



Navigating Mis- and
Disinformation at an Older Age

LEARNING KIT

MEDIA LITERACY

SELF-ASSESSMENT



No devices
needed, offline
activity



Vanhustyön keskusliitto
CENTRALFÖRBUNDET FÖR DE GAMLAS VÄL RY



How to use this material

This self-assessment is designed to help you reflect on your confidence and skills related to media literacy, misinformation, disinformation, and safe online participation.

There are no right or wrong answers. The goal is to help you recognize your strengths and identify areas where you may want to learn more or practice new skills.

For each statement:

- choose a number from 1 to 5
- think about your everyday experiences online
- answer as honestly as possible.

The scale means:

1 = Not at all confident

2 = A little confident

3 = Moderately confident

4 = Quite confident

5 = Very confident

You can use this self-assessment:

- before a workshop or course to reflect on your current skills
- after learning activities to notice progress and new understanding
- independently or together with others as a discussion tool
- to identify topics you would like to explore further.

Remember: media literacy is a lifelong learning process, and everyone continues learning as digital technologies and online environments change.

Questions for the self-assessment

How confident do you feel in these areas? (1 = Not at all confident, 5 = Very confident)

Statement	1	2	3	4	5
I feel comfortable identifying whether a news headline might be biased or exaggerated.					
I know how to check if a website or article is from a trustworthy source.					
I can recognize when a photo, video, or audio clip might be edited, AI-generated, or taken out of context.					
I can spot emotionally charged or sensational language online.					
I know how to do a reverse image search (or check the origin of a photo) to see if it has been reused or misrepresented.					
I feel confident distinguishing between “opinion” and “fact”.					
I can use an AI or online tool (e.g., a search engine) to check claims or statements I see online.					
I understand how social media algorithms influence what I see (for example, showing mostly views similar to my own).					
I feel comfortable discussing media content with others, sharing how I think it might be biased or misleading.					
I am willing to take a moment to pause and reflect before sharing something online to check if it is accurate or fair.					
I know how to check who created or shared a message before I decide to trust or share it.					
I understand that false or misleading information can spread quickly online, even when people share it with good intentions.					
I can identify when a message or post might be a scam or phishing attempt.					
I know how to adjust my privacy settings on social media.					
I understand that not everything shared by friends or family online is necessarily true.					
I know where to find reliable sources of news and information online.					
I feel confident asking for help when I’m unsure about something I see online.					
I understand that AI-generated content (like deepfakes or synthetic text) can be very realistic and hard to detect.					