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# The T-R-U-T-H Checker

Real or AI?

Your filter for spotting fake news



Remember the right questions to ask before you believe news stories, videos and images, or tell your friends about them.

Not the truth? Tell an adult you trust or report it, block it and do not share the information.



Misinformation is a mistake. It's when someone shares something false without realising it is fake.

Disinformation is a lie.

It's when someone deliberately creates or shares fake news to trick people or cause trouble.



Whether it's a mistake or a lie, using the T-R-U-T-H Checker helps stop it in its tracks!

The online world can be a test of your fact checking skills. In an era of deepfakes and viral rumours, some posts use AI to trick you or use 'clickbait' or 'ragebait' to spark an instant reaction.

T

**Time:** Is this up to date? Check the date or timestamp. Old news and media are often reposted out of context to cause unnecessary panic or go viral.

R

**Reason:** Why was this post created? Could it be clickbait or ragebait? Beware of posts trying to sell you something or change your mind about a big issue.

U

**Unreal:** Could it be AI? Watch out for deepfakes, distorted backgrounds, or AI-generated details that look slightly glitchy or too perfect.

T

**Trusted Sources:** Who is reporting it? Verify stories through news sites like the BBC, ITV or Sky News. If it's only on a small number of social media accounts, it's likely fake.

H

**Helpful:** Is it useful to share? True news helps people stay informed. If a post just spreads hate or makes people panic for no reason, it's better not to engage with it.



## Clickbait

is an exaggerated headline. It uses shocking words so you'll click, even if the story is actually boring.



## Ragebait

is a controversial headline to cause a strong reaction about a topic, even if it isn't that important.

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