

## 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.*