

# Attending court can be difficult

Here are some tips and tricks  
to help you **during court**

- Be respectful while in the courtroom and follow the rules of court, such as, no gum chewing and turn off your cell phone.
- No food or beverages are allowed in the courtroom, but bottled water will be provided to you.
- Always tell the truth.
- Be polite and speak loudly, clearly, and slowly.
- Court is a safe place and there are people in the courtroom to protect you.
- Wait until the whole question is asked before answering. If you don't understand a question, do not guess, ask to have it repeated or explained to you.
- Take your time and do your best to describe in detail what happened.
- Remember to answer the questions using words. Nodding or shaking your head to answer isn't acceptable as everything in the courtroom is being recorded.
- Please wait your turn to speak and try not to speak over others.
- You may ask for a drink of water, tissue, or even a break if you feel you need one.
- Ensure you get contact numbers while in court.
- Court is often open to the public.
- Attending court can be a long day, if possible, debrief throughout the day with your support people.

THIS PROJECT WAS FUNDED BY:



Department of Justice  
Canada

Ministère de la Justice  
Canada