

Cybersecurity Tips for Divorce

COLLABORATIVE E-BOOK BY
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Many couples who decide to divorce don't realize just how much they remain digitally connected - by means of family data plans, shared streaming services and backup accounts like iCloud. These overlooked accounts could be putting you at risk.
Check your computers, tablets, Kindles, TV, car stereos, etc.



Could my ex be cyberstalking me?

STALKERWARE IS REAL: Do a periodic review of the apps downloaded onto your phone and software downloaded to your computer.

Check the settings to make sure the privacy and security settings are configured to protect you and your information.

Delete anything you no longer use or do not recognize. Don't forget to check your settings for a list of all the apps/software downloaded, not just the ones that appear on your home screen.

Can my ex look at my computer and phone?



The most common way a spouse gains access to your accounts are by simply logging in, either because they knew the password or because it was saved on a device used by both parties. Removing your accounts from the family computer may not be enough as passwords may be saved to web browsers and shared between connected computers and devices.

We recommend clients change the passwords on all accounts which may contain sensitive information. Change your Microsoft, Apple, Android login usernames and passwords. IT'S BEST TO DO THIS BEFORE YOU SEPARATE or do it as soon as possible.

Many couples have joint bank accounts, video streaming apps, and shopping apps that are shared. Divide these and choose a strong password that you have not used for any account in the past. Change your passwords to something so unusual, your ex will never guess it.

Change your Wi-Fi passwords and treat any account you have ever shared as compromised!



How does my ex know where I am?

Another common form of data which makes it's way into the court record is LOCATION DATA.

Photos are the most common example of this, such as a photo from the beach when supposedly working, or photo from the gym while supposedly unable to work. These mistakes might seem easy to avoid, but other similar data may be readily available.

Message and Snapchat both contain settings which allow your location to be seen at any time. Plus, pictures posted to social media are often tagged with a location without your knowledge.

We recommend avoiding any public posts during the pendency of a divorce or custody dispute. While this will avoid the creation of new issues, it does not address information which is already accessible.

Even accounts that you no longer use may have information you would rather not share with your ex in the middle of a custody battle - while you may have forgotten about your old Facebook account, Google has not.



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Janet Price, Divorce Sherpa, Parenting, & Co-Parenting Coach. Specializing in supporting loving parents escape the conflict.

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