



### **Toolkit for Divorcing with Dignity**

#### **Tip Sheet #5: Social media after divorce**

In today's world of technology, social media is everywhere. Many people establish an online presence through various sites, and share details about their personal life with others such as their job, their current city, photos of family, and their relationship status. Here are several tips for navigating social media as your relationship status changes and your divorce is finalized:

1. If you are a more private person, don't forget you can often hide a change in relationship status from your followers so it does not appear on their news feed.
2. Avoid posting the details of your divorce or opinions of your spouse online. If you need to share things or seek support from friends and family, certainly do so. However, once things are online, they cannot be removed.
3. If children are involved and connected with you on social media, consider ways they might be affected by what you post about your divorce or ex-spouse.
4. If you chose to use social media to share news and seek support from others during this transition, consider combing through your followers and deleting those you haven't spoken to in many years or ones you don't want to know your personal life.
5. It is likely that you and your ex-spouse have many mutual social media followers. Determine who you want to have access to the information you share by adjusting your security and profile settings.
6. If you remain connected with your ex-spouse on social media sites, be intentional with what you share about your personal life. If you do not want that person knowing the details of your life, it may be best not to post the information.
7. Recently, courts have made use of social media evidence in settlement and custody hearings. Use caution when posting.