The Dangers of Social Media

Anything you post can and will be used against you.

THE
SAM BERNSTEIN®
LAW FIRM

Social Media & Today's Legal System

Always assume the defendant, the insurance company, and the defense attorneys will see what you post.

We have seen a significant increase in social media monitoring by insurance companies, investigators, and defense attorneys. You should always assume the defendant, their insurance company and defense attorneys will see what you post.

Internet and social media security consultants recommend you review the contents of your social network sites and your "friends" or "connections" and keep only those you know and trust.

Always exercise good judgment with social media.

Don't let your social media activity damage your chances to receive the compensation you deserve.

Protect Yourself

Whatever you post is fair game for the insurance company.

Social Media is a way to connect or reconnect with family and friends. However, it is vital during your case that you take extreme caution with any social media sites.

What you post, comment or respond to can be used against you, and can greatly impact your case. It is important that your social media accounts are set to "private." "Public" accounts may be discovered by any insurance company, opposing lawyer, or defendant.

Searching through social media sites is a common practice among defendants, insurance companies, and opposing attorneys without your knowledge or permission. To protect yourself and your case it's important to avoid these risks.

Take extreme caution when online, anything you write or post may get into the wrong hands and be used against you.

Ten Rules of Social Media to Follow During Your Case

1 **Set the highest privacy settings**
Even with the highest privacy settings, you should always write or post items with the assumption that it will be public information.

2 **Don't post anything about meetings…**
with your lawyers or Sam Bernstein Law Firm team members. This can result in issues that may compromise the attorney-client privilege.

3 **Don't post anything about your case**
Don't make remarks about any part of your accident, case or current medical conditions.

4 **Do not delete…**
any posts that you've already made regarding your accident.

5 **Be selective about "friends"**
If you are uncertain about a "friend" request you have received, do not accept the request. For your protection, it is important that you know the people viewing your social media content.

6 **Don't forward any emails**
Forwarding or sharing emails related to your case or any personal communications may compromise the attorney-client privilege.

7 **Avoid any false posts, "check-ins" and/or activities**
Social media users have the ability to post or "check in" to places where they aren't actually located. Even if it's in a joking manner, it can greatly harm your claim.

8 **Don't participate...**
in blogs, message boards, internet chat rooms, or visit any insurance websites.

9 **Only send emails regarding your case to us**
Once an email is sent you cannot get it back. Take extreme caution in what you send out to your friends and family and avoid any information regarding the progress of your case.

10 **Beware of posting photos to any social media sites**
Photographs showing physical activities that appear inconsistent with your claim can raise attention and be used as leverage by the insurance companies. Photographs of partying, drinking, or any "negative" activities should be avoided for the well-being of your case.

MICHIGAN'S FIRST FAMILY OF LAW®

THE

SAM BERNSTEIN®

LAW FIRM

1-800-CALL-SAM® | 1-800-225-5726 | CALLSAM.COM®