



CHECKLIST

Living with a restraining order: what to check

- ☐ Read every prohibition in the order and note exclusion zones

- ☐ Carry a copy of the order at all times

- ☐ Delete the protected person's contact details from all devices

- ☐ Inform close family and friends so they do not pass messages

- ☐ Plan daily routes to avoid exclusion zones

- ☐ If work or home falls within a prohibited area, apply to vary the order before continuing

- ☐ Keep evidence of compliance in case of false accusation

- ☐ Apply to the court if circumstances change, rather than ignoring prohibitions
