

Social media can play a significant role if you're going through a divorce. It's essential to be mindful of how you use social media during this time. Using social media the wrong way can affect your divorce settlement. It can also impact your children's well-being.

Here is a pre-divorce checklist focusing on social media that you should consider:

- Check your social media presence. Look at your social media accounts and see what you've shared over the years. Delete any posts or photos that could get used against you in court. These might be pictures of you consuming large amounts of alcohol. Be mindful of making derogatory remarks, or posting anything considered inappropriate.
- Change your passwords. Change the passwords to all your social media accounts, especially if you suspect your spouse may have access to them. This will prevent them from logging in and potentially causing harm to your accounts.
- Review your privacy settings. Ensure your social media profiles are private, so only your friends and family can see your posts. Be mindful of who you accept as friends and what they can see on your profile.
- Avoid posting about your divorce. It's best to keep the details of your divorce off social media. Posting about your divorce can be emotionally charged, and it can be used against you in court. Speaking with your close friends and family about your situation is best instead of airing it out on social media.
- Be mindful of what you share. Be cautious of what you share on social media during your divorce, even if it's not directly related to your divorce. Anything you post can be scrutinized, so think twice before sharing anything inappropriate or harmful.
- Don't use social media to spy on your spouse. Doing so could be seen as violating their privacy and hurt your court case. Resist this temptation.
- Don't badmouth your spouse on social media. Refrain from making negative comments or badmouthing your spouse on social media. Doing so can harm your children's emotional well-being and may be used against you in court.
- Avoid posting about new relationships. It's best to avoid posting about new romantic relationships on social media during your divorce. Doing so could cause unnecessary drama and be used against you in court.
- Don't share confidential information. Keep personal information about your divorce off social media. Sharing information about your divorce settlement or court proceedings could harm your case and may even be illegal.
- Use social media as a positive outlet. Social media can be an excellent outlet for stress relief during difficult times. Make sure to use it positively. Share uplifting quotes or photos that inspire you. Engage with others in a positive and supportive way. This can help you stay connected to others and provide emotional support during the divorce process.

By following these steps, you can help protect yourself during the divorce process and minimize any negative effects social media may have on your divorce settlement.

### How Can We Help You

Are you considering divorce in Las Vegas but don't know where to turn?

The Rosenblum Allen Law Firm specializes in divorce law and offers the most comprehensive services possible. Our experienced team of attorneys can help guide you through the process with empathy and integrity, ensuring your rights are fully protected.

With years of experience assisting clients to navigate their divorces, you'll have the peace of mind knowing that you are in good hands every step.

Don't settle for just any divorce attorney - hire the Rosenblum Allen Law Firm experts and get the comprehensive legal support you need.

Call us today at (702) 433-2889 to start the process of getting divorced in Las Vegas.

Give us a call at (702) 433-2889 or email us at [staff@rosenblumlawlv.com](mailto:staff@rosenblumlawlv.com) with any questions.