

## Is this you? Are you Mia or Edwin?

Mia liked that her boyfriend Edwin paid so much attention to her, waiting for her after every class and trying to spend all his time alone with her. But he also kept her from her other friends, and was always worried that Mia was cheating on him. Edwin called her a “slut” for wanting to spend time away from him, and wanted to know where she was at all times.

One time, they both got so mad they were screaming at each other and Edwin hit her. Mia was so scared she didn’t tell anyone about it. Afterwards Edwin felt so bad, he promised he would never do it again.

## Threats and Physical Abuse

### My boyfriend/girlfriend hit me and I’m embarrassed to tell anyone.

You’re not alone. Many teens have abusive experiences.

If you’re reading this for yourself or for a friend, it can be hard to know what to do. This brochure is about how the law can help in these situations. For more about healthy relationships and where to get help, go to [ctcadv.org](http://ctcadv.org)

Everyone has the right to be safe.

## Stalking and Harassment

### My boyfriend/girlfriend follows me wherever I go. What can I do?

If s/he is repeatedly following you, and causing you to fear for your safety, s/he can be charged with a crime called “stalking.” In some cases, if s/he is calling or coming to your work more than one time, and causing you to worry about losing your job, and s/he has been told to stop and has not stopped, this could also be the crime of stalking. Your boyfriend/girlfriend could be arrested for these crimes. This involves contacting the police and giving them information about your situation. If you want to talk about this option, contact CT Safe Connect. The phone number is on the back of this brochure.

### My boyfriend/girlfriend calls me or texts me all day, just to annoy me, threaten me, or scare me. What can I do?

If s/he is trying to harass, annoy or scare you over the phone (either talking or texting), s/he can be charged with the crime of harassment. If this is happening to you, it’s important to keep a record of how often it is happening. You can use your notes to show how often you are being followed or harassed if you decide to involve the police. Be sure to keep your notes in a safe place.

## The Law Can Help

### How can I protect myself?

There are organizations that can help you make a plan to keep yourself safe. You can call Infoline at 211 for the phone number of the nearest domestic violence agency, or call the offices listed on the back of this brochure. The law can also help you. Read more to find out about your legal rights.

### What will happen if I call the police and the person who is threatening or hurting me is arrested?

If the person who is threatening or hurting you is arrested, the judge in the criminal court can issue a “protective order.” This orders the other person not to hit you, threaten you, or harass you. The judge can also order him/her not to contact you or your child, and not to enter your home or show up where you work. If this person does not follow the judge’s order, s/he can be arrested and charged with another crime. Your protective order ends when the criminal case is closed. You should get in touch with the Victim’s Advocate at the court if you have a question about a protective order.

### What if I never called the police and the person who is threatening or hurting me is not arrested?

If the person who is threatening or hurting you is not arrested, you can still get a court order that keeps him/her away from you. This is called a “restraining order.” The judge can order him/her not to hurt or harass you, and/or to move out of your house or stay away from where you work.

### How do I file for a restraining order?

To file for a restraining order, you must go to the Clerk’s Office at the Superior Court (the back of this brochure tells you how to contact them). The clerk will tell you to fill out some forms and to write a description of what happened. Make sure you include details about any violence or any threat of violence.

### What will happen after I file?

The court will schedule a hearing within 14 days. The judge might give you a restraining order as soon as you file, which will be in effect until the hearing; or, the judge may wait for the hearing to decide.

### You have to go to the hearing if you want the judge to give you the order.

If the judge gives you the order at the hearing, it can be in place for up to one year. If you want to apply to have the restraining order longer, you have to go to the Clerk’s Office one month before the order expires.

### What does it cost to get a restraining order?

It doesn’t cost anything to file for a restraining order.

### Can anyone get a restraining order against anyone else?

No. To get a restraining order in Connecticut, the law says you must be hurt, stalked or threatened by:

- your spouse (husband or wife) or ex-spouse, or
- your parent or child, or
- your relative by blood or marriage, or
- a member of your household (anyone living with you), or
- your child’s parent, or
- your boyfriend or girlfriend (anyone you are, or recently were, in a dating relationship with).

### Can I apply for a restraining order if I'm under 18?

Yes.

### If I am in a same-sex relationship, does the law protect me?

Yes, the law protects you in a same-sex relationship.

### What should I do if the other person ignores the restraining order?

Call the police. If the other person does not stay away from you or enters a building or other property in violation of the restraining order, s/he will be charged with a crime. Show the police a copy of the restraining order. You can also go back to the court, tell the judge s/he violated the restraining order, and ask the judge to find the person "in contempt." If the court finds that the other person violated the court order, s/he can be fined (required to pay money) or go to jail.

### Can the restraining order or protective order be enforced at my school?

Yes. If you have a restraining order or protective order, it must be obeyed, even at your school. You can ask the clerk of the court to send a copy of the court order to your school. The court will not do this unless you ask them to. You can also give the principal at your school a copy of the order. If it is violated, you can call the police right away, or ask the school office to call the police. The school could expel the person for violating the order.



**Are you in a relationship with someone who tries to control you, stalks you, threatens you, or physically hurts you?**

**Is someone trying to keep you in the house or control who your friends are?**

**Does s/he send you threatening text messages or harass you and scare you?**

**Does s/he call you stupid or ugly, pull your hair, or slap you around?**

**You have legal options.**

This brochure is intended as reference only and should not be interpreted as legal advice in an individual case. If you need specific information about the law, please call 860-570-5327 or 203-335-0719.

### Where can I get help?

#### Agencies that can help

CT Safe Connect: 888-774-2900

Connecticut Sexual Assault Hotline: 888-999-5545

#### Questions and information

If you need information about teen dating violence and your legal rights, or how to get a restraining order:

Center for Children's Advocacy: 860-570-5327 or 203-335-0719

#### To get a Restraining Order

Go to the Clerk's Office at Superior Court:

Bridgeport  
1061 Main Street  
203-579-6527

New Britain  
20 Franklin Square  
860-515-5180

Danbury  
141 White Street  
203-207-8600

New Haven  
235 Church Street  
203-503-6800

Hartford  
90 Washington Street  
860-706-5100

Stamford  
123 Hoyt Street  
203-965-5308

Middletown  
1 Court Street  
860-343-6400

Waterbury  
300 Grand Street  
203-591-3300, press 1



[cca-ct.org](http://cca-ct.org) and [speakupteens.org](http://speakupteens.org)

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We're  
together.

What can I do if  
he/she is hurting me?