**Abstract**

This study sought to bring to light the perceptions of senior high school students on freedom of expression using the Facebook application. This qualitative descriptive study used random sampling and collected data from 20 LORMA Colleges Senior High School students in La Union. Data were collected through an online interview guided by a semistructured questionnaire and were analyzed through Thematization. Students perceived Facebook's freedom of expression as uncontrollable and abused by users, resulting in widespread manipulative information, potential cyber injustices, and mentally and emotionally disturbing content. Multiple inappropriate contents circulating on Facebook is extremely unsettling to viewers, particularly minors and young adults. Furthermore, social media detoxification and the development of alternate interests or hobbies as coping mechanisms are effective; nevertheless, the efficacy of the mentioned method varies depending on the subject. These findings highlight the importance of strengthening and modernizing human rights education methods aimed at young people.

**Keywords:** coping mechanism, freedom of expression, human rights, social media, student