

Parent Checklist: Collecting Public Facebook Information (Ethical & Legal)

Purpose: This checklist helps parents observe publicly visible behavior patterns on Facebook in a calm, ethical way. The goal is situational awareness, not judgment, discipline, or diagnosis.

1. When to Look

- Set a consistent review schedule (weekly, biweekly, or monthly).
- Avoid reactive checking after conflicts or during emotional stress.
- Review during neutral times of day when possible.
- Limit review sessions to 10–15 minutes.

2. Where to Look (Public Areas Only)

- Public profile page and timeline posts.
 - Public comments on others' posts.
 - Public photos, captions, and About section.
 - Publicly visible reactions, groups, and followed pages.
- Do not access private messages, locked profiles, or content requiring impersonation.

3. What to Look For (Observation Only)

Posting Patterns

- Noticeable changes in frequency or timing of posts.
- Bursts of activity or sudden silence.

Tone and Language

- Increased negativity, hostility, or hopelessness.
- Extreme or absolute language (always, never).

Engagement Signals

- Sudden changes in reactions or commenters.
- Repeated conflicts in comment threads.

Content Themes

- Repeated focus on isolation, failure, harassment, scams, or radical shifts.

4. What Not to Do

- Do not react to a single post.
- Do not diagnose or label behavior.
- Do not secretly monitor beyond public visibility.
- Do not quote content out of context.



5. How to Record Observations

Use neutral, factual language only.

Observation Log

Date Reviewed: _____

Time Window Observed: _____

What was observed (facts only):

Pattern noted: None / Short-term change / Ongoing trend

Context clues (optional): School stress, social conflict, life change, unknown

Action taken: None / Noted / Plan conversation / Seek professional guidance

6. Interpreting What You See

- One post is noise; repeated patterns are signals.
- Changes over time matter more than individual statements.
- Context always matters.

7. Legal and Ethical Reminder

This checklist is limited to publicly accessible information only. It is intended for awareness and safety, not surveillance or discipline.



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Parent Checklist: Collecting Public Instagram Information (Ethical & Legal)

Purpose: This checklist helps parents observe publicly visible behavior patterns on Instagram in a calm, ethical way. The goal is situational awareness, not judgment, discipline, or diagnosis.

1. When to Look

- Set a consistent review schedule (weekly, biweekly, or monthly).
- Avoid reactive checking after conflicts or during emotional stress.
- Review during neutral times of day when possible.
- Limit review sessions to 10–15 minutes.

2. Where to Look (Public Areas Only)

- Public profile page (bio, profile photo, highlights).
- Public posts (photos, videos, captions).
- Public Reels.
- Public comments made on others' posts.
- Publicly visible followers/following counts.
- Publicly visible hashtags used in posts.

Do not access private accounts, direct messages, Close Friends stories, or content requiring impersonation.

3. What to Look For (Observation Only)

Posting Patterns

- Noticeable changes in posting frequency.
- Bursts of activity or sudden silence.
- Shift toward late-night or early-morning posting.

Tone and Language

- Increased negativity, hostility, or hopelessness in captions.
- Use of extreme or absolute language (always, never).
- Captions expressing isolation, shame, or distress.

Visual Signals

- Repeated dark, violent, or disturbing imagery.
- Sudden changes in personal presentation or themes.
- Posts emphasizing risky behavior or self-harm imagery.



Engagement Signals

- Sudden spikes or drops in likes or comments.
- Repeated comments from unfamiliar accounts.
- Conflict or harassment visible in comment threads.

Content Themes

- Repeated focus on appearance, worth, or comparison.
- Isolation or rejection.
- Harassment or bullying.
- Scams, giveaways, or “too good to be true” offers.
- Extreme ideologies or risky challenges.

4. What Not to Do

- Do not react to a single post or Reel.
- Do not diagnose or label behavior.
- Do not secretly monitor beyond public visibility.
- Do not quote captions or images out of context.

5. How to Record Observations

Use neutral, factual language only.

Observation Log

Date Reviewed: _____

Time Window Observed: _____

What was observed (facts only):

Pattern noted: None / Short-term change / Ongoing trend

Context clues (optional): School stress, social conflict, appearance pressure, life change, unknown

Action taken: None / Noted / Plan conversation / Seek professional guidance

6. Interpreting What You See

- One post is noise; repeated patterns are signals.
- Visual trends matter more than individual images.
- Changes over time matter more than style or aesthetics.
- Context always matters.

7. Legal and Ethical Reminder



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Parent Checklist: Collecting Public X (Twitter) Information (Ethical & Legal)

Purpose: This checklist helps parents observe publicly visible behavior patterns on X (formerly Twitter) in a calm, ethical way. The goal is situational awareness, not judgment, discipline, or diagnosis.

1. When to Look

- Set a consistent review schedule (weekly, biweekly, or monthly).
- Avoid reactive checking after conflicts or during emotional stress.
- Review during neutral times of day when possible.
- Limit review sessions to 10–15 minutes.

2. Where to Look (Public Areas Only)

- Public profile page (bio, profile image, banner).
- Public posts (tweets) and threads.
- Public replies made to others.
- Public reposts (retweets) and quote posts.
- Publicly visible follower/following counts.
- Public hashtags and mentions used.

Do not access protected accounts, direct messages, or content requiring impersonation.

3. What to Look For (Observation Only)

Posting Patterns

- Noticeable changes in posting frequency or volume.
- Bursts of rapid posting or long periods of silence.
- Increased posting during late-night hours.

Tone and Language

- Increased hostility, anger, or absolutist language.
- Repeated confrontational or inflammatory phrasing.
- Expressions of hopelessness, grievance, or paranoia.

Engagement Signals

- Sudden spikes in replies, reposts, or quote posts.
- Repeated engagement with the same accounts.
- Escalating arguments in reply threads.

Content Themes



- Persistent focus on grievance, outrage, or conspiracy.
- Harassment or coordinated pile-ons.
- Misinformation or deceptive links.
- Extreme ideological content or calls to action.

4. What Not to Do

- Do not react to a single post or exchange.
- Do not diagnose or label behavior.
- Do not secretly monitor beyond public visibility.
- Do not quote posts out of context.

5. How to Record Observations

Use neutral, factual language only.

Observation Log

Date Reviewed: _____

Time Window Observed: _____

What was observed (facts only):

Pattern noted: None / Short-term change / Ongoing trend

Context clues (optional): School stress, social conflict, ideological exposure, life change, unknown

Action taken: None / Noted / Plan conversation / Seek professional guidance

6. Interpreting What You See

- One post is noise; repeated patterns are signals.
- Interaction dynamics matter more than individual statements.
- Escalation over time matters more than tone alone.
- Context always matters.

7. Legal and Ethical Reminder

This checklist is limited to publicly accessible information only. It is intended for awareness and safety, not surveillance or discipline.

