



**Protection Orders: A Tool for Protecting Victims of  
Spousal Abuse During a Separation**

Are you experiencing emotional abuse or excessive control from your partner and fear their reaction if you leave them? Does your ex keep calling you, texting you or harassing you and you just want them to leave you alone?

**A protection order** is a measure that can help you get out of this situation. It is a judicial step that is parallel or complementary to the criminal process.

It is obtained by making an application to a judge and is intended to protect a person whose life, health or safety is threatened by criminal or non-criminal behaviour.

Various protection orders can be sought from a judge with regard to the victim, including:

- That communication between the parties be by email, in appropriate language, and that it pertain only to the child;
- That the other person surrender all weapons in their possession to the police authorities;
- That they be evicted from the parties' residence;
- That they be prohibited from being within 150 metres of the victim's residence; and
- That they be prohibited from contacting the victim.

If the family court judge is of the opinion that the person seeking the protection order should be protected, the judge will grant it. In addition, in certain situations, the judge can issue a protection order even before court proceedings have been served.

If you need help asserting your rights, our family law team is there for you!

\*\*\*\*\*

Legal consultation free of charge for victims of sexual abuse and domestic violence, call toll-free at 1-833-732-2847 ([Rebatir.ca](http://Rebatir.ca)).

Don't hesitate to have your eligibility for legal aid evaluated by making an appointment at a legal aid office near you.

To find the contact information for your legal aid office, please visit our website at [www.csj.qc.ca](http://www.csj.qc.ca).

Text prepared by  
M<sup>c</sup> Charlene Perron  
Lawyer at the Saguenay legal  
aid office

**Contact Us**

Commission des  
services juridiques  
Communications  
Department  
2 Complexe Desjardins  
East Tower  
Suite 1404  
P.O. Box 123  
Succursale Desjardins  
Montreal, Québec  
H5B 1B3

Telephone: (514) 873-3562  
Fax: (514) 864-2351

[www.csj.qc.ca](http://www.csj.qc.ca)

\* The information set out in this document is not a legal interpretation.

The masculine is used to designate persons solely in order to simplify the text.