

Keeping Divorce Out of the Spotlight

October 16, 2025

By Sandra A. Brooks



When a marriage ends, most people want the details to stay between them - not in headlines, social media feeds, or public court records. For high-net-worth individuals, business owners, or anyone with a public profile, privacy can be one of the most valuable assets in a divorce. Fortunately, there are proactive steps you can take to protect it.

The best way to keep a divorce private is to stay out of court. Litigation creates a public record, including financial disclosures, allegations, and agreements. Mediation is a resolution option that allows both parties to work through issues confidentially with a neutral facilitator. The collaborative divorce process keeps negotiations in private meetings with attorneys and other professionals committed to settlement. Even if court filings are required, resolving most issues privately first minimizes what ends up in the public file.

In high-profile cases, attorneys often include confidentiality clauses in settlement agreements. These can restrict both parties from sharing details about finances, parenting arrangements, or personal matters. If you own a business or have sensitive professional information, a non-disclosure agreement (NDA) can prevent your spouse or their advisors from revealing proprietary or reputational details.

While court records are generally public, judges may seal specific documents for good cause, for example to protect children's identities, confidential business information, or sensitive financial data. Your attorney can file a motion to seal portions of the case to limit public access.

Privacy in the digital age goes beyond court filings. Avoid discussing the divorce online and ask friends and family not to share posts about it. Even seemingly harmless comments can fuel speculation or reach the media. If you are a public figure, your attorney may coordinate with a public relations professional to handle inquiries or issue a short, neutral statement that minimizes attention.

Use secure email and file-sharing systems when exchanging documents with your attorney. Avoid using joint devices or cloud accounts. Anything stored or sent through a shared platform could be accessed or copied.

It's natural to confide in close friends, but word spreads quickly, especially in small or social circles. Limit detailed discussions about your divorce and resist the urge to "set the record straight." Silence often protects more than explanation.

Nothing draws unwanted attention faster than public conflict. Staying composed — even under pressure — helps preserve dignity, credibility, and privacy. The less drama you create, the less there is for others to discuss. Divorce doesn't have to mean exposure. With the right legal strategy and careful communication, you can protect your family, your reputation, and your peace of mind while moving forward privately.

