

Courtroom Etiquette & Conduct

Your conduct in the courtroom is a form of evidence. It signals your stability and respect for the legal process.

1. Addressing the Court

- **'Your Honor':** Always address the judge as 'Your Honor.'
- **Stand Up:** In most courtrooms, you should stand when the judge enters or exits, and when you are speaking to the judge (unless told otherwise).
- **Direct Communication:** Speak to the judge, not the other party. Even if the other party says something that upsets you, look at the judge and wait for your turn to respond.

2. The Golden Rule: No Interruptions

- **Wait Your Turn:** Never speak while the judge or the opposing party is speaking.
- **The 'Note' Method:** If the other party lies, do not gasp or shake your head. Simply write it down on your notepad and address it when the judge asks for your response.

3. Managing Emotions

- **Keep it Professional:** Family law is emotional, but the court looks for 'The Best Interests of the Child.' Staying calm and focused on facts makes you a more credible witness.
- **Body Language:** Avoid crossing your arms, rolling your eyes, or heavy sighing. The judge and court staff are observing you even when you aren't speaking.

4. Remote Hearing Etiquette

- **Mute is Your Friend:** Stay on mute when not speaking to avoid background noise.
- **Eye Contact:** Look into the camera, not at your own reflection. This simulates eye contact with the judge.

Next Step: Practice your testimony with a friend or family member. Use ThreadLock's timeline to stay organized and focused on facts, not emotions.

Disclaimer: This material is for informational purposes only and does not constitute legal advice. Laws, rules, and procedures vary by jurisdiction. Consult a qualified attorney for advice about your specific situation.