

# 1 WHY I AM FED UP WITH FACEBOOK

2

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... Basics

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9 Facebook Jail, My Personal

... Experiences With Facebook: Those

10 Community Standards, Hundreds Of

... Posts Removed, The Forced

11 Log Offs, Multiple Password

... Resets, Uploading My ID, This Is

12 Harassment, Algorithm Changes,

... Draconian Policies, Outreach

13 Restricted, Shadow Banning,

... Facebook Subtle War Of Attrition

14 Against Conservatives And

... Christians, Facebook Story: Why So

15 Few Viewers?, My Vaccines

15... Sponsored Ad Stopped And Deleted,  
16 Facebook Claims My Ad "Could Cause  
... Physical Harm", Facebook  
17 Vaccine Agenda: Silence Opposing  
... Voices, My Body My Choice,  
18 Obedient Blind Sheep, VAERS  
... Website, Vaccine Known Risks And  
19 Negative Side Effects, Facebook  
... Only Cares About Mining Our  
20 Personal Data And Ad Profits,  
... Abortion Example Hypocrisy,  
21 COVID-19 Vaccines: Your Choice Not  
... Theirs!, Disappointment  
22 And Discontentment With Facebook,  
... Christian Social Network,  
23 How To Access CSNet, CSNet Feature  
... Set, Who Can Sign Up On  
24 CSNet, Preparations To Sign Up, My  
... Facebook Screenshots Of  
25 Sponsored Ad Takedown And Warning,  
... Closing Remarks, List

27

28

29 Recently, one of my Facebook  
... friends mentioned to me that  
30 she had been thrown into Facebook  
... jail for a period of three  
31 days, due to her having shared  
... something regarding COVID-19  
32 and the vaccines, which Facebook  
... apparently did not like. I  
33 can certainly relate to my  
... friend's predicament, as I will  
34 be explaining in more detail  
... momentarily. As I informed my  
35 friend in my response to her, what  
... happened to her was just  
36 a light slap on the wrist,  
... compared to what I have been  
37 through with Facebook in more  
... recent years. For the record,  
38 and as I explain in some of my  
... older Facebook-related posts

39 on my Bill's Bible Basics Blog,  
... such as the following two  
40 entries . . .

41

42 Does Facebook Really Persecute  
... Christians?:

43

44 [https://www.billkochman.com/Blog/  
... index.php/does-facebook-really-  
... persecute-christians/](https://www.billkochman.com/Blog/index.php/does-facebook-really-persecute-christians/)

45

46 Facebook: The Antisocial Social  
... Network:

47

48 [https://www.billkochman.com/Blog/  
... index.php/facebook-the-antisocial-  
... social-network/](https://www.billkochman.com/Blog/index.php/facebook-the-antisocial-social-network/)

49

50 . . . I was once thrown into  
... Facebook jail for a total of  
51 thirty-two days. Furthermore, I  
... have been in Facebook jail

52 many other times for shorter  
... periods of time as well.

53

54 But that is not all. Oh no, not by  
... any means! I have had

55 literally hundreds of my posts  
... removed by Facebook because

56 they supposedly go against their  
... so-called "Community

57 Standards", which I prefer to  
... refer to as their "Liberal

58 Community Standards". Actually,  
... given everything I have been

59 through, and the ungodly things  
... which I have seen posted on

60 Facebook with impunity, I have to  
... wonder if the Facebook

61 staff has one standard for

... liberals, and another standard

62 for Christians and Conservatives.

... It certainly seems that

63 way.

64

65 At any rate, please note that the  
... hundreds of posts which  
66 have been removed by Facebook are  
... Christian-oriented posts  
67 which reflect conservative points  
... of view. They are NOT  
68 controversial stuff such as  
... conspiracy theories and the  
69 like. In fact, until quite  
... recently -- meaning the past few  
70 weeks -- my posts have had  
... absolutely nothing to do with the  
71 controversial vaccines.

72

73 In addition, I have also been  
... forced logged out, and forced  
74 to change my Facebook password  
... literally DOZENS of times,  
75 without exaggeration. I know this  
... for a fact because I have  
76 kept a careful record of these

76... events on my hard drive, just  
77 in case I should ever need it some  
... day.

78

79 Finally, I have been forced to  
... upload my government-issued

80 ID card multiple times as well,

... and I have also been forced

81 to confirm my physical mailing

... address to Facebook. Please

82 keep in mind that I have been an

... active member of Facebook

83 for over ten years now. So if all

... of the above is not

84 intentional harassment by

... Facebook, then I don't know what

85 is.

86

87 All of this is in addition to the

... fact that since November

88 of 2017, when Facebook began

... making serious changes to their

89 algorithms, implementing more  
... automation in their network,  
90 and creating more draconian  
... policies, my outreach has been  
91 restricted more and more; just as  
... is occurring with many of  
92 my other Christian friends on  
... Facebook. In fact, if you have  
93 made it this far in reading this  
... commentary, I imagine that  
94 a lot of you are thinking to  
... yourselves, "Wow! That sounds  
95 just like me!"

96

97 As a result of these harsh and  
... restrictive measures which  
98 have been taken by Facebook in  
... recent years, even though I  
99 have just under 5,000 Facebook  
... friends at this current time,  
100 apparently, only a few dozen of  
... them are actually able to



101 see and interact with my posts in  
... some way; meaning either  
102 through liking them, sharing them  
... or commenting on them.

103 This has become known as "shadow  
... banning". You can learn  
104 more about this sneaky,  
... discriminatory practice at the  
105 following URL. Perhaps Facebook  
... should really be called "The  
106 Shadow Ban Network", because they  
... are notorious for doing  
107 it:

108  
109 [https://en.wikipedia.org/wiki/  
... Shadow\\_banning](https://en.wikipedia.org/wiki/Shadow_banning)

110  
111 As I have said before, when shadow  
... banning happens, it can  
112 be very discouraging, because it  
... makes a person feel as if  
113 he or she is out alone in the

113... social network desert. Many of  
114 us have experienced it time and  
... time again. I know that I  
115 have. In fact, it has sometimes  
... made me wonder if Facebook  
116 is fighting a subtle war of  
... attrition against Conservatives  
117 and Christians. In other words,  
... just wear us down until we  
118 decide to leave of our own accord.

119

120 I also find it very strange that  
... even though I have just  
121 under 5,000 Facebook friends,  
... whenever I add something new  
122 to my "Facebook Story", by the  
... time it has run its course,  
123 Facebook ALWAYS says that only  
... about four dozen people have  
124 actually seen my latest story  
... entry. Why is that? How is it  
125 possible that I can have 5,000

125... friends, and yet only four  
126 dozen people actually see my  
... story? In my view, this is a  
127 very clear indication that  
... Facebook is purposely, knowingly  
128 and intentionally restricting --  
... or shadow banning -- my  
129 Christian content and outreach,  
... apparently because they do  
130 not agree with the things that I  
... believe and preach. I see  
131 no other way to explain this. Do  
... you?

132

133 But when it comes to Facebook  
... harassment, the icing on the  
134 cake has to be what has happened  
... to me over the past two  
135 days. Let me briefly tell you  
... exactly what has happened. Two  
136 days ago, during the morning  
... hours, I started running one of

137 my status updates as a paid  
... sponsored ad. Please note that  
138 this is something which I never do  
... for a variety of reasons,  
139 one of them being that it is quite  
... expensive to run an ad on  
140 Facebook for any appreciable  
... amount of time. The update that  
141 I sponsored is called "COVID-19  
... Vaccines: Your Choice, Not  
142 Theirs!". The ad cost me \$160.00  
... -- no, I am not crazy --  
143 and it was supposed to run for a  
... period of seven days.

144

145 To continue, my sponsored ad was  
... doing quite well. However,  
146 after about five hours time,  
... Facebook stopped the ad from  
147 running, and then also demanded  
... that I set up two-factor  
148 authentication, that I confirm my

148... physical mailing address  
149 to them, and that I upload a new  
... government-issued photo ID  
150 as well. I can understand why they  
... required some of these  
151 things, but it is actually what  
... happened after this that  
152 really irked me.

153

154 Well, despite the fact that I have  
... been a member of Facebook  
155 for over ten years now, and have  
... previously confirmed my  
156 identity to them by uploading my  
... government-issued ID card  
157 in the past, and have jumped  
... through their security hoops  
158 many dozens of times before, I did  
... what I could to meet  
159 their new demands. As a result,  
... after a few hours, the ad  
160 started running again where it had

160... left off. So I thought to  
161 myself, "Well, okay, everything is  
... fine again. I am over  
162 this bump in the road."  
163  
164 Boy was I mistaken! Not so! When I  
... last checked, my paid,  
165 sponsored post had already reached  
... around 2,500 people. It  
166 likewise had garnered over 300  
... reactions -- meaning thumbs  
167 up, hearts, sad faces, angry  
... faces, etc. -- as well as about  
168 200 comments in the comment  
... thread. To my delight, it had  
169 also been shared by other Facebook  
... members around 75 times  
170 as well. All of this occurred in  
... less than a day, using  
171 only about 12% of my 7-day  
... allotted budget.

172

173 Obviously, I was quite happy  
... regarding this development. But  
174 then, BAM! Based on the false  
... pretext that my post contained  
175 false information, endangered  
... people's health, and according  
176 to them, "could cause physical  
... harm", Facebook stopped my ad  
177 from running, and then completely  
... deleted the post from my  
178 page! Just like that!

179

180 Actually, as I later told some of  
... my Facebook friends, I was  
181 a bit surprised that Facebook  
... allowed me to run the ad in  
182 the first place, because clearly,  
... my position regarding the  
183 vaccines is totally contrary to  
... Facebook's current agenda.  
184 Exactly what is their agenda? It  
... is to promote the vaccines,

185 and to silence any voices which  
... say anything negative about  
186 them, as many of you who are  
... reading this article have already  
187 found out for yourselves. Right?

188

189 The thing is, my post did NOT  
... contain any misinformation, or  
190 even any wild conspiracy theories,  
... such as you may find on  
191 other Facebook pages and  
... timelines. It was very factual in  
192 nature, and even included some  
... links to U.S. government-run  
193 websites, as well as a few other  
... news media links. It also  
194 explained in no uncertain terms  
... why I personally refuse to  
195 be vaccinated. The overall aim of  
... the piece was to say that  
196 the choice to be, or not to be,  
... vaccinated, should be ours



197 alone, and not the government's,  
... or anyone else's. As they  
198 say, "My body, my choice!"

199

200 Well, apparently, Facebook does  
... not believe that we should  
201 have the right to choose for  
... ourselves whether or not to get  
202 the vaccine. Apparently they  
... believe that we should all just  
203 be blind, obedient, little sheep  
... who fall into line and be  
204 vaccinated, despite the well-known  
... risks and negative side  
205 effects which have now been  
... clearly associated with the  
206 vaccines, and which are now  
... affecting a growing percentage  
207 of people, not just in the USA,  
... but around the world as  
208 well. If you want the specifics  
... regarding what I am talking

209 about, please visit this U.S.  
... government-run website:

210

211 <https://vaers.hhs.gov/index.html>

212

213 However, in order to remove my  
... "dangerous" post, Facebook  
214 had to find a way to make it  
... appear as if their decision to  
215 stop running the ad, and to delete  
... the post was justifiable,  
216 legitimate and necessary. So what  
... did they do? As I already  
217 said, they decided to pull out  
... their "could cause physical  
218 harm" card. Seriously? In other  
... words, in Facebook's view,  
219 respecting people's God-given  
... right to choose for themselves  
220 in regards to getting the vaccine  
... "could cause physical  
221 harm".

222

223 My gosh! Now is that a ridiculous  
... cop-out or what? Does  
224 anyone reading this really believe  
... that Facebook actually  
225 cares about the welfare of their  
... users? Really? Let's be  
226 really honest here, shall we? The  
... only thing that Facebook  
227 is really interested in is mining  
... our personal data, and  
228 convincing us to purchase their  
... expensive ads. That's it! If  
229 you believe otherwise, then in my  
... view, you are just fooling  
230 yourself!

231

232 While I am at it, let me mention  
... something else that just  
233 popped into my head. Abortion also  
... "could cause physical  
234 harm" to a woman, and it

234... DEFINITELY causes physical harm to  
235 that unborn child! It murders them  
... in cold blood! Yet do we  
236 see Facebook taking down posts  
... that are about abortion? Not  
237 that I am aware of.

238

239 So this simple argument clearly  
... exposes Facebook's hypocrisy  
240 in taking down my post regarding  
... COVID-19 vaccines, and our  
241 right to choose for ourselves.

... Women can choose whether or  
242 not to get an abortion, yet we are  
... not allowed to choose

243 whether or not to get the vaccine.

... So says Facebook through  
244 their actions in stopping my  
... sponsored ad, and then deleting  
245 my post entirely from my page.

246

247 For those of you who may want to

247... read my taken-down,  
248 "controversial" post for  
... yourselves, you can still find it  
249 on the Bill's Bible Basics Blog,  
... as well as on my Facebook  
250 timeline, and in the Facebook  
... Bill's Bible Basics group.  
251 Well, at least for the time being,  
... until Facebook decides to  
252 delete it from those two places as  
... well. If you are a member  
253 of my social network called the  
... Christian Social Network,  
254 you will find the same post there  
... as well. Following is the  
255 URL for the aforementioned post on  
... the Bill's Bible Basics  
256 Blog:  
257  
258 [https://www.billkochman.com/Blog/  
... index.php/covid-19-vaccines-your-  
... choice-not-theirs/](https://www.billkochman.com/Blog/index.php/covid-19-vaccines-your-choice-not-theirs/)

259

260 Please note that unlike Facebook  
... where we are all at their

261 mercy, I have complete control

... over my Bill's Bible Basics

262 Blog, and over the Christian

... Social Network, because I run

263 them myself on my own web server

... at home. As a result, the

264 post in question -- "COVID-19

... Vaccines: Your Choice, Not

265 Theirs!" -- will never disappear

... from either place, unless I

266 personally choose to take it down

... for some reason, which I

267 don't anticipate happening.

268

269 To continue, as a result of

... everything which I have now

270 described for you in this current

... article, my disappointment

271 and discontentment with Facebook

271... had been growing not just  
272 for a few weeks or months, but for  
... years. In fact, ever  
273 since they began changing their  
... algorithms and policies, --  
274 thus resulting in heavily  
... restricting our outreach -- around  
275 November of 2017. From reading  
... their posts and comments, I  
276 knew without a doubt that quite a  
... few of my fellow Facebook  
277 friends were feeling the very same  
... way. It is for that  
278 reason that I finally decided to  
... do something about it.

279

280 What I actually decided to do was  
... to provide everyone with  
281 an alternative social network, and  
... an escape from Facebook's  
282 oppression, discrimination and  
... tyranny. Thus, I and a few of

283 my longtime, close friends decided  
... to take a big financial  
284 gamble; and in October–November of  
... 2020, I set up my own  
285 social network -- that is, the  
... Christian Social Network --  
286 which you can find at the  
... following URL:

287

288 <https://www.csnet.live>

289

290 Please note that you can access  
... CSNet either by using a web  
291 browser on a desktop or a laptop  
... computer, or else you can  
292 download our "CSNet App" using  
... Apple's "App Store" app on  
293 your iPhone. Likewise, you can  
... download our "CSNet" app by  
294 using Google's "Play Store" app on  
... your Android phone. By  
295 the way, please notice the slight



295... name difference between  
296 the two apps. You will easily  
... recognize the app in both  
297 stores, because the app logo  
... contains a Bible overlaid with  
298 a cross and the letters CSN  
... against a dark blue background.  
299 Currently, neither app works on  
... iPads or on Android tablets.  
300 Sorry.  
301  
302 The Christian Social Network  
... offers a similar feature set to  
303 that of Facebook, as you can see  
... by the graphic below.  
304 However, one big difference is  
... that we are Bible-based and  
305 Christian-oriented. As such, you  
... will NOT find all of the  
306 ungodly, offensive, liberal crap  
... that you find on Facebook.  
307

308 [place graphic here]

309

310 The Christian Social Network

... welcomes all Christians, as

311 well as anyone else who has a

... SINCERE desire to learn about

312 the Christian faith. Sign-up to

... CSNet is relatively simple.

313 Assuming that you are interested

... in becoming a member of our

314 social network, before doing so,

... it would be very helpful --

315 and would likewise save you some

... time -- if you prepare the

316 following info ahead of time:

317

318 1. A full name: To avoid confusion

... with other users, you

319 MUST use both a first name and a

... last name. This name will

320 be seen by other CSNet members. If

... you are a current member

321 of Facebook, it would be helpful  
... if you used the same name,  
322 so that other Facebook friends who  
... have joined the Christian  
323 Social Network will recognize you.

324

325 2. A user name: This name will be  
... used in your personal URL.

326

327 3. An email address: Preferably,  
... this should be a Gmail  
328 address in order to avoid any  
... problems. Believe it or not,  
329 but certain mail servers have  
... already begun restricting  
330 outgoing email messages from the  
... CSNet web server. This  
331 will directly affect your ability  
... to receive notifications  
332 from the Christian Social Network,  
... such as friend requests,  
333 new likes and comments, etc. That

333... is why you should strive  
334 to use a Gmail address when  
... signing up with CSNet.

335

336 4. A profile pic: It does not need  
... to be large, but it  
337 should be SQUARE. A size of 480 x  
... 480 pixels will serve just  
338 fine.

339

340 5. A cover image: This does not  
... need to be added during the  
341 sign-up process. It can be added  
... after you have become a  
342 CSNet member. If you have the  
... skill, you can create your own  
343 cover image in a graphics program  
... such as Adobe Photoshop.

344 Or you can use a royalty-free  
... image that you find somewhere  
345 on the Internet. Or you can use  
... one of the 100+ free cover

346 images which are available on the  
... Christian Social Network.

347 Whichever you decide to use, for  
... best results, it should  
348 measure exactly 1200 x 675 pixels.  
... That is, 1200 pixels from  
349 left to right, and 675 pixels in  
... height.

350

351 While signing up, one thing that  
... is very important is that  
352 you carefully read and follow all  
... on-screen instructions.

353 While the sign-up process is easy,  
... and works perfectly well,  
354 it has come to my attention that  
... occasionally, some of our  
355 elderly members, as well as people  
... who do not have a lot of  
356 computer experience, do encounter  
... problems. If this should  
357 happen to you, please feel free to

357... write to me at the  
358 following email address:

359

360 wordweaver777@gmail.com

361

362 I will do my best to help you to  
... get signed up. In fact, you  
363 will find the very same email  
... address on the CSNet sign-up  
364 page.

365

366 Before concluding this short  
... article, I wanted to share with  
367 you the various screens which  
... Facebook showed me when they  
368 stopped running my sponsored ad,  
... and then completely deleted  
369 my post from my Facebook page.

... Again, my jaw drops when I  
370 consider that they removed my post  
... because, according to  
371 their weird way of thinking, it

371... "could cause physical harm":

372

373 [place graphics here]

374

375 With that, I will bring this  
... article to a close. It is my  
376 hope that you have found it to be  
... both informative and  
377 enlightening, and I pray that it  
... has been a blessing in your  
378 life as well. If you have an  
... account with Facebook, Twitter,  
379 Tumblr or with any other social  
... network, I would really  
380 appreciate if you would take the  
... time to click or tap on the  
381 corresponding link that is found  
... on this page. Thanks so  
382 much, and may God bless you  
... abundantly!

383

384 For additional information, you

384... may want to refer to the  
385 list of reading resources below  
... which were also mentioned in  
386 this article, or which are related  
... to this article, and which  
387 are likewise located on the Bill's  
... Bible Basics web server.

388

389 Facebook and the Battle for Our  
... Youth

390 Civil Disobedience and Christian  
... Persecution

391 He Who Fights and Runs Away:  
... Choose Your Battles Wisely

392 Free Will and Personal Choice

393 Gaslighting: We Are Being  
... Manipulated and Surveilled

394

395

396 Written by Bill Kochman

397

398 wordweaver777@gmail.com



399 <https://www.billkochman.com>

400