

## Guidelines for Divorce Clients Interactions with Your Spouse and Social Media.

### How and When Should I Communicate With My Spouse? How and When Should I Use Social Media?

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- ✓ 1. Be civil. Do not start, or be drawn into, fights or arguments.
- ✓ 2. If you live together during the divorce, set a positive and healthy example for your children.
- ✓ 3. To manage your emotions and to have an outlet to talk through your feelings, seek professional counselling.
- ✓ 4. Do not date during the divorce. This challenges your spouse and increases the cost of litigation. Do not spend money on a girlfriend or boyfriend.
- ✓ 5. Do not make nasty statements in writing. Emails and text messages may be used as evidence. Do not leave nasty voicemails.
- ✓ 6. Assume phone conversations with your spouse or spouse's family are being recorded. Phone conversations are optional. You may choose to communicate by email or text message.
- ✓ 7. If there is a restraining order, do not communicate with your spouse. Communicate only through your lawyer.
- ✓ 8. Do not quit, or threaten to quit, your job. Do not cancel, or threaten to cancel, your health, life or other insurance policy.
- ✓ 9. Limit or stop using social media. Change your social media privacy settings and passwords. Blocking your spouse will not prevent your spouse's family or friends from sharing your posts.
- ✓ 10. Your posted content should be deleted or edited if it reflects poorly on you. If your spouse posts content or photos that reflect poorly on him or her, notify your lawyer. Online posts may be used as evidence.
- ✓ 11. Do not use social media to express anger, to denigrate, to ridicule, or to air the family's dirty laundry.
- ✓ 12. Do not change your social media status from "married" to "single" until you are divorced.