

Social Media And Divorce



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One of the primary sources for damaging evidence in divorce cases often comes from you yourself. Sometimes, it can be in the form of what you do or what you say. Often, it can be in the form of what you say and do and then post online for the world to see. In the age of You Tube and Facebook, etc., very few secrets seem to remain. You should not be naive enough to think that only your "friends" will see what is put out there. People are always willing to share!

There are some basic rules that should be followed:

- (1) If you have a custody case, stay away from social media.** Just avoid it entirely. Nothing good can come from posting either that you are having a great time or that your life is going horribly. Both can be used against you. In fact, in a custody case, everything can be used against you. So don't provide any ammunition to the opposition.
- (2) If you insist on violating (1), don't post pictures of your kids.** The other parent will object. It will be used against you, etc.
- (3) Do not list that you're single, if you are married.** At least choose "It's complicated".
- (4) No bad-mouthing the other party or permitting friends to do so.** Yes, what your friends say can be used against you.
- (5) No pictures with your new significant others until you are divorced.** Even if your spouse does not want you, they do not want anyone else to have you either.
- (6) Do not show how much money you are spending on trips, big purchases, etc** People going through a divorce are supposed to be broke. Even if you are spending on someone else's credit card, don't post it.
- (7) No pictures of you in party mode.** For obvious reasons.

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