

Staying Well Online: What is Fake News?



The internet is full of information, but not everything you read or see online is true. Some stories are made up or misleading on purpose.



Fake news is information that is not true. It can look real, but it's not. There are two types: **disinformation** and **misinformation**.



Disinformation is when someone shares false information on purpose. They know it's not true, but they still share it to trick people.



People might share **disinformation** to:

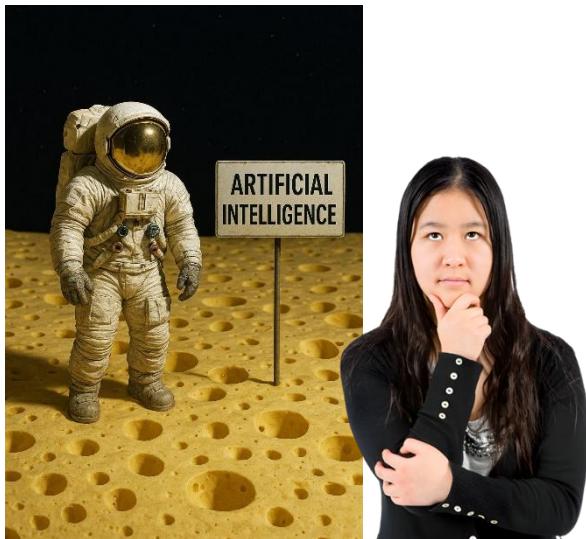
- Spread hate or rumours
- Make money
- Change how you feel about a person, group or topic.



Misinformation is when someone shares something false, but they don't know it's wrong. The information could be incorrect or missing important facts.



Fake news spreads quickly on social media. This is because anyone can post anything, and strong emotions about the information like anger or shock make people want to share it more.



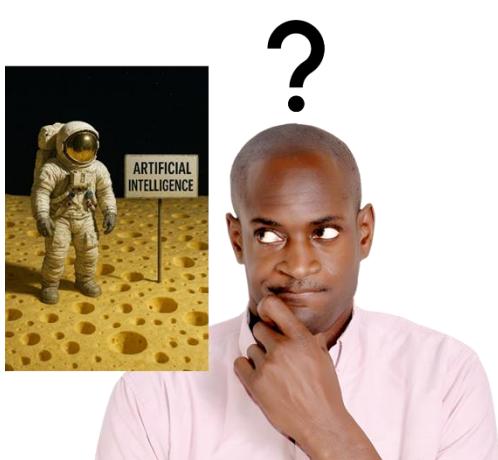
Some fake news uses pictures or videos made by Artificial Intelligence (AI). These images can look very real, even though they are not real at all.



Fake news often tries to make you feel angry, upset, or shocked. If something makes you say “Wow!” or feel really upset, it might not be true.



To spot fake news, ask yourself: What is this story trying to make me feel? Can you find the same story on a trusted website like the BBC?



Ask yourself: does the picture or video look strange, or too perfect? It might be fake.



Even if a friend or celebrity shares something, it doesn't mean it's correct. Always check the facts before believing or sharing it.



You can use trusted fact-checking websites to find out if some stories are true, such as:

- **BBC Verify**
- **FullFact.org**



Look after yourself! Eat healthy food, get good sleep, and stay active. Even light exercise will help your body and mind!



Keep your mind busy by doing activities and hobbies that don't use screens, such as reading or crafts.



Spend more time with friends and family or meet new people by joining groups or doing some volunteering!

