

Managing False Allegations

Being the subject of false allegations—whether of domestic abuse, controlling behavior, or substance misuse—is one of the most traumatic experiences a father can endure in the family court system.

It is vital that you respond strategically, not emotionally.

1. The Strategy of Silence

Your instinct will be to defend yourself aggressively, to text your ex-partner demanding an explanation, or to post on social media. **Do not do this.** Any aggressive response will be used as evidence to validate the allegations of "controlling or erratic behavior." Maintain total radio silence toward your ex-partner.

2. Understanding Ex-Parte Non-Molestation Orders

Often, allegations are used to secure an "ex-parte" (without notice) Non-Molestation Order, which may also result in an Occupation Order removing you from your home. If you are served with one, comply with it strictly. Do not breach the order, even if your ex-partner invites you to. Breaching the order is a criminal offense.

3. Gather Objective Evidence

Start compiling objective evidence that contradicts the narrative.

- Text message histories showing amicable or normal communication.
- Character references from professionals (teachers, doctors, employers).
- Location data or receipts proving you were not where an incident allegedly occurred.

4. Request a Fact-Finding Hearing

Do not simply accept allegations to "make things easier" or to "speed up" seeing your children. If serious allegations are made, request a Fact-Finding hearing where the evidence must be tested in court. Accepting a warning or undertaking without admitting fault can sometimes be a pragmatic legal strategy, but this must be discussed with legal counsel.

5. Focus on the Children

In all your statements to the court and to CAFCASS, keep the focus entirely on the impact this is having on your children, rather than your personal sense of injustice.