

HOW TO DEAL WITH FAKE NEWS AND MISINFORMATION



Reading, listening to and watching the news is vital to finding out about what is going on in the world. But sometimes fake news and misinformation is created to try and trick us or change our opinions.

Here are some tips to help you:

LATEST NEWS

Trust the source, not the sharer

Has the news come from a reputable news outlet? If so, it is more likely to be true as organisations such as Ofcom, IMPRESS and IPSO regulate media companies to make sure they don't publish fake or misleading news.

SHARE

Alter your own sharing behaviour

Take time to consider the source of the information before you share it. Think about who shared it first and how did they get this information.



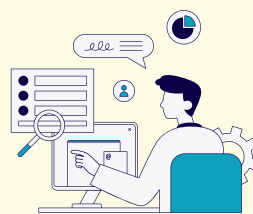
Reconnect with others

Social media platforms can leave us feeling disconnected. Reconnecting with others can help combat misinformation by encouraging conversations with people to discuss morals and values on topics.



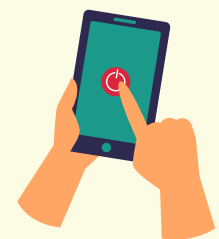
Educate yourself and be sceptical

Arm yourself with a critical filter to protect you against misinformation. Be willing to research a topic further, search for sufficient evidence, challenge widely believed ideas and question authority before accepting claims.



Seek out a variety of different sources

It can be difficult to identify quality news sources when there are so many inaccurate ones, but websites such as Snopes, BBC Verify, Channel 4 FactCheck and PolitiFact can help us fact-check popular topics.



Take time away / cleanse your social media

Sometimes it can be hard to listen to, read, or watch the news. Take time away from these outlets, have a break. Or cleanse your social media by blocking, muting and unfollowing accounts.