

CHECKLIST

GATHERING EVIDENCE

PERSONAL

- ☐ Journal
- ☐ Calendar
- ☐ Photographs
- ☐ Abuse checklist
- ☐ Chronological, detailed written history of abuse
- ☐ Financial information (yours and your ex-partner's)
- ☐ Utility bills, mortgage, line-of-credit information, Revenue Canada

STATUS/NOTES

TECHNOLOGY

If your ex-partner uses technology a lot to monitor and harass you, use the Identifying Technology Abuse Chart to document this evidence:

- ☐ Facebook postings
- ☐ Other social media
- ☐ Emails
- ☐ Text messages
- ☐ Telephone messages

CHECKLIST

GATHERING EVIDENCE

MEDICAL

- ☐ Family doctor notes and files
- ☐ Hospital emergency room reports
- ☐ Sexual assault/domestic violence care centre records

STATUS/NOTES

COMMUNITY

Letters or evidence attached to an affidavit

- ☐ Neighbours
- ☐ Religious leader
- ☐ Therapist or counsellor

CHILDREN

- ☐ Children's teacher(s), school
- ☐ Children's daycare worker or babysitter
- ☐ Children's coach(es), instructors, etc.
- ☐ CAS records or contracts or confirmation that file was not opened or has been closed
- ☐ Transcripts of interviews with children
- ☐ Children's doctors, dentist

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