- Being within a certain distance from you;
- And/or having contact with your children.

This order can be temporary or permanent, and if your abuser does not follow the conditions they can be charged.

### When Can I Apply For One?

You can apply for a restraining order any time you feel yourself or your child has a reason to be afraid. You DO NOT have to be married to your abuser and it DOES NOT matter how long you were together.

### How Can I Apply For One?

1. File an application at your local family court house.
2. The abuser will have a chance to respond and file it with the court.
3. You go to court on your court date and explain your case. Your abuser is also supposed to attend and give their side.
4. The judge will decide based on the evidence provided.
5. It can take a few months to come into effect, so be sure to have a safety plan in case of emergencies.
6. If you are afraid of immediate harm than you can apply for an Urgent Restraining Order

## Peace Bonds

### What Is It?

A Peace bond is a Criminal Court Order that can protect you from anyone you feel the need to be afraid of. Much like a restraining order, a peace bond restricts your offender from:

- Contacting you;
- Being near your home or work;
- Being near your children or pets.

Peace bonds are only temporary, with a maximum one year penalty. If your offender does not follow the conditions of the peace bond, charges can be laid. There also is a mutual peace bond in which the two people agree not to contact or go near each other.

### When Can I Apply For One?

You can apply for a peace bond any time you feel afraid for yourself, your family, your pet's and/or your property. There DOES NOT have to be any court case or pending charges. You DO NOT need to press charges to apply.

### How Can I apply For One?

1. Contact the police or your local criminal court house and book an appointment with the justice of the peace (JP).
2. Tell your JP why you are fearful and what limits you want to instill (not coming on your property, not contacting you, etc).
3. If your JP agrees that you are at risk, due to the evidence you provide, they will order a peace bond with the restrictions they deem suitable.
4. It can take several months for this to come into effect. Be sure to have a safety plan in case of emergencies.
5. If you believe you are in immediate danger, then apply for an Urgent Peace Bond.

