



Navigating Mis- and  
Disinformation at an Older Age

# LEARNING KIT

## HOW TO VERIFY A NEWS



## How to verify a news story?

### Instructions

This learning kit provides a practical checklist to help users to verify news in an age of widespread misinformation. By following these steps, users can critically evaluate the sources, evidence, and emotional tone of a story before deciding whether to trust or share it.

When you see a news story that provokes a strong emotion or seems too good/bad to be true, **STOP** and take these three actions:

#### 1. **Source**, who said it? What is the source?

- **Check the source.** Is this a known, reliable, and established media outlet (a major newspaper, recognized broadcast network or established news agency)?
- If the source is an unfamiliar blog, a suspicious-looking website or just a social media post, be highly skeptical.
- Does the article have a named author? Anonymous sources are a risk.

#### 2. **Cross-check** - did anyone else confirm it?

- Google the headline/title. Is the same story being covered by other reliable news sources?
- **Verify with multiple sources.** If only one obscure site is running the story, don't trust it. If large outlets with different perspectives are all reporting the fundamental facts, the foundation is likely true.
- **Check images.** Do the pictures and videos seem relevant? If in doubt, use a search engine to check the image to see if it was used before in connection with a different event.

#### 3. **Tone and proof:**

- **Emotion Check.** Does the headline or text trigger instant anger, fear, or excitement? Excessive, dramatic words (sensationalism) are often a sign of bias.
- **Proof Check.** Does the story link to the original source (the official study, court document, direct quote from the politician)? If it just says "experts believe..." without naming names, the proof is weak.
- **Date Check.** Is the story recent? Old stories are often recirculated as if they are brand new.

If the story cannot be confirmed by multiple, credible, independent sources, **DO NOT SHARE IT.**