

## **PLANNING YOUR SAFETY WITH COURT ORDERS, THE POLICE AND THE CRIMINAL JUSTICE SYSTEM**

- Request personal information about you be removed from any court orders wherever possible
- Keep numerous copies of any court orders. Carry a copy with you all times
- Give a copy of any court orders to your employer, your school and/or your children's school, or child care provider
  - Advise my neighbors, friends, boss, co-workers, and teachers that you have these court orders and request that they call police if they see the abuser. Provide a picture and/or description of the abuser and his vehicle. Contact your lawyer, the police, a shelter, or other 24 hour service for women if you have any questions about the court orders
- Notify police of every infraction of a court order and request an occurrence number each time
- Keep a detailed journal of every suspected or known contact from the abuser. Include date, time, what happened and who else witnessed it if there was one
- Call 911 or your police emergency number if you need immediate assistance. The abuser has threatened to or is hurting me, or if you feel that he is going to hurt you
- If the abuser has been arrested, contact the investigating officer or Victim Services to find out their court dates, and, if the abuser is released, what their conditions will be
- Take a support person with you if you are meeting with a police officer or an attorney
- If you are not feeling satisfied with the response from the police, you can ask to speak to a supervisor or you can make a complaint to the Commission for Public Complaints against the RCMP (1-800-665-6878).