

Your tweets say a lot about you ... and your ex reads them too!

Do you tweet? Are you an avid user of Facebook, Instagram, Snapchat or another social media site? Have you thought much about the content of those messages or updates? Have you considered adjusting your privacy settings recently?

As more and more people use social media, use of tweets, Facebook updates and other social media posts have increasingly been used in court. It's easier to catch a spouse in a lie, thanks to text messages and even twitter updates (from the cheating spouse or his or her paramour). Pretending you went away for the weekend for business? That could become more difficult to prove when someone's Facebook photos show you in the wrong place at the wrong time (at least, according to the timeline you're trying to present!).

Maybe there's no cheating involved, but social media can haunt you in other ways as well. Feeling happy and tweeting about it? That could make it hard to convince a court you're miserable about the decline of your marriage. Trying to persuade the court that you should have custody of the kid(s)? Beware, not only your posts, but your kids' posts, might end up in court.

Of course, Facebook is useful for more than catching liars. It can actually make it easier to track down potential witnesses in a case. For example, you may not have the name and number of the parent you met at the soccer game who saw your ex cuss you out in front of your son. That same parent can be easily tracked down on Facebook if he or she is posting photos of your kids' team.

If you are involved in a family law dispute of any kind, talk to your lawyer about how to carefully use social media. Your attorney might advise you to take your account inactive, to delete your account, or to take down certain photographs. At the very least, your lawyer will probably ask you to consider altering the privacy settings on your accounts to restrict access, or unfriending (or defriending) your Facebook friends. Remember, you can't control gossip, and you can't control who shares even your restricted social media posts with others!

Social media and electronic evidence are changing divorce and custody trials. Be aware, check yourself before you wreck yourself and always remember, if you don't want to discuss it in court, don't post it.

If you thought this information was useful, please pass it on to a friend. You can also find more information about family law [here](#).