



Navigating Mis- and  
Disinformation at an Older Age

# LEARNING KIT

## MEDIA BIAS HUNT



No devices  
needed, offline  
activity



Vanhustyön keskusliitto  
CENTRALFÖRBUNDET FÖR DE GAMLAS VÄL RY



## How to use this material

This activity is designed to help participants recognize different forms of media bias and reflect on how language, images, and framing can influence the way information is understood.

The exercise encourages critical thinking, discussion, and respectful exchange of perspectives. Participants compare different styles of reporting and practice identifying emotionally charged language, missing context, and other signs of bias in media content.

You can use this material:

- in workshops, classrooms, or discussion groups
- with small groups or as a whole-group activity
- using printed handouts or digital devices
- with participants who have different levels of digital experience

The activity works best when participants are encouraged to:

- discuss their observations openly
- explain why certain wording or images may feel biased
- compare different interpretations respectfully
- reflect on how media content can influence emotions, opinions, and behavior

There are no single “correct” answers in this exercise. The goal is to build awareness of how media messages are created and how people may interpret them differently.

Facilitators are encouraged to create a supportive and non-judgmental atmosphere where participants feel comfortable sharing their thoughts and experiences.

## Media bias hunt

This activity helps participants develop critical thinking by recognizing bias in media content. Participants will examine headlines and articles to identify signs of bias and discuss their impact.

### Learning objectives

- Recognize emotionally loaded language and framing in media.
- Understand how word choices and emotions can influence perception.
- Compare biased and neutral reporting styles.
- Practice discussing bias in a respectful way.

### Materials needed

- Participants' own devices and internet connection, or printed handouts with sample headlines and article snippets (included below)
- Bias indicator checklist (included below)
- Optional: Projector for group viewing

### Instructions

Warm-up discussion (5 min): Ask participants if they've seen a headline that felt exaggerated or unfair.

Distribute handouts (2 min): Provide each group with sample headlines or snippets (biased and neutral).

Bias hunt (10–15 min): Ask participants to review the samples and highlight or mark:

- Emotionally charged words
- Lack of sources
- One-sided reporting or context omission

Group discussion (10 min): Invite groups to share what they found. Ask:

- What tipped you off that this might be biased?
- How would you rewrite it to sound more neutral?
- How could this influence the reader's emotions or actions?

Bias does not always mean information is false. Recognizing bias helps readers better understand how information may influence opinions and emotions.

### Sample headlines for discussion

Greedy tech giants unleash dangerous AI tools on the public	Technology companies release new AI tools for consumers
Lazy students rely on AI instead of thinking for themselves	More students are using AI tools in their schoolwork
Out-of-control protesters wreak havoc in city	Demonstrators gather to voice concerns in city center
Healthcare system in crisis as patients abandoned in endless queues	Long waiting times continue to challenge healthcare services
Older adults forced out of society by complicated digital services	Some older adults experience challenges with digital services
Social media is destroying young people's mental health	Researchers continue to study the effects of social media on mental health
AI taking over jobs as workers fear for their future	Companies explore how AI may change future workplaces
Record heat proves climate disaster is already here	Researchers report record temperatures and climate concerns

### Bias indicator checklist

- Emotionally charged or sensational language
- Lack of source attribution or vague references (“experts say”)
- One-sided or opinion-based storytelling
- Manipulative image choice or captions
- Missing context or background information
- Loaded or extreme adjectives and verbs

### Facilitator tips

- Encourage respectful discussion, especially when opinions differ.
- Emphasize that bias isn't always intentional. It can come from word choice or framing.
- Validate all observations and help participants reframe biased content in a neutral tone.

## Examples of Media Snippets in English

### 1. Artificial Intelligence in Daily Life

Tech giants are recklessly unleashing a flood of dangerous AI tools on the public, ignoring the risks to privacy and jobs. Experts warn that these systems are spying on users, collecting personal data, and stealing human creativity. Governments have done little to stop this AI invasion, leaving ordinary people exposed to unpredictable consequences.

VS.

Major technology companies are releasing new artificial intelligence tools that can create text, images, and other content. Experts have raised both excitement and concern about how these systems might affect privacy, employment, and creativity. Policymakers are still exploring how to regulate AI use in ways that protect users while supporting innovation.

### 2. Education and AI Tools

Schools are losing control as lazy students rely on AI programs to do their thinking for them. Teachers are outraged, saying this technology is ruining education and encouraging cheating instead of learning. The rise of AI in classrooms shows how technology is destroying young people's work ethic.

VS.

The growing use of AI tools by students has sparked discussion among teachers about academic honesty and learning practices. Some educators worry that students may rely too heavily on these tools, while others see potential for personalized support and creativity. Schools are beginning to explore clear guidelines for responsible AI use in education.

### **3. Climate and Environmental Policy**

Heartless corporations and pollution-loving politicians continue to sacrifice the planet for profit. Despite public outrage, they turn a blind eye to the suffering caused by extreme weather and rising temperatures. Citizens are left wondering how long this greed can continue before our environment collapses entirely.

VS.

Environmental activists have criticized some industries and political leaders for slow progress in addressing climate change. Business representatives argue that transitioning to greener technologies takes time and investment. The debate highlights the challenge of balancing economic interests with environmental responsibility.

### **4. Public Demonstrations**

Thousands of angry protesters stormed the city center, blocking traffic and clashing violently with police. Chaos erupted as businesses were forced to close, and frightened residents watched the mayhem unfold. Officials described the scene as lawlessness fueled by radical groups.

VS.

A large demonstration took place in the city center today, where participants gathered to express their concerns about recent government policies. Police reported several minor incidents but said the event remained mostly peaceful. Some businesses temporarily closed due to the large crowds.

### **5. Digital Health Services**

The government is forcing citizens to use new digital health platforms that put personal data at risk. Many people feel coerced into sharing private information just to access basic healthcare. Critics call the system a privacy nightmare, warning that sensitive data could easily fall into the wrong hands.

VS.

The government recently introduced new digital health services designed to make accessing care easier. While some citizens welcome the convenience, others have raised concerns about data protection and privacy. Officials say they are working to strengthen security measures and improve transparency around how data is used.