



How to Vote Safely in the 2026 Election

Voting information for Connecticut residents affected by domestic violence, sexual assault, or stalking

The midterm General Election is happening on **Tuesday November 3, 2026** and before that, the Primary Election will happen in Connecticut on Tuesday August 11, 2026. Several high-profile races are on the ballot in Connecticut this year, including the governor's race and elections for Connecticut's U.S. House seats. If you have experienced domestic violence (including intimate partner violence or coercive control), stalking, or sexual assault, you deserve to participate in these elections safely and without fear of intimidation or harm. This resource helps you vote safely and protect your privacy.

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Section One: Voter Eligibility and Registration

Are you eligible to vote in Connecticut? First things first. To be eligible to vote in Connecticut, you must be at least 18 years old (or turning 18 on or before election day) and be a U.S. citizen who lives in Connecticut. You *do not* need to have a permanent address to vote. (More on that later in this section.) People convicted of a felony can

vote in Connecticut if they have completed their confinement. Connecticut residents with non-felony offenses can vote whether they are in confinement or not.

Are you registered to vote in Connecticut? To vote in Connecticut, you must be registered. You can safely check your voter registration status by going to portaldir.ct.gov/sots/LookUp.aspx. This site is maintained by the Connecticut Secretary of the State. Enter a few pieces of info, and the site will tell you whether you are currently registered. If you are, the site will also tell you *where* to vote. It will not reflect that you have checked your status, nor will it ever reflect *how* you voted.

Do be aware that in Connecticut, as with most U.S. states, voter *addresses* are available for purchase for \$300.00. See the 'Privacy' section of this guide for ways to keep your address private. **As a reminder, intimate partners including current and former spouses are not able to find out how you voted in this or any election.** That information is never shared publicly for any reason.

Using a temporary address to register

If you are currently living at a temporary address, Connecticut *does* allow you to use that temporary address to update your voter registration, however, again, be aware that in Connecticut, as in most U.S. states, your voter information, *including your address*, is available for purchase for \$300.00 through the Connecticut Secretary of the State. For this reason, you may want to consider *not* updating your voter registration until you have enrolled in one of the state's two privacy programs. See the 'Privacy' section for more details. To update your voter registration info, go to MyVote.CT.gov and click the link that

says “Register to Vote or Update Your Registration Online.”

A note about *where* to vote.

Voting literature is full of declarations that you should always vote in the town where you are currently living. These policies are meant to encourage people who own more than one home to vote in an honest, straightforward way. They are *not*, according to the office of the Connecticut Secretary of the State, meant to discourage people who may be living at a temporary address. If you plan to vote, you should *vote in whatever way is easiest and safest for you.*

How to register to vote

In Connecticut, you can register online, by mail, or in person. If your housing situation is complicated or in transition, registering online or by mail may be the simplest option.

- **How to register online.** In Connecticut, if you have a valid driver’s license, learner’s permit, or non-driver photo ID card issued by the Connecticut DMV, you can register to vote online or change your address. For the election on Tuesday November 3, 2026, the deadline for online registration is October 16, 2026. For the primary election on Tuesday August 11, 2026, the deadline for online registration is Friday, July 24, 2026. Go to MyVote.CT.gov and click the link that says “Register to Vote or Update Your Registration Online.” Please note that unless you are enrolled in a privacy program, Connecticut *does make your address publicly available* for purchase. See the ‘Privacy’ section of this guide for more. Note: if you miss the deadline for online registration in either election, *you can still vote.* See the ‘Register in person’ bullet point below for more on that.

- **Register by mail.** To register by mail, you can print out a voter registration application form and mail it to the Registrar of Voters in the town where you plan to vote. (Note: you are not actually *approved* to vote until you receive confirmation that you've been registered.) To apply to register by mail, go to MyVote.CT.gov and click the link that says "Voter Registration Paper Form." After you print and fill out the form, go back to MyVote.CT.gov and search on the phrase "Registrar of Voters" in the search bar, located at the top of the site. This will give you a list of local Registrars. Find *your* local Registrar and mail your form to that address. For privacy reasons and to ensure the form arrives intact, the Secretary of the State recommends mailing it in a stamped envelope instead of using the address fields printed on the outside of the form. For the November 3, 2026 election, mail-in applications must be postmarked by October 16, 2026. For the primary election on Tuesday August 11, 2026, mail-in applications must be postmarked by July 24, 2026. Note: if you miss these deadlines *you can still vote*. See the next bullet point for more. Again, it's important to bear in mind that Connecticut does make voter addresses publicly available for purchase unless the voter is enrolled in a privacy program. See the 'Privacy' section for more information.
- **Register in person.** In nearly every town in Connecticut, there are designated **Same Day Registration (SDR) sites**. These sites will open on and remain open through Election Day. To look up a town's SDR site and hours, go to MyVote.CT.gov and type "same day registration" in the search bar at the top. When you register at an SDR site, election workers will ask for valid ID. If your ID doesn't include the address where you currently live, they may also ask for proof of residence in that town. To learn

more about what the state considers valid forms of ID and proof of residence, go to BallotReady.org/us/connecticut. Be attentive to the fact that Connecticut does make voter information *including address* publicly available for purchase unless the voter is enrolled in one of two privacy programs. See the 'Privacy' section for more information.

Which forms of ID do you need to register to vote?

The forms of ID you'll need to register to vote depends on which method you use to register. Visit BallotReady.org/us/connecticut for a list of which ID types are required for the various registration methods.

Section Two: How to Vote Safely

Create a safety plan with an advocate.

Determining the safest way to vote will depend on your individual circumstances. You might find it helpful to work with an advocate who can help you create a safety plan for voting. See the Safe Connect information in the Resources section at the end of this guide for information on how to connect with an advocate. A safety plan can include choosing a date, time, and location for the safest experience as well as figuring out if options like Same Day Registration and Early Voting at designated sites might be good choices. A safety plan can also involve identifying people who can accompany you or stay in touch with you while you vote. You may also want to do research ahead of time on how you'll be voting, so you can vote quickly once on site. To research how you'll vote, visit BallotReady.org/us/connecticut to see nonpartisan information on which elections and ballot measures will be appearing on your ballot.

Use Connecticut's Early Voting program

Again, determining the safest way to vote will depend on your individual circumstances, but for many people, Connecticut's Early Voting program is a great option. For Connecticut's November 3, 2026 General Election, early voting locations will be open from Tuesday, October 20 through Monday, November 2, 2026. That's 14 consecutive days of early voting, including weekends, ending the day before Election Day. Typical early voting hours in CT are from 10:00 a.m. to 6:00 p.m., but you should check local listings for specifics.

Unless you are enrolled in Connecticut's Address Confidentiality Program, you don't have to make any advance arrangements to vote in an Early Voting location. Just show up at an Early Voting location for the town where you're registered and make sure you bring an acceptable form of ID. If your ID doesn't have the same address on it as the address under which you registered to vote, bring proof of residence as well. To learn what forms of ID and proof of residence are acceptable, go to BallotReady.org/us/connecticut. To find your Early Voting location, visit MyVote.CT.gov and click the link that says "Early Voting Information and Your Early Voting Location." Then, click "Your Early Voting Location." If you are an ACP participant, read on.

How Address Confidentiality Program (ACP) participants can vote.

If you're a participant in Connecticut's ACP, **you will need to present your ACP card to your town's Registrar of Voters in advance of when you plan to vote.** The Registrar will then contact ACP to verify your address and assign you a polling location. When you go to that location to vote, you will show as eligible but your local address will not be visible. Some poll workers aren't familiar with ACP, so it can be helpful to let them know that an ACP participant's name appears *at the back of the list of voters*. A poll worker might also know this part of the list as "the supplemental list" or "z list." You will still present your driver's

license (or other acceptable form of ID) to the poll worker. (If you're an ACP participant, your license will typically have your Secretary of the State-issued substitute address on it.) If you're in ACP and haven't yet presented your Registrar with your ACP information, you should do that as soon as possible. To find the contact information for your local Registrar, go to MyVote.CT.gov and type "Registrar of Voters" in the search bar at the top of the site. This will give you a list of local Registrars. Your Registrar can also help you get registered to vote. ACP participants are able to take advantage of *all* the various voting options available to Connecticut residents, including Early Voting, Same Day Registration, and absentee voting. If you're interested in participating in the ACP, see the 'Privacy' section for more information.

Is absentee voting a safe option?

If you live in the same home as a controlling/abusive person, be aware that absentee ballots have sometimes been associated with a phenomenon in which that person will want to *watch* you vote, potentially to coerce you to vote a certain way. If that's a risk, you may want to take advantage of your town's Early Voting options instead of voting by absentee ballot. If absentee voting is safe for you, you can apply to receive an absentee ballot by visiting myvote.ct.gov/getmyab. If you're applying for an absentee ballot by mail, it's recommended you apply no later than July 21st for the August 11 Primary Election and no later than October 13th for the November 3rd General Election. Another option is to apply for an absentee ballot in person at your Town Clerk's office. The deadline for that is the day before each election. They will typically hand you the ballot right then and there.

If you're receiving your absentee ballot by mail, it will be sent to the address on your current voter registration. If you've moved, you'll need to update your address before requesting a ballot. Again, because

Connecticut makes voter information including addresses publicly available for \$300, you may want to consider enrolling in one of the state's two privacy programs first. See the Privacy section for more.

What's the difference between Early Voting and absentee voting?

Early voting is done in person. Absentee voting is done by mail, in person at your Town Clerk's office, or by using your town's secure ballot drop box at an official ballot collection location.

Section Three: Voting Privacy

How is voter information used?

All cities and towns in Connecticut use the state's Centralized Voter Registration System. It's how they produce their official lists of registered voters for elections. The system includes information contained in voter registration forms, *including your address*. It also indicates whether or not you voted in past elections and primaries, and whether you voted in person or by absentee ballot. It never indicates *how* you voted. Anyone can purchase voter registration information, including address, from the Connecticut Secretary of the State for \$300 and this election information is updated by all towns within two months of an election or primary. **Again, intimate partners including current and former spouses are not able to find out how you voted in this or any election.** That information is never publicly shared for any reason.

How to keep your voter information private.

The Voter Registry Privacy (VRP) program serves to protect individuals and families who fear for their safety. When you participate, your name and address will be kept out of the official State of Connecticut Voter Registry. The Voter Registry Privacy Program is available to U.S.

citizens who live in Connecticut and confirm (on a form) that the disclosure of their information could endanger their safety or that of their family.

The form to enroll in VRP can be accessed by using the following (rather long) document link:

portal.ct.gov/-/media/SOTS/Voter_Privacy_Program/VPPapp_20211104.pdf

If you're reading a paper version of this guide and would rather not type all of that into your web browser, go to MyVote.CT.gov and enter "Voter Registry Privacy Program" in the search bar at the top. Although there is no standard length of time that it takes to get enrolled in VRP, state officials report that applications are typically processed within one week. Note: when you participate in VRP, some election officials including poll workers will still be able to see your address information.

The Address Confidentiality Program (ACP)

The Address Confidentiality Program (ACP) is a more comprehensive approach to privacy and is available for Connecticut residents who are or have been victims of domestic violence, sexual assault, or stalking. While the Voter Registry Privacy only provides confidentiality on *election*-related records, The ACP provides a *substitute* address for *all* public records as well as a free mail-forwarding service.

Applications to ACP must be completed by an advocate and state officials report that they are typically processed within ten days. To be connected with an advocate, residents of Connecticut can call or text the CT Safe Connect hotline at (888) 774-2900 or visit ctsafecconnect.org for additional options. Note: if you're moving, it's

usually a good idea to *enroll in ACP before you secure your new address*. That way, your new address has a greater chance of remaining private.

If you're planning on buying a new home, expect to do a bit of extra footwork to keep your new address private. Consult with your realtor, local utilities, tax office, and lenders about options. To learn more, go to MyVote.CT.gov and enter "Safe at Home" in the search bar at the top.

Safe Voting Scenarios

Below are a few sample scenarios of safe voting. Note: these scenarios are fictional. To make your own safe voting plan, work with an advocate and/or look up relevant information for your location at MyVote.CT.gov

Safe Voting Scenario #1

It's late October. Maya and her young daughter have been living at a domestic violence shelter in Waterbury after Maya made the decision to leave her abusive partner. Maya is still figuring out her next steps, including where she and her daughter will live long term. She wants to vote in the upcoming election and had been planning to register, but the unexpected move disrupted those plans. Maya reaches out to her advocate, Zuri, and together they map out a safe way for Maya to register. First, they look up the location of a Same Day Registration (SDR) site in Waterbury. They choose a date and time when Maya knows her former partner will be at work. They arrange to travel to the SDR site together. To make sure Maya brings the right identification, they review BallotReady.org/us/connecticut. During their research, Maya notices the site also offers Early Voting. She spends time researching candidates ahead of her visit so she can register and cast her ballot efficiently, minimizing the amount of time she needs to spend on-site, while still participating fully in the election.

Safe Voting Scenario #2

About a year ago, Roberto's boyfriend, Alex, began engaging in several forms of coercive control including monitoring Roberto's movements, attempting to control Roberto's access to the couple's bank accounts, and making threats to harm Roberto's cat, Sushi. Roberto left Alex and he and Sushi have been happily living in a one bedroom apartment in a new town in Connecticut for about nine months. Before he signed the lease on his new place, Roberto registered for Connecticut's Address Confidentiality Program (ACP), so that the address associated with Roberto's name in public records is a *substitute* address instead of his physical location. Soon after he moved to his new place, he contacted the town's Registrar to provide his ACP information. His registrar then confirmed his information with the program and provided Roberto with the address of his local polling place. Thanks to ACP, when Roberto goes to vote on election day, his name will be listed on the active voter rolls but his local address will not. As a result, Roberto's former partner will not be able to use public voting records to find out where he lives.

Safe Voting Scenario #3

Catherine, a 70-year-old woman, has left her Wallingford, Connecticut home after her adult son, Ray, became physically violent with her while living there. For now, Catherine has decided that what's right for her is to live in Hamden with her other son, Steven, until Ray moves out of state for a new job in a few weeks. In the meantime, Election Day is coming up and the polling place where Catherine usually votes is next door to her Wallingford home. She doesn't feel comfortable voting there this time due to Ray's presence, so she applies to receive an absentee ballot. Steven picks it up for her at her house when he knows that Ray won't be there. From the safety of Steven's place, Catherine fills out her absentee ballot. She then returns it using a secure

absentee-ballot drop box in Wallingford, the town where she is registered to vote.

Helpful Voting Resources

- MyVote.CT.gov. This site, maintained by the CT Secretary of the State, has a wealth of voting info. You can look up whether you are registered, the address of your polling place, and locations of Same Day Registration & Early Voting sites.
- BallotReady.org/us/connecticut. This handy website shows what will be on your ballot and what forms of ID and proof of residence are acceptable for registering and voting. It also has nonpartisan info about candidates and ballot measures.
- CTMirror.org. This nonprofit news outlet creates nonpartisan voter guides to help Connecticut voters learn about candidates and what's going to be on the ballot. To find it, visit the CT Mirror website and type "Connecticut Voter Guide" in the search bar. (Look for the magnifying glass icon at the top.)

Other Resources:

- **Safe Connect** is Connecticut's confidential information and resource line for people who are experiencing difficulties and/or unsafe circumstances in their relationships—including intimate partners and family relationships. Call or text 1-888-774-2900 or visit CTSafeConnect.org and friendly advocates will help connect you to the relevant CCADV member organization in your area.