
Enforce Your Restraining Order

Keep RO in a safe place



Carry RO with you all the time in case the abuser does not follow it



Give RO copies to people to protect you (boss, apartment building, school, church, police in your city)



Important: If the abuser does not follow RO rules, call the police



DEAF Hope

470 27th Street
Oakland, CA 94612

24-Hour Hotline: hotline@deaf-hope.org
Business: 510.267.8800 TTY/voice
Fax: 510.740.0946
Website: www.deaf-hope.org

What is a Restraining Order (RO)?

The Abuser

CANNOT:

Call you



Page and
Email you



Call on
Videophone



Contact you
through another
person



Call you names



The Abuser

CANNOT:

Follow you



Bother you



Hurt you



Hit you



Kick you



The Abuser

MUST:

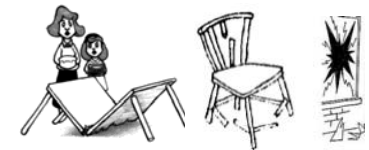
Move out of your
home



Stay 100 yards away
(distance of football field)



Pay for things he broke



Pay for doctor's bills



Pay child
support

