



Toolkit for Divorcing with Dignity
Conversation Starters #5: Navigating Social Media

Divorce is complicated, and even with an amicable split emotion will still run high. During this time, it is normal to want to vent about how you are feeling and what is going on, but it is important to be conscious of what you post for friends, family, and even co-workers to see. Sit down with your ex-partner and decide together when and how to approach things. Below are some prompts to facilitate that discussion:

- 1) Are we able to maintain a healthy relationship while following each other on social media?
- 2) Will we be able to handle what the other person chooses to write?
- 3) In what ways will our children and family be affected by what we post?
- 4) Do we have any mutual friends on social media that we don't want to know what's going on?
- 5) How can we still respect each other while maintaining our freedom to express how we feel?
- 6) What other outlets could we use when we have things we need to share? See (TIP SHEET SOCIAL MEDIA AFTER DIVORCE) for additional information on navigating social media.
- 7) When is it okay to change our relationship status? Does this have to be posted publicly?