SPOT AND STOP FAKE NEWS

The internet and social media can give us lots of helpful advice.

But sometimes, we can see a message that looks true but actually is not true - This is 'fake news'.

People can share fake news because they believe it and want to help their friends and family. Or they might share it to be mean because it can make other people feel worried or upset.

NEXT TIME YOU SEE SOMETHING, REMEMBER TO BE AWARE, SUSPICIOUS, CURIOUS AND HONEST.

ANTI_BULLYING®

HERE ARE OUR TOP TIPS TO HELP YOU KNOW WHEN YOU MAY BE READING FAKE NEWS_

BE AWARE_ | How does the post make you feel?

- If you feel very sad, shocked or scared when reading it, it may be over-the-top and may not be true.

BE SUSPICIOUS_ | Use your best detective skills

- **Do you trust the person who wrote the story?**
  Look at where the story is posted. If it doesn't look like an official news website or a reliable person, it might not be true.
- **Do you trust the person who sent it to you?**
  Be suspicious if it was "forwarded" on WhatsApp because this means you don't know who wrote it first.

  Be suspicious if it was copy and pasted and shared on someone's feed or sent to you in a direct message. Messages can get mixed up this way.

BE CURIOUS_ | Is it good quality information?

- **Is from an adult or expert you trust? If it just someone's opinion, it may not be true.**
- **Does everything make sense? Or do some parts not add up?**
- **Do photos and videos look real? Or could someone have faked them?**

BE HONEST_ | If you're not sure, talk!

- **Show an adult who you trust and ask them what they think.**
- **Tell the person who shared it with you that you're not sure if all the information is true.**

IF YOU DON'T BELIEVE WHAT YOU SEE, HERE'S WHAT TO DO NEXT_

- Don't pass it on – help to stop it spreading
- Talk to a trusted adult – "I saw something online that I wasn't sure about. What do you think?"
- Message the person who shared it – "I'm not sure I believe everything in this post because…"
- Encourage others to be kind – "I don't think this is true, so we shouldn't share it / say this"
- Ask people not to share posts like this with you in the future – "I know you're trying to help but I don't like to see this sort of thing because I don't trust it"
- Look at the news and social media less often if it makes you feel upset or worried
- Try to find some positive news to make you feel happy!