

*Write statement on 8 ½ by 11 paper (common notebook paper) ONE SIDE OF PAPER*

## **INFORMATION TO INCLUDE IN YOUR STATEMENT TO THE JUDGE**

Premise: If you were a judge, what information about the respondent would you need to know that would make you grant a Personal Protection Order? The judge will not be contacting the police or other agencies, or even speaking with you, so all information you want the judge to know must be included in your statement. For this reason, it is important to provide as many specifics about your situation as you can. The respondent will have the opportunity to read your statement, as well as to file a motion to modify or terminate your order. Detailed examples provided in your statement make it less likely that the respondent will be successful in an attempt to change your order.

Your statement should focus on events that have taken place during the last month. Information about past behaviors that you wish to include may be summarized in a general paragraph at the end of your statement.

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If you are experiencing a **violent relationship** and are requesting the restraining part of the Personal Protection Order, you should include the following information in your statement:

1. Specific dates and times of physical abuse. (If you are unsure of exact dates, narrow it down as much as possible.):
  - June 15, 2000 at 5:00 p.m.
  - last Wednesday afternoon
  - a week or a month ago
  - November of 1999
  
2. Types of physical abuse:
  - punch (closed fist)
  - slap (open hand)
  - kick (with steel toed boots, shoes, or bare feet)
  - choke, bite, grab, push
  - throw against the wall or on the ground
  - attempt to run you off the road with a car
  - has the respondent ever assaulted your children or your pets?
  
3. Location of physical abuse:
  - where on your body were you assaulted? (eye, legs, arms, back, face, head)
  - where did the assault occur? (home, work, a friend=s home, a public place)
  
4. Duration of physical abuse:
  - how often do the assaults occur? (daily, weekly, monthly)
  - how long did each particular incident last? (2 hours, 15 minutes)

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5. Types of injuries you sustained:
  - bruises, cuts, swelling
  - bite marks, hand prints
  - broken bones
  
6. Medical attention received:
  - x-rays, casts, dental surgery
  - did you attend to the injury yourself?
  - were photographs taken?
  - do you have hospital/physician reports that you want to attach to your statement?
  
7. Types of verbal abuse:
  - threats to injure or kill you
  - name-calling (bitch, slut, whore)
  - yelling, screaming
  - has the respondent threatened to take your child(ren) from you?
  - has the respondent threatened to injure or kill your child(ren)?
  - use exact quotations whenever possible (Al=m going to beat your ass@), and do not blank out profane language.
  
8. Threats involving a weapon:
  - has the respondent ever verbally or physically threatened you with a weapon?
  - if so, does the respondent own a weapon?
  - what type of weapon is it and where is it kept?
  - does the respondent have a license for the weapon?
  
9. Witness(es) to either physical or verbal abuse:
  - what are the names of the witness(es) and what is their relationship to you?
  - will they provide a written statement to the court describing what they saw?
  - \*\*\*Inform the witness(es) that the respondent will receive a copy of the paperwork included with your PPO, including any witness statements. This may influence their decision.
  
10. Damage to your property/belongings:
  - broken doors or windows
  - vandalism to your car (smashed windshield, key marks, damaged wiring)
  - damage/removal of phone so you could not call the police
  - \*\*\*Understand that PPOs are designed to protect your *personal safety*, and do not necessarily address property issues. Information about property damage is an indication to the Judge of the respondent's violent tendencies.
  
11. Police involvement:
  - were the police called?
  - was the respondent arrested?
  - were charges issued by the prosecutor's office?

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If you are experiencing **stalking behaviors** and you are requesting the stalking part of the Personal Protection Order, you should include the following information in your statement:

1. Establish that contact with the respondent is unwanted:
  - when did you make it clear to the respondent that you wanted no further contact? (If you are unsure of the exact date, narrow it down as much as possible.)
  - what happens when the respondent attempts to contact you? (hang up the phone, refuse to open the door, walk away)
2. Specific dates and times the respondent has attempted contact:
  - yesterday at 11:30 p.m.
  - the week of August 14th
  - about two weeks ago
3. Types of stalking behaviors:
  - repeatedly contacting you by telephone, including pager and voicemail (five times last night, twice yesterday at work, ten times this week)
    - \*How did you know it was the respondent calling? Do you have Caller ID?
    - Did you recognize his/her voice?
  - approaching or confronting you in public or on private property (at a store, the mall, your home)
  - appearing at your workplace or residence
  - sending you letters, notes, or e-mails
  - sending you flowers, leaving notes on your car, placing packages at your doorstep
4. Police involvement:
  - were the police called?
  - was the respondent arrested?
  - were charges issued by the prosecutor's office?
5. Establish your relationship with the respondent:
  - husband, ex-boyfriend, partner
  - co-worker, associate
  - stranger
6. Attempts to resolve the situation without a PPO:
  - Friend of the Court for custody or parenting time issues
  - Peace Bond issued through the District Court
  - speaking with your landlord for neighbor disputes
  - contacting an attorney for other legal options
  - telephone harassment complaints with the Police Department or the Annoyance Call Bureau (1-800-769-4099)
7. Include words to describe how you feel:
  - terrorized, frightened, intimidated, threatened, harassed,
  - in fear for your life or safety