



PruneSocial

PRIVATE SELF-REVIEW

Social Media Screening Report

A private review of your own social media history,
scored against publicly documented screening
categories.

ILLUSTRATIVE SAMPLE · ALL DATA IS FICTIONAL

[Start your free 50-item preview](#)

PREPARED FOR

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REPORT ID

PS-SAMPLE01-R1

GENERATED

Sep 30, 2026

SCORED FROM



Instagram, Facebook, X (Twitter), Reddit, LinkedIn



Contents

What is in this report, and where to find it.

Summary	3
Your overall result, the ratings, and where to start.	
Results	4
Scope, how your items were rated by platform, and when they were posted.	
Findings (5)	5
Each flagged item with the reason and one recommended action, strongest first.	
How to prune what's flagged	6
Step-by-step instructions for Facebook, X (Twitter), Instagram, LinkedIn, and Reddit.	
Reputation flags (5)	7
Posts that have cost people jobs and seats, though they are not screening categories.	
Your activity	8
What your history is made of, by platform, and what to watch.	
How to read your report	9
What the three ratings and the seven categories mean.	
About this report	10
How it was made, its limits, and how your data was handled.	

How to use this report

- 1 Start with the Summary**
It gives your overall result and the first items to look at.
- 2 Work through the Findings**
Strongest first. Each one has a single recommended action and a way to find the item, with step-by-step instructions for the platforms involved. Tick the Done boxes on a printout as you go.
- 3 Re-scan after you clean up**
Request fresh exports after cleanup and use another of your up to 3 report runs within 60 days to confirm the items no longer appear. A post missing from a later export doesn't prove every copy is gone.



Summary

Your overall result, and where to start.

HIGHEST REVIEW LEVEL

REVIEW

5 items worth a closer look

Out of 736 items scored across 5 platforms. 1 at Review level, start with that one. 5 more carry reputation flags, listed after the findings.

1

Review

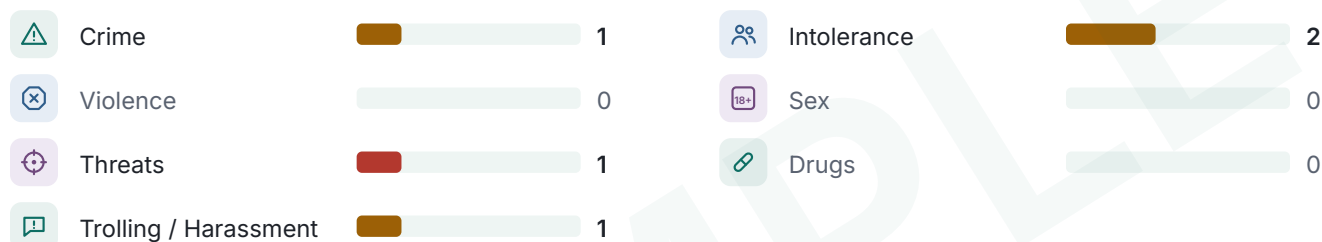
4

Consider

731

Clear

CATEGORIES CHECKED



WHERE TO START

- 1 REVIEW Threats** Facebook · Comment
"If you come near my sister again I will put you in the hospital."
Prune: Delete this comment
- 2 CONSIDER Crime** X (Twitter) · Post
"Hit 100 on the turnpike and didn't see a single cop the whole way up."
Prune: Delete this post
- 3 CONSIDER Intolerance** Instagram · Liked post
"Asian drivers, am I right? Laughed for 10 minutes at this."
Prune: Remove your like

NEXT STEPS

- 1 Start at the top**
Work through the findings strongest first, starting with anything at Review.

- 2 Use the fix guides**
Each platform's steps are in "How to prune what's flagged."

- 3 Re-scan after you clean up**
Request fresh exports. Up to 3 report runs in 60 days are included.

Confidential self-review estimate prepared for the named recipient only. Modeled on publicly documented social media screening categories, not a reproduction of any vendor's proprietary system, and not a prediction of any employer's decision. It is for your own self-review only. PruneSocial does not furnish it to an employer or anyone making an eligibility decision. See "About this report" at the end for methodology and limitations.

Results

Where your items came from, how they were rated, and when they were posted.

SCOPE

LOOKBACK WINDOW

Sep 30, 2019 to Sep 30, 2026

Seven years back from the date of this report.

OUTSIDE THE WINDOW

1,240 older items

Not scored.

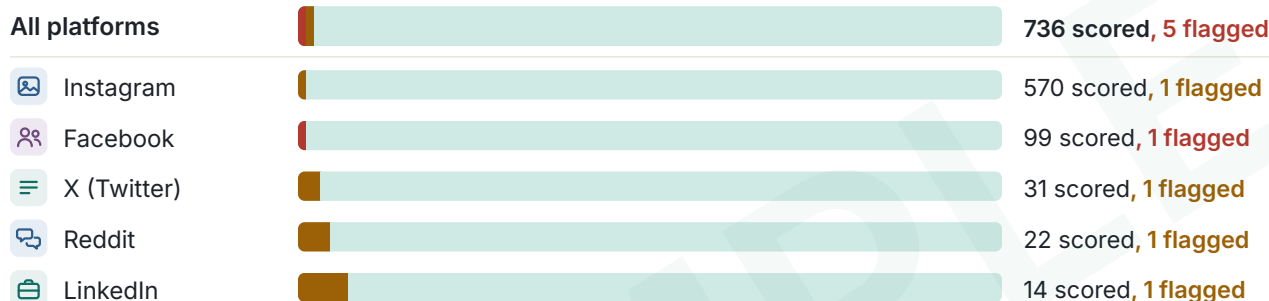
PUBLIC OR NOT

Scored as provided

Items are scored whether public or not. A flag does not mean an employer can see the item today.

HOW YOUR ITEMS WERE RATED

Review Consider Clear



Flagged segments are drawn wider than their true share so they stay visible. The counts are exact.

NOT SUPPLIED IN THIS SCAN

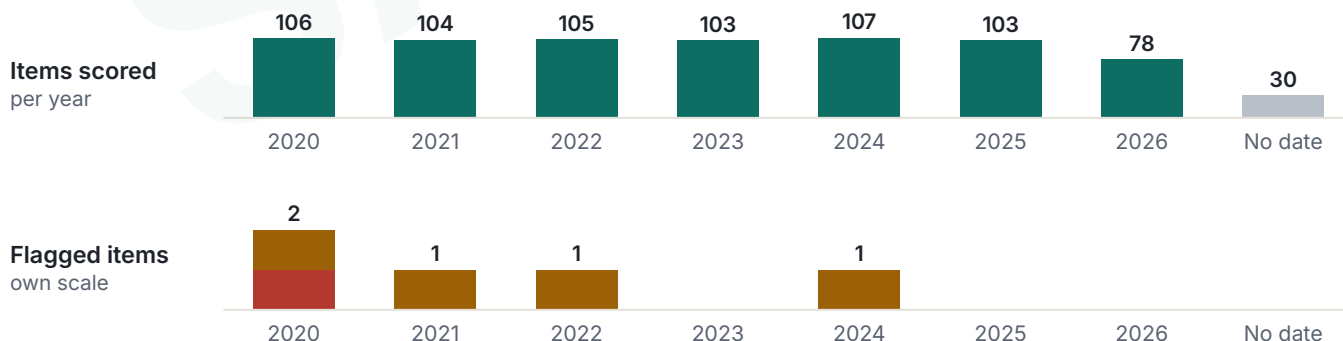
Threads TikTok Pinterest

Add them in your next run. [Export guides](#)

Supplied, nothing in the window: YouTube (6 older items)

Not in your exports: Facebook reactions (only Page and person names are screened); Instagram story likes, liked comments, uncaptioned likes; Reddit votes; LinkedIn reactions. These exports omit the text, so they are not scored or counted as clear.

WHEN YOUR ITEMS WERE POSTED



All 5 flagged items are from 2020 to 2024. 4 of the dated flags are more than three years old.

"No date" covers items whose export doesn't record a date, such as X likes and profile text.

Findings (5)

Strongest first. Each finding shows the original item, why it was flagged, and one recommended action.

Cleanup is your choice. If anyone has told you to preserve your accounts or posts, don't delete or edit them.

	REVIEW Threats	Finding 1
	Facebook · Comment · Oct 12, 2020, 10:41 PM UTC	Wrong flag? Tell us
	<i>If you come near my sister again I will put you in the hospital.</i>	
	A direct threat of physical harm aimed at a real person.	
	Prune: Delete this comment	☐ Done
	Find it: Settings & Privacy, then Activity log, around Oct 2020. Search for "If you come near my sister".	
	CONSIDER Crime	Finding 2
	X (Twitter) · Post · Aug 14, 2024, 7:22 PM UTC	Wrong flag? Tell us
	<i>Hit 100 on the turnpike and didn't see a single cop the whole way up.</i>	
	A first-person description of reckless driving.	
	Prune: Delete this post	☐ Done
	Find it: your profile's Posts tab, around Aug 2024. Search for "Hit 100 on the turnpike and".	
	CONSIDER Intolerance	Finding 3
	Instagram · Liked post · Apr 20, 2022, 12:00 PM UTC	Wrong flag? Tell us
	<i>Asian drivers, am I right? Laughed for 10 minutes at this.</i>	
	A liked post that jokes about a stereotype of a whole group.	
	Prune: Remove your like	☐ Done
	Find it: Your activity, then Likes, around Apr 2022. Search for "Asian drivers, am I right? Laughed".	
	CONSIDER Trolling / Harassment	Finding 4
	LinkedIn · Post · Mar 8, 2021, 9:15 PM UTC	Wrong flag? Tell us
	<i>Our new VP is a clown who has never shipped a thing. Everyone knows it.</i>	
	An insult aimed at a specific person.	
	Prune: Delete this post	☐ Done
	Find it: your profile, Posts & Activity, around Mar 2021. Search for "Our new VP is a clown".	
	CONSIDER Intolerance	Finding 5
	Reddit · Comment · Jul 4, 2020, 3:30 PM UTC	Wrong flag? Tell us
	<i>If you hate it here so much, go back to your own country.</i>	
	Tells a person to leave based on where they are assumed to be from.	
	Prune: Delete this comment	☐ Done
	Find it: your profile's Comments tab, around Jul 2020. Search for "If you hate it here so".	



How to prune what's flagged

Steps for exactly what this report flagged. Menu wording can shift slightly as these apps update.

Before you delete anything

Check who can see an item first and start with public ones. On Facebook, the icon next to a post's date shows who can see it, and a globe means Public. Friends-only or Only me items are lower priority, but can still be shared or screenshotted.

Cleanup steps are optional suggestions for your own accounts. They aren't legal advice or an instruction to delete anything you're required to keep. If a court, employer, school, licensing board, or investigator has told you to preserve your accounts or posts, don't delete or edit them, and answer any disclosure questions truthfully. A Clear rating only means no category match in the text you uploaded.



Facebook

Delete the post or comment

1. A comment you left: find it, hover over it (or tap and hold on mobile) until a ... icon appears, select Delete, confirm.
2. Your own post: open it, click ... in its top right corner, select Delete (or Move to Trash), confirm.
3. Something in a group or on someone else's page: open it there, click ... on it, choose Delete. Can't find it? Settings & Privacy, then Activity log, lists your posts and comments.



X (Twitter)

Delete the post or comment

1. Open the post from your own profile.
2. Tap the ... (more) icon in the post's top right corner.
3. Select Delete, then confirm. For a repost of someone else's post, tap the repost icon on it instead and choose Undo repost.



Instagram

Remove your like

1. Open the liked post.
2. Tap the heart icon below it again. It turns from filled to outlined, the like is removed.



LinkedIn

Delete the post or comment

1. A comment you left: find it under the post, click ... (More), select Delete, confirm. If it is on someone else's post and the option is missing, ask the author to remove it.
2. Your own post or share: go to your profile, open Posts & Activity, find the post, click ... in its top right corner, select Delete post, confirm.



Reddit

Delete the post or comment

1. Go to your profile and open the Comments or Posts tab.
2. Find the item and tap its ... (overflow) menu.
3. Select Delete and confirm. Your username disappears from it immediately. Replies to a deleted comment can remain, and cached or screenshotted copies are unaffected.



Reputation flags (5)

A second look, separate from the ratings above. These are not screening categories, and many people keep them. They are here because content like this has cost people jobs, seats and admissions when a screenshot surfaced later.

Most recent first. Whether to keep, edit or delete any of them is your decision. If anyone has told you to preserve your accounts or posts, don't delete or edit them.

HEADS-UP

Workplace or customer criticism

Flag 1

LinkedIn · Post · Apr 17, 2025, 1:25 PM UTC

Our new return-to-office policy is a joke and management knows it.

Public criticism of an employer's policy.

Your call: keep it, edit it, or delete it.

Find it: your profile, Posts & Activity, around Apr 2025. Search for "Our new return-to-office policy is a".

HEADS-UP

Political or partisan commentary

Flag 2

Facebook · Comment · Mar 21, 2024, 6:05 PM UTC

Another day, another mayor who thinks the rules don't apply to him. Vote them all out.

Hostile commentary about an elected official.

Your call: keep it, edit it, or delete it.

Find it: Settings & Privacy, then Activity log, around Mar 2024. Search for "Another day, another mayor who thinks".

HEADS-UP

Group generalization

Flag 3

Instagram · Comment · May 9, 2023, 8:12 PM UTC

Of course people from that part of town would pull something like this.

A sweeping negative claim about the people of one area.

Your call: keep it, edit it, or delete it.

Find it: your profile, around May 2023. Search for "Of course people from that part".

HEADS-UP

Public-health claims

Flag 4

Reddit · Comment · Feb 3, 2022, 9:40 AM UTC

Anyone still trusting the CDC after the last two years gets what they deserve.

A hostile stance on public-health guidance.

Your call: keep it, edit it, or delete it.

Find it: your profile's Comments tab, around Feb 2022. Search for "Anyone still trusting the CDC after".

HEADS-UP

News event, death or tragedy

Flag 5

X (Twitter) · Liked post

Rest easy... or not. Funny how everyone loves him now that he's gone.

A liked post that mocks the reaction to someone's death.

Keep it, or remove your like if it no longer represents you.

Find it: your Likes tab. Search for "Rest easy... or not. Funny how".



Your activity

What your history is made of, by platform, and what to keep an eye on as it grows.

25%

your own posts and comments

Jan 2020

oldest item scored

Sep 2026

newest item scored

WHAT YOUR ACTIVITY IS MADE OF

■ Posts ■ Comments ■ Likes

PLATFORM	MIX	POSTS	COMMENTS	LIKES	DATE RANGE
All platforms		52	133	551	Jan 2020 to Sep 2026
Instagram		1	48	521	Jan 2020 to Sep 2026
Facebook		36	63	0	Jan 2020 to Sep 2026
X (Twitter)		1	0	30	Aug 2024 (30 undated)
Reddit		0	22	0	Jan 2020 to Jul 2026
LinkedIn		14	0	0	Jan 2020 to Jul 2026
YouTube	Nothing from the last seven years (6 older items)				

RECOMMENDATIONS FOR YOUR ACTIVITY

Most of your history is likes

75% of what was scored, mostly on Instagram. They pile up quietly and are easy to forget. A periodic pass through your likes, oldest first, keeps this part of your history from growing unchecked.

Older Facebook posts

56 of your Facebook posts and comments are more than three years old. Facebook's "Limit past posts" setting changes all of your past public posts to Friends in one step.

Reddit is tied to your username

22 Reddit posts and comments were scored. They're public by default, so if your username can be connected to your real name, treat them like anything else with your name on it.

X likes have no like date

X's export doesn't record when you liked something, so all 30 of your X likes were scored regardless of when you liked them. X hid the Likes tab from other users in 2024, but people can still see the likes on their own posts, so the author of a post you liked may still see it. A flagged X like is usually lower priority than something you wrote, not zero.

Accounts with nothing recent

YouTube had nothing from the last seven years. If that account is still public and unused, consider closing it or making it private.



How to read your report

What the three ratings mean and what each category covers. These match the methodology page on prunesocial.com.

THE THREE RATINGS

REVIEW

A strong category match that deserves a closer look.

CONSIDER

A plausible but mild match, or key context is missing (shown as Needs context).

CLEAR

No category match. Most of a typical history lands here.

THE SEVEN CATEGORIES



Crime

Your own described illegal conduct, like theft, fraud, underage drinking, or driving after drinking.

Not flagged: News stories and crimes involving other people.



Violence

Endorsing, celebrating, or threatening real violence.

Not flagged: Movies, games, contact sports, news, and anti-violence advocacy.

In the news: A fire chief resigned days after a post joking that a shooter should have aimed better (2024).



Threats

A threat of harm aimed at a specific real person.

Not flagged: Obvious hyperbole, like "this deadline is killing me."

In the news: A police officer was fired for liking a post suggesting a congresswoman be shot (2019).



Trolling / Harassment

Insults, bullying, or name-calling aimed at a specific person.

Not flagged: General venting, and criticism of a company, team, or policy.

In the news: A school committee member resigned over a profane post insulting voters (2024).



Intolerance

Prejudice or slurs targeting people for a protected characteristic.

Not flagged: Political opinions on any side, and policy views.

In the news: A Maine school board member resigned after shared memes and posts surfaced (2023).



Sex

Explicit or strongly suggestive sexual content.

Not flagged: Swimwear, dating, romance, art, and sex education.

In the news: A school classroom volunteer was barred after adult-content accounts were found (2021).



Drugs

Illegal drug use and cannabis references, even where cannabis is legal.

Not flagged: Alcohol, CBD, recovery content, and your own prescribed medication.



Everything else is Clear

Profanity, opinions, sarcasm, and hashtags are never a screening flag alone. Some can show as a separate reputation flag. Clear means no category match.



About this report

How it was made

Your exported Facebook, X (Twitter), Instagram, Reddit, and LinkedIn content was filtered to a seven-year lookback window (items with no date in the export, such as X likes, were scored regardless and are counted separately), then each item was scored by an AI model against seven risk categories modeled on publicly documented employment-screening behavior categories: Crime, Violence, Threats, Trolling / Harassment, Intolerance, Sex, Drugs. Documented exclusions (such as movies and TV, sports, news, political opinion, lawful adult alcohol use, and profanity on its own) were applied. Content is never flagged for revealing a protected characteristic such as religion, sexual orientation, pregnancy, disability, or health. Items are scored whether or not they are public, so a flag does not mean an employer can find the item today.

What this report does not cover

Text beyond the first few thousand characters of a very long post (the limit is 4,000, and lower for very large histories), what images and videos show (words inside images you posted are read only if you turn that option on, and only on your device), content other people posted about you or tagged you in, private messages, saved posts, reactions and likes that exports record without the original post text (such as Facebook and LinkedIn reactions and Threads likes), platforms you did not upload, and anything outside the seven-year window. Employer screening vendors may also search news, public web pages, and other sources beyond social media.

Quick checks this report can't do for you

- ☐ **Photos you're tagged in**
Review tagged photos on Facebook and Instagram, and turn on tag review so new tags need your approval.
- ☐ **Profile and cover photos, bios, usernames**
These are usually public even when posts are private, and they're the first thing anyone sees.
- ☐ **Images and videos you posted**
This report doesn't judge what a picture or video shows. Skim your own photo grid and video history for anything you wouldn't show an interviewer.
- ☐ **Old or forgotten accounts**
Accounts you didn't upload still count if they're public. Search your name, email, and old usernames.
- ☐ **Facebook likes and reactions**
Facebook's export doesn't include the text of what you liked, so those weren't scored. On facebook.com, open your profile menu, then Activity log, then Your Facebook activity, Comments and reactions, and Likes and reactions. Review the list, and unlike what you wouldn't want seen. Menus change, so use each row's three-dot menu if you don't see tick boxes. Pages you liked are listed under Pages.
- ☐ **Search your own name**
Search your full name plus your city or school. Screeners may look beyond social media.

Important limits

This is an automated self-review estimate. It does not reproduce any screening vendor's proprietary system and cannot predict an employer's decision. AI scoring can miss things, or flag things a person would not. Deleting content now does not remove copies that may already have been captured, cached, shared, or included in a screening report that has already been run. PruneSocial is a self-review tool and does not furnish reports for employment or other eligibility decisions. Nothing here is legal advice. PruneSocial is not affiliated with any screening vendor or social media platform, and the icons are generic illustrations, not the platforms' logos.

Your data

Your export ZIPs were opened on your own device, and images were never uploaded. Only the text items from them, each with its date and type, were sent to PruneSocial for scoring and were deleted from PruneSocial's systems when this report finished. Scoring ran through Anthropic's API, which does not use it to train models, subject to Anthropic's stated exceptions, and keeps API data for a limited time (currently generally up to 30 days). This report is stored encrypted for 14 days for download from the private link we emailed you; PruneSocial can't read it, and you can delete it sooner from the download page. The email held the link, not the report, and our email provider, Resend, keeps it for 30 days. PruneSocial does not furnish this report to anyone making an eligibility decision. Questions: hello@prunesocial.com