

Don't believe the media, most of the news is fake.

Why?

(Try to find out what feelings and needs are alive in the other person: empathic resonance)

Are you feeling uncertain/ suspicious?

Do you need honesty/integrity?

I guess you are uncertain/suspicious because for you honesty/integrity is an important value. And you aren't sure the news you heard in the media or reading in the newspapers is true. Is that what you are saying?

What if?

(Mirror questions: how would it be if you were standing in the shoes of that person)

Do you personally know someone who is working in the media or as a journalist? Do you know how they manage to do their job?

Can you imagine how they would react when you are telling them they are not honest, that they are just bringing lies, fake news?

Self-reflection

(Questions you can ask yourself in silence to support yourself in understanding the other person)

How important is honesty/integrity for me?

When do I have the need for it?

How do I feel when this need is not fulfilled?

Empowerment

(More information on the issue and tips how to explore the problem and continue the discussion)

Fake news are a threat to democratic societies, but nobody is at their mercy. Ask yourself these questions to recognize fake news better:

1. Where did the message originate? Does this person really exist? On websites always check the disclaimer or the 'about us' tab.
2. What intention does the writer have? Why did this person write this article? Who was it written for? What (political, financial, other) interests might the writer have? Is it meant as satire?
3. What technology was used? How does the article play into emotion, are things left out, is there a call on authority? What viewing point is used? What imagery is shown with what music? Are there many capital letters and exclamation marks in the header?
4. Can it be verified? Is it just buzz on social media or do you see this in respected media? Is it about research? Check how it was researched, if only a few people were interviewed there is a big chance that those opinions count for all of the Netherlands.
5. What sources are used? Fake news more often uses fake sources, so go further than just the source list. Do texts and photos get used in the same way as in the original source? Or has a

message been taken out of context? Is there no link to the source than use a search engine to look for it? Preferably use an anonymous engine to circumvent your filter bubble.

6. Is the article the whole truth and nothing but the truth? Fake news can have truths in it. The more truth there is to a message the more real it seems. Check if the message has the whole truth and nothing but the truth.

7. Or an interpretation of other people's truths? Even facts can be interpreted in many different ways. That doesn't make them fake.

8. Check photos and videos.

All of this allows us to create our own independent opinion and we are responsible for that ourselves.

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