

Response to Civil Harassment Restraining Order



How-To Guide

Self-Help Legal Access Centers

Santa Monica

1725 Main St.,
Room 210
Santa Monica, CA 90401

Inglewood

1 East Regent St.,
Room 107
Inglewood, CA 90301

Torrance

825 Maple Ave.,
Room 160
Torrance, CA 90503

Long Beach

275 Magnolia Ave.,
Room 3101
Long Beach, CA 90802

January 2026

This guide is designed to help you fill out the forms yourself. It is not intended to provide legal advice nor strategy as to how to complete the case. The information provided in this packet only presents options and examples. This is not a substitute for professional legal advice from an attorney.

What is a civil harassment restraining order?

It is a court order that prohibits you from doing certain things and going to certain places.

What does the order do?

The court can order you to:

- Not contact the person who asked for the order
- Stay away from that person and the person's home and workplace
- Not have any firearms (guns), firearm parts, ammunition, or body armor as long as the order is in effect. This includes firearm receivers and frames, and any item that may be used as or easily turned into a receiver or frame (see Penal Code section 16531).

For more information about the items you would not be allowed to have, please see selfhelp.courts.ca.gov/restraining-orders/prohibited-items.

Who can ask for a civil harassment restraining order?

A person who is worried about safety because they have been or are being:

- Stalked
- Harassed
- Assaulted, including sexually, or
- Threatened with violence

I've been served with a request for civil harassment restraining orders. What do I do now?

Read the papers served on you very carefully. The *Notice of Court Hearing* tells you when to appear in court. There may also be a *Temporary Restraining Order* forbidding you from doing certain things. You must obey the order until the hearing.

What if I don't agree with what the order says?

You still must obey the order until the hearing. If you disagree with the orders the person is asking for, fill out form [CH-120, Response to Request for Civil Harassment Restraining Orders](#), before your hearing date and file it with the court. If you need to include attachments, you can use form [MC-025](#). You can get the forms from legal publishers or from the California Courts website at courts.ca.gov/rules-forms/find-your-court-forms. Forms may also be at your local courthouse or county law library.

What if I don't obey the order?

The police can arrest you. You can go to jail and pay a fine.

Do I have to serve the other person with a copy of my response?

Yes. Have someone age 18 or older—not you—mail a copy of completed form CH-120 to the person who asked for the order (or that person's lawyer). (This is called “service by mail.”)

The person who serves the form by mail must fill out form [CH-250, Proof of Service by Mail](#). Have the person who did the mailing sign the original. Take the completed form back to the court clerk or bring it with you to the hearing.

Should I go to the court hearing?

Yes. You should go to court on the date listed on form CH-109, *Notice of Court Hearing*. If you do not go to the hearing, the judge can make orders against you without hearing from you.

CH-109 Notice of Court Hearing		Clerk stamps date here when form is filed.
<p>① Person Seeking Protection</p> <p>a. Your Full Name:</p> <p>Your Lawyer (if you have one for this case): Name: _____ State Bar No.: _____ Firm Name: _____</p> <p>b. Your Address (if you have a lawyer, give your lawyer's information. If you do not have a lawyer and want to keep your home address private, you may give a different mailing address instead. You do not have to give telephone, fax, or email.) Address: _____ City: _____ State: _____ Zip: _____ Telephone: _____ Fax: _____ Email Address: _____</p> <p>② Person From Whom Protection Is Sought</p> <p>Full Name: _____</p> <p><i>The court will complete the rest of this form.</i></p> <p>③ Notice of Hearing</p> <p>A court hearing is scheduled on the request for restraining orders against the person in ②:</p> <p>Name and address of court if different from above:</p> <p>Hearing Date: _____ Date: _____ Time: _____ Dept: _____ Room: _____</p> <p>To the person in ②:</p> <ul style="list-style-type: none"> • If you attend the hearing (in person, by phone, or by videoconference) and the judge grants a restraining order against you, the order will be effective immediately, and you could be arrested if you violate the order. • If you do not attend the hearing, the judge may still grant the restraining order that could last up to five years. After you receive a copy of the order, you could be arrested if you violate the order. <p>④ Temporary Restraining Orders (Any orders granted are on form CH-110, served with this notice.)</p> <p>a. Temporary restraining orders for personal conduct and stay-away orders as requested in form CH-100, <i>Request for Civil Harassment Restraining Orders</i>, are (check only one box below):</p> <p>(1) <input type="checkbox"/> All GRANTED until the court hearing. (2) <input type="checkbox"/> All DENIED until the court hearing. (Specify reasons for denial in b, below.) (3) <input type="checkbox"/> Partly GRANTED and partly DENIED until the court hearing. (Specify reasons for denial in b, below.)</p>		

Judicial Council of California, courts.ca.gov
Rev. Jan. 1, 2026, Optional Form
Code Civ. Proc., §§ 527.6, 527.8
Approved by DOJ

Notice of Court Hearing
(Civil Harassment Prevention)

CH-109, Page 1 of 2
→

How long does the order last?

If the court issued a temporary restraining order before the hearing, it will last until your hearing date. At that time, the court will decide to continue or cancel the order. Any order issued at the hearing can last for up to five years.

Do I need a lawyer?

Having a lawyer is always a good idea, but it is not required, and you are not entitled to a free, court-appointed attorney. Ask the court clerk about free and low-cost legal services and self-help centers in your county.

Will I see the person who asked for the order at the court hearing?

Yes. Assume that the person who is asking for the order will attend the hearing. Do not talk to them unless the judge or that person's attorney says that you can.

Can I bring a witness to the court hearing?

Yes. You can bring witnesses or documents that support your case to the hearing. But if possible, you should also bring the witnesses' written statements of what they saw or heard. Their statements must be made under penalty of perjury. You can use form [MC-030](#) for this.

What if I don't speak English?

When you file your papers, ask the clerk if a court interpreter is available. You can also use form [INT-300](#), *Request for Interpreter (Civil)*, or a local court form or website to request an interpreter. For more information about court interpreters, go to [selfhelp.courts.ca.gov/request-interpreter](#).

Information about the process is also available online.

See [selfhelp.courts.ca.gov/CH-restraining-order](#).

For help in your area, contact:

[Local information may be inserted.]

What if I have a firearm (gun), firearm part, or ammunition?

If a restraining order is issued, you cannot own, possess, or have a firearm (gun), firearm parts, ammunition, or body armor while the order is in effect. If you have a firearm (gun), firearm parts, or ammunition, you must sell it to or store it with a licensed gun dealer, or turn it in to a law enforcement agency.

What if I need to have a firearm or ammunition for my job?

If the judge grants a restraining order against you, you cannot have firearms or ammunition. The judge may give you permission to have a firearm or ammunition for work. Before permission can be granted, you will be required to show the judge that (1) carrying a firearm or ammunition is required for your work, and (2) your employer is unable to reassign you to another position where carrying a firearm or ammunition is not necessary. There are other things that you will have to prove. For more information, go to [selfhelp.courts.ca.gov/respond-to-CH-restraining-order/obey-firearms-orders/exception](#), or see Code of Civil Procedure section 527.9(f).

What if I need to have body armor?

If you need to have and use body armor for your work, livelihood, or safety, you may ask for an exception with the chief of police or sheriff in the county where you will have and use the body armor (see Penal Code section 31360(c)).

Can I agree with the protected person to cancel the order?

No. Once the order is issued, only the judge can change or cancel it. You or the protected person would have to file a request with the court to cancel the order.

What if I have a disability?

If you have a disability and need an accommodation while you are at court, you can use form [MC-410](#), *Disability Accommodation Request*, to make your request. You can also ask the ADA Coordinator in your court for help. For more information, see form [MC-410-INFO](#), *How to Request a Disability Accommodation for Court*.

Clerk stamps date here when form is filed.

Use this form to respond to the Request (form CH-100)

- Read *How Can I Respond to a Request for Civil Harassment Restraining Orders?* (form [CH-120-INFO](#)) to protect your rights.
- Fill out this form and take it to the court clerk.
- Have someone age 18 or older—not you—serve the person in ① or their lawyer by mail with a copy of this form and any attached pages. (*Use form CH-250, Proof of Service by Mail.*)

Please Note:
Names of parties
must match the
spelling of names
in CH-100.

① Person Seeking Protection

Full name of person seeking protection (see form CH-100, item 1):

Print the Other Party's Name (as written on Restraining Order)

Fill in court name and street address:

Superior Court of California, County of

Print "Los Angeles"

② Person From Whom Protection Is Sought

- a. Your Name Print Your Name (as Written on the Restraining Order)

Your Lawyer (if you have one for this case)

Name: _____ State Bar No.: _____

Firm Name: _____

- b. Your Address (If you have a lawyer, give your lawyer's information. If you do not have a lawyer and want to keep your home address private, you may give a different mailing address instead. You do not have to give telephone, fax, or email.)

Address: _____

City: _____

Telephone: _____

Email Address: _____

PRINT YOUR ADDRESS, PHONE
NUMBER, AND EMAIL ADDRESS

Present your response and any opposition at the hearing. Write your hearing date, time, and place from form CH-109.

Print Your Hearing
Information in the Spaces
Provided. Refer to CH-109
for this information.If you were
restraining order, you must obey it until the③ Personal Conduct Orders

- a. I agree to the orders requested.
b. I do not agree to the orders requested.
(Specify why you disagree in ⑫ on page 4.)
c. I agree to the following orders (Specify below)

If the other party requested personal conduct orders in CH-100 #8...
If you agree, check box "a". If you disagree, check box "b." If you would agree to different personal conduct orders, check box "c" and specify the personal conduct orders to which you would agree on the lines provided.

④ Stay-Away Orders

- a. I agree to the orders requested.
b. I do not agree to the orders requested. (Specify why)
c. I agree to the following orders (specify below or in ⑬)

If the other party requested stay away orders in CH-100 #9...
If you agree, check box "a." If you disagree, check box "b." If you would agree to different stay away orders, check box "c" and specify the stay away orders to which you would agree on the lines provided.



5 **Additional Protected Persons**

- a. I agree that the persons listed in item 3 of form CH-100
- b. I do not agree that the persons listed in item 3 of form CH-100

If the other party requested protections for other persons in CH-100 #3... If you agree, check box "a." if you disagree, check box "b."

6 **Firearms (Guns), Firearm Parts, and Ammunition**

If you were served with form CH-110, *Temporary Restraining Order*, you cannot own or possess any firearms (guns), firearm parts, or ammunition. This includes firearm receivers and frames, and any item that may be used as or easily turned into a receiver or frame (see Penal Code section 16531). (See item 7 of form CH-110.) You must sell to or store with a licensed gun dealer, or turn in to a law enforcement agency, any firearms (guns), firearm parts, and ammunition in your immediate possession or control within 24 hours of being served with form CH-110. You must file a receipt with the court. You may use *Receipt for Firearms, Firearm Parts, and Ammunition* (form CH-800) for the receipt.

- a. I do not own or control any firearms (guns), firearm parts, or ammunition.

- b. I have turned in my firearms ~~or turned them in to law enforcement or sold them to a licensed gun dealer~~ stored them with a licensed gun dealer

- (1) is attached.

- (2) has already been filed with the court

- c. I ask for an exception to carry firearms

- (1) Are you a sworn peace officer?

- No

- Yes

- (2) Are there any orders or state or federal laws that prohibit you from having firearms or ammunition?

- No

- I don't know (*explain*):

Yes (*explain*):

- (3) (*Explain what your job is and why you need a firearm or ammunition*):

(Note: You **must** follow any orders to turn in, sell, or store prohibited items until the judge decides whether to grant you an exception. Before an exception can be granted, you will be required to show the judge that (1) carrying a firearm or ammunition is required for your work, and (2) your employer is unable to reassign you to another position where carrying a firearm or ammunition is not necessary. There are other things you will need to prove. For more information on what you need to show the judge to qualify for this exception, go to selfhelp.courts.ca.gov/respond-to-CH-restraining-order/obey-firearms-orders/exception or see Code of Civil Procedure section 527.9(f).)

7 **No Body Armor**

If you were served with form CH-110, *Temporary Order of Protection*, or buying body armor. You must also relinquish body armor.

(Check all that apply):

- a. I do not own or have any body armor.
- b. I have relinquished all body armor that I owned.
- c. I was granted an exception, or will ask for an exception to possess body armor. See Pennsylvania law for more information. (See *Penal Code, § 18a-3.1. Possession, if you have one.*)

Check "a" if you do not own any body armor.

Check "b" if you turned in your body armor and no longer have body armor in your possession.

Check "c" if you were granted an exception or will get an exception to possess body armor.

8 **Possession and Protection of Animals**

- a. I agree to the orders requested.
- b. I do not agree to the orders requested. (Specify why you do not agree.)
- c. I agree to the following orders (specify below or in the space provided).

If the other party requested possession and protection of animals in CH-100 #15...

If you agree, check box "a." If you disagree, check box "b." If you would agree to different orders, check box "c" and specify the orders to which you would agree in lines provided.

9 **Other Orders**

- a. I agree to the orders requested.
- b. I do not agree to the orders requested. (Specify why you do not agree.)
- c. I agree to the following orders (specify below or in the space provided).

If the other party requested any other orders in CH-100 #16...

If you agree, check box "a." If you disagree, check box "b." If you would agree to different orders, check box "c" and specify the orders to which you would agree in lines provided.

10 **Denial**

I did not do anything described in item 7 of form CH-100. (Skip to item 12.)

Check this box if you did not do any of the described harassment in #7 of CH-100

11 **Justification or Excuse**

If I did some or all of the things that the person in ① has accused me of, my actions were justified or excused for the following reasons (explain):

Check here if there is not enough space below for your answer. Put your complete answer on an attached sheet of paper and write "Attachment 11—Justification or Excuse" as a title. You may use form MC-025, Attachment.

If you did some of the things described in #7 of the CH-100, check box 10 and explain why your actions were justified or excused in the space below or on Attachment MC-025 if you cannot fit your explanation on the lines below.

12 **Reasons I Do Not Agree to the Orders Requested**

Explain your answers to each order requested that you do not agree with.

Check here if there is not enough space below for your answer. Put your complete answer on an attached sheet of paper and write "Attachment 12—Reasons I Disagree" as a title. You may use form MC-025, Attachment.

Check this box and explain why you do not agree to the Orders Requested



(13) **No Fee for Filing**

- a. I request that I not be required to pay filing fees for this case. (Form CH-100, item 13, to be entitled to free filing.)
- b. I request that I not be required to pay filing fees for this case. (Form FW-001, Request to Waive Court Fees, must be filed separately.)

Check this box if you are requesting not to pay a filing fee to respond and check either box "a" or box "b" whichever applies to you.

in form CH-100, item 13, to be entitled to free filing. (Form FW-001, Request to Waive Court Fees, must be filed separately.)

(14) **Lawyer's Fees and Costs**

- a. I ask the court to order payment of my Lawyer's fees Court costs.

The amounts requested are:

Item	Amount	Item	Amount
_____	\$ _____	_____	\$ _____
_____	\$ _____	_____	\$ _____
_____	\$ _____	_____	\$ _____

Check here if there are more items. Put the items and amounts on an attached sheet of paper and write "Attachment 14—Lawyer's Fees and Costs" for a title. You may use form MC-025, Attachment.

- b. I ask the court to deny the request of the person asking for protection that I pay their lawyer's fees and costs.

(15) Number of pages attached to this form, if any: _____

If you attach documents, indicate the number of pages attached here.

Date: _____

Leave this Section Blank

Lawyer's name (if any)

Lawyer's signature

I declare under penalty of perjury under the laws of the State of California that the information above and on all attachments is true and correct.

Date: Print Date

Print Your Full Name

Type or print your name

► Sign Your Name

Sign your name

1 Name of Person Asking for Protection:

Print the Other Party's Name (as written on Restraining Order)

2 Name of Person to Be Restrained:

Print Your Name (as Written on the Restraining Order)

3 Notice to Server

The server must:

- Be 18 years of age or over.
- Not be listed in items ①, ②, or ③ of form CH-100, *Request for Civil Harassment Restraining Orders*.
- Mail a copy of all documents checked in ④ to the person in ⑤.

Fill in court name and street address:

Superior Court of California, County of
Print "Los Angeles"

Print Court's Address

4 I (the server) am 18 years of age or over and live in or am employed in the county where the mailing took place. I mailed a copy of all documents checked below to the person in ⑤:

- a. CH-120, *Response to Request for Civil Harassment Restraining Orders*
- b. CH-130, *Civil Harassment Restraining Order Hearing*
- c. Other (specify) _____

Check box(es) and/or specify what forms were mailed to the other party.

Fill in case number:

Case Number: _____

5 I placed copies of the documents checked above in a sealed envelope and mailed them as described below:

a. Name of person served: Print the Name of Person Who Served Papers

b. To this address: Print the Address of Where the Response was Mailed in the Spaces Provided
City: _____

c. Mailed on (date): _____

d. Mailed from (city): _____
In 5(c) and 5 (d) print the city and state where the response was mailed from.

6 Server's Information

Name: _____

PERSON WHO MAILS THE RESPONSE
PRINTS THEIR NAME, ADDRESS, AND
PHONE NUMBER

Address: _____

City: _____

Telephone: _____

Zip: _____

If you are a registered process server:

County of registration: _____ Registration number: _____

7 I declare under penalty of perjury under the laws of the State of California that the information above is true and correct.

Date: Print Date

Print the Name of the Person who Mailed Documents to the Other Party
Type or print server's name► Signature of Person Who Served Papers
Server to sign here

What items do I need to turn in, sell, or store?

You must turn in, sell, or store all of the following prohibited items that you have or control:

- Firearms, including any handgun, rifle, shotgun, and assault weapon;
- Firearm parts, meaning receivers, frames, or any item that may be used as or easily turned into a receiver or frame (see Penal Code section 16531), which may also be called ghost guns; and
- Ammunition.

How do I properly turn in, sell, or store the prohibited items?

You must take them to:

- Law enforcement, who will accept all prohibited items and may store them or destroy them;

OR

- A licensed gun dealer, who can buy or store firearms. If you have firearm parts, call ahead for more information.

When do I have to turn in, sell, or store the prohibited items?

Immediately, if law enforcement asks you for the items. Otherwise, within 24 hours.

Who can I turn in, sell, or store the prohibited items with?

Only law enforcement or a licensed gun dealer. You cannot give your prohibited items to a family member, friend, or anyone else.

Where can I sell the prohibited items?

At a licensed gun dealer in your area. You can search the internet for “Gun Dealers” or “Firearms Dealers” to find one. Make sure the dealer is licensed.

Do I have to pay a fee to store prohibited items?

You may have to pay a fee. Contact your local law enforcement agency or a licensed gun dealer about fees and whether they have space to store your items.

How do I turn in the prohibited items to law enforcement?

Call your local law enforcement agency to ask about their procedures. Unload your firearms and take a copy of the court order with you.

Do not bring firearms to court.

If I turn in the prohibited items to law enforcement, how long will they keep them?

It depends. There are procedures for getting your firearms back after the restraining order has expired. Ask the law enforcement agency for more information.

After I turn in the prohibited items to law enforcement, can I change my mind?

Yes. You are allowed to sell firearms to a licensed gun dealer. To do so, the gun dealer must present a bill of sale to your local law enforcement agency. The law enforcement agency will give the licensed gun dealer the items that you are selling.

Do I have to prove that I have turned in, sold, or stored the prohibited items?

Yes. Within 48 hours you must file a receipt with the court showing that you have surrendered the prohibited items to a law enforcement agency or sold them to or stored them with a licensed gun dealer. You may use *Receipt for Firearms, Firearm Parts, and Ammunition* (form [CH-800](#)) for this purpose.

Additional Questions?

Contact an attorney for legal advice. Call your local law enforcement agency, for example, your city police or county sheriff, for their procedures.

Information about prohibited items and how to obey these orders is also available online.

See selfhelp.courts.ca.gov/respond-to-CH-restraining-order/obey-firearms-orders.

For help in your area, contact:

[Local information may be inserted.]

① Petitioner

Name: Print the Name of the Person Requesting the RO (as written on the Restraining Order)

② Restrained Person

a. Your Name: Print Your Name (as Written on the Restraining Order)

Your Lawyer (*if you have one for this case*):

Name: _____ State Bar No.: _____

Firm Name: _____

b. Your Address (*If you have a lawyer, give your lawyer's information.*

If you do not have a lawyer and want to keep your home address private, you may give a different mailing address instead. You do not have to give telephone, fax, or email.)

Address: _____

City: _____

**Print Your Address and Phone # in the
Spaces Provided**

Telephone: _____

Email Address: _____

Fill in court name and street address:

**Superior Court of California, County of
Print "Los Angeles"**

Print Court's Address

Court fills in case number when form is filed.

Case Number:

PRINT CASE NUMBER

③ To the Restrained Person:

If a judge has ordered you to turn in, sell, or store your firearms (guns), ammunition, and firearm parts—meaning receivers, frames, or any item that may be used as or easily turned into a receiver or frame (see Penal Code section 16531)—use this form to prove to the judge that you have obeyed their orders. Take this form to a law enforcement officer or a licensed gun dealer to complete ④ or ⑤. For more information on how to properly turn in your items, read form CH-800-INFO, *How Do I Turn In, Sell, or Store My Firearms, Firearm Parts, and Ammunition?*

④

To Law Enforcement

(Complete the section below. Keep a copy and give the original to the person in ②.)

Name of Law Enforcement Agency: _____

Name of Law Enforcement Agent: _____

Address: _____

Telephone: _____

Items Surrendered

a. Firearms, firearm pa

Date: _____

LEAVE BLANK

b. List of items (*List all items surrendered to the agency (e.g., a proper*

*separate form from your
a separate form):*

Separate form is attached. (*If it does not include all surrendered items, list additional items in ⑥.*)

I declare under penalty of perjury under the laws of the State of California that the information above is true and correct.

► Signature of law enforcement agent: _____

5

To Licensed Gun Dealer

(Complete the section below. Keep a copy and give the original to the person in (2).)

Name of Licensed Gun Dealer: _____

License number: _____

Address: _____

Telephone: _____

Items Stored or Sold

a. Firearms, firearm parts, an

Date: _____

LEAVE BLANK

b. List of items (List all the it

Department of Justice's Re
attached a separate form).

ute form (e.g.,
if you have

Separate form is attached. (If it does not include all surrendered items, list additional items in (6).)

I declare under penalty of perjury under the laws of the State of California that the information above is true and correct.

► Signature of licensed gun dealer: _____

6

□ List of Items Surrendered

Firearms and firearm parts

Make

Model

Serial number,
if there is one

Sold

To be

Stored

destroyed

(1) _____

(2) _____

(3) _____

(4) _____

(5) _____

(6) _____

Complete this section about any item(s) surrendered.

Ammunition

Br

To be
ored destroyed

(1) _____

(2) _____

(3) _____

(4) _____

(5) _____

(6) _____

Check here if there is not enough space above for your answer. Use a separate sheet of paper to list other items.
Write "CH-800, item 6" at the top, and attach it to this form.

7 To the Restrained Person:

Besides the items listed on page 2 or in an attached form, do you have or own any other firearms (guns), firearm parts, or ammunition?

No

Yes (If yes, check one or more of the following):

a. I filed a *Receipt for Firearms, Firearm Parts, and Ammunition* with the court on (date) _____.

b. I am filing the proof of service _____.

c. I have not yet filed the proof of service _____.

(Explain why not):

Answer Y or N regarding if you have additional firearms (guns), firearm parts, or ammunition parts, or ammunition not listed on the prior page.

of for those items

is proof.

Your signature

I declare under penalty of perjury under the laws of the State of California that the information above is true and correct.

Date: Print Date

Print Your Full Name

Type or print your name



Sign Your Name

Sign your name

Your Next Steps

- After the form is complete, make two additional copies. Take the copies and original to the court clerk to file.
- Keep a copy for yourself.

Note that failure to file a receipt with the court is a violation of the court's order.