



# FAMILIES NEED FATHERS®

because both parents matter

**What is A Non-Molestation Order (NMO)?** An NMO is a legal injunction issued by the UK courts to protect an individual from harassment, intimidation, or any form of domestic violence. This order aims to prevent the alleged perpetrator (the respondent) from engaging in specific behaviours, contacting the victim, or coming near their residence for a specified period.

## **\*\*Key Points Regarding Non-Molestation Orders:\*\***

### **1. \*\*Purpose:\*\***

- The primary purpose is to protect victims from further harm, ensuring their safety and well-being.

### **2. \*\*Types of Behaviours Restrained:\*\***

- Non-molestation orders can prohibit a range of behaviours, including physical violence, verbal abuse, intimidation, harassment, and any form of contact.

### **3. \*\*Duration:\*\***

- These orders are typically granted for a specific duration, often up to a year, but they can be extended in certain circumstances.

### **4. \*\*Breach of Order:\*\***

- Breaching a non-molestation order is a serious offense and can result in criminal charges, fines, or imprisonment.

## **\*\*Defending Yourself Against a Non-Molestation Order:\*\***

If you find yourself facing a Non-Molestation Order, it's essential to take the matter seriously and seek legal advice. Here are some general steps to consider:

### **1. \*\*Consult with a Solicitor:\*\***

- Seek immediate legal advice from a family law solicitor. They can provide guidance based on the specifics of your situation.

### **2. \*\*Understand the Allegations:\*\***

- Clearly understand the allegations made against you. This involves reviewing the details provided in the application for the Non-Molestation Order.

### **3. \*\*Gather Evidence:\*\***

- Collect evidence that may support your defence. This could include text messages, emails, or other communications that refute the allegations.

#### 4. **Witness Statements:**

- Identify potential witnesses who can provide statements in your favour. These could be friends, family members, or colleagues who can testify to your character or dispute the allegations.

#### 5. **Respond Promptly:**

- Respond to any court hearings promptly. Failure to engage with the court proceedings can result in the order being made without your input.

#### 6. **Present Your Case:**

- During court hearings, present your case clearly and concisely. If you disagree with the allegations, explain your perspective and provide supporting evidence.

#### 7. **Agreeing to Undertakings:**

- In some cases, you may be offered the option to agree to certain undertakings rather than having a formal order made against you. This is a legal promise not to engage in specific behaviours.

#### 8. **Mediation or Negotiation:**

- Explore the possibility of mediation or negotiation. Resolving the matter amicably, with the assistance of legal professionals, may be in the best interest of all parties involved.

#### 9. **Complying with the Order:**

- If a Non-Molestation Order is made against you, it is crucial to comply with its terms strictly. Any breach can have severe legal consequences.

#### 10. **Long-Term Strategy:**

- Consider the long-term implications and work on addressing any issues that may have contributed to the situation. This could involve seeking therapy, counselling, or other support services.

Remember that legal proceedings can be complex, and individual circumstances vary. Seeking professional advice tailored to your specific situation is crucial for understanding your rights, responsibilities, and the best course of action to defend yourself against a Non-Molestation Order.



**Get in touch**

Families Need Fathers  
Unit 501  
The Pill Box Building  
115 Coventry Road  
London  
E2 6GG

admin@fnf.org.uk  
0300 0300 363

