

Suggestions to Witnesses

Review Facts In You Mind

- Before going to court, organize the facts in a logical way from beginning to end.
- Be sure to have answers to the questions: who, what, when, where, and why.

Do not Discuss Your Evidence With Others

- Do not discuss your case with anyone other than the Crown Prosecutor or police officers.

Tell The Truth

- Answer the questions honestly.
- If you don't know the answer to a question, don't guess. Say, "I don't know" or "I don't remember".

Speak Clearly

- Speak in a loud and clear voice
- Do not nod or shake your head in answer to a question.

Tell The Court If You Don't Understand Something

- Say, "I don't understand," when a question is confusing or unclear.
- Ask them to repeat the question another way.

Tell The Complete Story

- Be sure to tell everything that you remember.
- In order for the Judge to make the best decision about the case, all the information you have is important.

Try To Remain Calm

- Try not to get too distressed if it sounds like you are being believed. Remember that it is part of the court process.
- It is the defense lawyer's job to ask as many questions to determine if some of your testimony is accurate.
- If you find yourself getting very nervous, remember the three relaxation techniques: focal point, anchoring, and deep breathing.

It Is Ok To Ask For The Things That You Need

- Crying in court if you are upset is acceptable. Ask for a Kleenex and some time to compose yourself.
- If you are thirsty, or your throat feels dry, you can ask for a glass of water.
- If you have to go to the bathroom, ask if you can be excused.