

Positives of a No Contact Order (NCO):

1. Clear Boundaries

It provides clarity on expectations for communication and space, reducing the likelihood of further conflict or misunderstandings.

2. Emotional Relief

Knowing there is a structured boundary in place can reduce stress, anxiety, or feelings of uncertainty about how to interact with the other person.

3. Neutral and Temporary Measure

It is not a disciplinary action, but rather a protective, mutual tool designed to support both parties' well-being during the process.

4. Minimizes Risk of Additional Allegations

By limiting contact, it reduces the potential for new issues to arise during an already sensitive time.

5. Time for Reflection and Focus

Allows space for self-reflection, managing emotions, and focusing on your academics and personal well-being during a difficult time.

6. Shows Responsibility and Cooperation

Respecting the NCO can reflect positively on your willingness to engage maturely and responsibly with the process.