



CONNECTICUT



Empowering Youth to End
Domestic Violence

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Each state has different requirements for getting a civil domestic violence restraining order. Because it makes protective orders extremely difficult for teens to obtain, Connecticut's grade for protecting teen victims of domestic and dating violence is a D.

Do I Qualify for a Restraining Order in Connecticut?

Type of Relationship

In order to qualify for a restraining order, the abuser must be someone:

- You are dating or used to date¹
- You are living with or used to live with (as long as both of you are 16 years or older)²
- You have a child with³
- You are married to or used to be married to⁴
- Who is your parent or your child⁵
- You are related to by blood or marriage (as long as both of you are 18 years or older)⁶

Type of Abuse⁷

A judge is allowed to give you a restraining order when your abuser has:

- Physically abused you
- Sexually abused you
- Attempted to physically abuse you
- Threatened to physically abuse you

Age

If you are 18 years old or older, or if you are 16 years or older and currently or formerly living with the abuser, you can obtain a restraining order on your own without a parent or guardian's permission. In all other circumstances, if you are under 18, the law does not say how you can file for a restraining order. This means that it is up to individual courts and judges to decide whether you can get one without your parent's permission. Check with local domestic violence organizations to see how your local courts handle minors who request protection orders.⁸

How Do I Get a Restraining Order?

If you qualify to apply for a restraining order, you can go to court to file for a temporary restraining order. At that time, the judge may give you a temporary order and schedule a full hearing for sometime within the next 14 days. After a full hearing,⁹ the judge can grant you a permanent restraining order, which lasts for 6 months and can be renewed.

What Can I Ask for in a Restraining Order?

You may ask the court for the following in a restraining order:

- Abuser may not threaten, harass, injure, molest, assault, sexually assault, attack or intimidate you¹⁰
- Abuser must not put "any restraint on your person or liberty"¹¹
- Temporary child custody and visitation¹²
- Temporary and/or exclusive use of residence¹³
- The restraining order will also protect your dependent children or others at the court discretion¹⁴

How Much Will It Cost?

It is free.¹⁵

You have the right to a safe and healthy relationship...
free from violence and free from fear.

¹ Conn. Gen. Stat. §§ 46b-15(a), 38a(2)(F).

² Conn. Gen. Stat. § 46b-38a(2)(D).

³ *Id.* § 46b-38a(2)(E).

⁴ *Id.* § 46b-38a(2)(A).

⁵ *Id.* § 46b-38a(2)(B).

⁶ *Id.* § 46b-38a(2)(C).

⁷ *Id.* § 46b-38a(1).

⁸ *Id.* §§ 46b-15(a), 46b-38a(2).

⁹ *Id.* § 46b-15(b).

¹⁰ *Id.* §§ 46b-15(b), 46b-38c(2)(e).

¹¹ *Id.*

¹² *Id.*

¹³ *Id.* § 46b-15(b).

¹⁴ *Id.*

¹⁵ *Id.* § 52-259a.

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