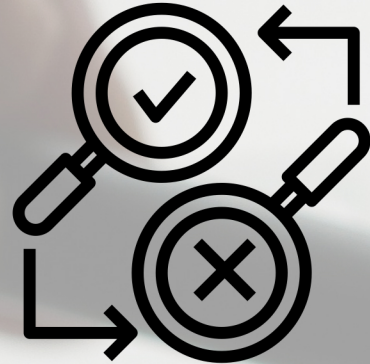




Created by Peter Lakenbrink from Noun Project

Stop

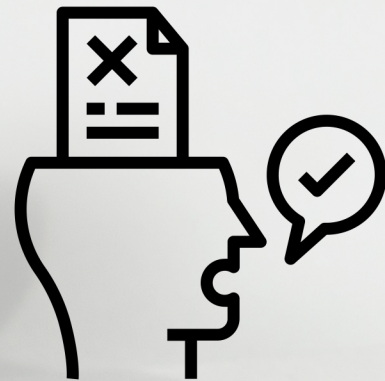
Consider bias	Be sceptical	How do I feel?	Who benefits?
Consider how your own biases might affect how you interpret information.	Choose to be sceptical about everything you read, whatever the source.	Does the information seem designed to make you feel a certain way, e.g. angry, scared, resentful, etc?	If the information seems designed to support a particular point of view, whose interests does this serve?



Created by Massupa Kaewgahya from Noun Project

Verify

Use trusted sources	Get the whole story	Spot fake news
Use trusted resources, such as peer reviewed journal articles. Ask your tutors and librarians.	Try to slow down and take the time to read the whole story and then go and find supporting evidence from trusted sources.	A lot of social media content, including video and images have been shown to be fake. See Full Fact link below for latest fact checks.



Created by Kamin Ginkaew from Noun Project

Correct

Use and share better information	Call out disinformation
Once you have verified a piece of information, you can act responsibly by using it, sharing it and promoting it.	Where you spot a piece of fake news or disinformation being shared on social media platforms or in conversations don't be afraid to politely call it out.

See our full tutorial at stream.cumbria.ac.uk/ap/Skills/StopVerifyCorrect or scan the QR code:



Further Resources

The 'Sift' Strategy	Full Fact	Skills@Cumbria

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”

Quote from Viktor Frankl, psychiatrist and Holocaust survivor



University of
CUMBRIA