



# Have you been hurt, threatened or scared by someone you've dated?

## These are big reasons to get help:

- They hurt you physically or threatened to.
- They held you down or wouldn't let you leave the room or the car.
- They scared you by the way they acted.
- They destroyed your cell phone or other property.
- They are jealous and try to control what you do and who you talk to.
- They call or text you all the time.
- They always have to know where you are and what you are doing.
- They always have to know who you are with.

**It's not your fault. But, it will only get worse. Here's how to get help.**

## Talk with a domestic violence counselor

In Nashville, call **880-3000** to talk to a counselor at the Metro Police Department. They have counselors to help you get through this.



You can also talk to another teenager who has been through this. They are called peer advocates. Call 1-866-331-9474 (TTY 1-888-331-8453).

Your call is confidential. You may also call the 24-hour Teen Dating Violence Hot Line at **1-866-331-9474** (TTY 1-866-331-8453).

Or go to one of these web sites:

[www.loveisrespect.org](http://www.loveisrespect.org)  
[www.ThatsNotCool.com](http://www.ThatsNotCool.com)

## You can also file a Court Order of Protection

**How it can help:** An Order of Protection orders the other person not to contact you in **any** way. This means staying away from you and not talking, calling or messaging you. It also means not following you or getting friends to threaten you.

If the other person does any of these things, they are breaking (violating) a court order. You can have the police arrest them.

## Who can you get an Order of Protection against?

Someone you have dated, or lived with or been stalked by.



## How to get an Order of Protection

First, you fill out a paper asking for an Order. This is called a petition. Give it to the Court Clerk. This is called filing the petition. Are you under 18 and not emancipated? Then in Tennessee your Petition must be signed by an adult. The signer can be your parent. Or, the signer can be a domestic violence counselor. But they can only sign if the Petition is **NOT** against your parent.

Next, the Judge will give you a short-term Order of Protection. The other person will get a copy of your Petition and Order. Then later, at a hearing, both of you will tell your side to the Judge. If the Judge gives you a final Order of Protection, it can last for as long as a year.

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**Legal Aid Society**  
of Middle Tennessee and the Cumberland  
**1-800-238-1443** It's a free call.  
[www.las.org](http://www.las.org)