**Basically, I have looked into other options but facebooks privacy issues and legal issues are a big factor.So, Facebook graph API is the safest option herewebsc.Because:**
**Official Access**: Unlike web scraping, using the Graph API **complies with Facebook's terms of service**. You can access public data or data you have permission for (with user tokens).

**Structured Data**: The API provides data in a structured, well-documented format (usually JSON), making it easy to process. We can access data like posts, comments, reactions, etc., depending on the permissions granted.

**Real-Time and Updated**: Since we are accessing Facebook directly through their API, you get **real-time data** that is continuously updated without worrying about website layout changes.

**Rate Limits and Access Control**: The Graph API allows us  to control and manage the amount of data we request, with defined rate limits to ensure that your application functions smoothly.

**Granular Permissions**: The API provides fine-grained access controls via tokens. This means we can request only the data you are authorized to access, ensuring better privacy and security compliance.

**Privacy Considerations**: Since we can only access data that the user has explicitly authorized (if using their token), it aligns with privacy best practices and minimizes ethical concerns.


Youtube videos:
▶ Facebook Page Post on Website with Graph API in PHP

▶ How to Generate Facebook Graph API Access Token (For Page Post Delete)

▶ Facebook Graph Api - How to get Started