

## **Divorce & Social Media: The DO's and DON'T's**

Many of our clients have active online lives, documented by social media. However, this behaviour can be turned against you in divorce. The internet, in general, and social media, in particular, have equally created vast opportunities for evidence to be gathered and used in divorce negotiations, mediations and in Divorce Court.

Whether due to being tagged in a photo, making an unintended cameo on the family iPad or being tracked via GPS on an iPhone, you have never been more at risk in divorce. Your social media pages are now closely monitored and downloaded by your former spouse and their lawyers. So be very careful.

At Benmor Family Law Group, we advise our clients about the use of social media.

Here are the DO's and DON'T's

### **DO**

1. Change passwords on your email, social media accounts, online banking and all pre-filled portals.
2. Change social media privacy settings.
3. Remove historic content on all your social media accounts of any evidence that can be used to your disadvantage.
4. Un-synchronize family devices including phones, tablets and watches.
5. Stop saving emails, documents, photos and videos to the cloud.
6. Disable auto-fill functions.
7. Sweep your home, office and car for tracking devices such as Apple tags.
8. Have communication devices checked for spyware.
9. Unfriend mutual friends of your spouse.
10. Ask family and friends to un-friend your spouse and remove any questionable historic content involving you.

### **DON'T**

1. Post court documents.
2. Post legal questions or advice (asking or giving) or strategy.
3. Post post-separation photos or videos.
4. Post storylines of your divorce.
5. Snoop or stalk your spouse.
6. Hack into your spouse's email or social media accounts.