

# 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- Do not quote content out of context.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.

