

Quick Reference – Temporary Restraining Order (TRO) or a Temporary Protection Order (TPO)

This is a guide to help you determine what type of order you need.
You will only qualify for one of these orders.

	Domestic Violence Temporary Restraining Order (TRO)	Victim's Assistance and Survivor Protection Act (VASPA) Temporary Protection Order (TPO)
Age	You can apply for a restraining order if: - You are 18 years old or older. - If you are under 18, you can still apply unless the only connection you have to the person is you currently live together or used to live together. - If you are under 18 years of age, you may apply if: - The defendant is someone with whom you have a child. - You are pregnant and the defendant is the father. - You are/have been in a dating relationship with the defendant. The defendant must be 18 years old or an emancipated adult.	You can apply for a protective order if you are 18 years of age or older. A parent or guardian can ask for a protective order for a minor (someone under 18) or for an adult who has a mental illness or disability. A parent cannot file a VASPA complaint against another parent/caretaker/guardian on behalf of their child. The defendant must be 18 years old.
Relationship	You and the person you want the order against (the defendant) must have had one of these relationships: - You were married, separated, or divorced. - You lived together. - You were or are dating. - You have or are going to have a child together. - You are household members.	You do not need a specific relationship for a protective order. You must have the defendant's address or place where they can be served with the temporary order.

	Domestic Violence Temporary Restraining Order (TRO)	Victim's Assistance and Survivor Protection Act (VASPA) Temporary Protection Order (TPO)
Qualifying Acts	• Homicide • Terroristic Threats • Criminal Restraint • Sexual Assault • Lewdness • Burglary • Harassment • Criminal Coercion • Contempt of a Domestic Violence Order • Cyber- harassment • Assault • Kidnapping • False Imprisonment • Criminal Sexual Contact • Criminal Mischief • Criminal Trespass • Stalking • Robbery • Crimes involving risk of death or serious bodily injury	• Attempted Sexual Contact • Sexual Contact • Attempted Sexual Penetration • Sexual Penetration • Attempted Lewdness • Lewdness • Stalking • Cyber-harassment

Domestic Violence Series

CN 12968

[What is Domestic Violence?](#)

CN 12969

[Temporary Restraining Order \(TRO\) Process](#)

CN 12970

[Final Restraining Order \(FRO\) Process](#)

CN 13187

[Victim's Assistance and Survivor Protection Act \(VASPA\) Brochure](#)