

# 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- Do not quote captions or images out of context.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



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

