

# confirm your news



With so many options for news, including social media, it can be challenging to know if what you're seeing or hearing is based on reality. While it's impossible for any news reporting to be completely unbiased, there are good ways to confirm that your news sources are as reliable and accurate as possible.

## › check your emotions

If something you read or hear is making you feel very strongly about it – good, bad, sad, angry, insulted, over-eager to prove a point – be sure your feelings are justified by slowing down long enough to use our tips before sharing with others or taking any further action yourself.

## › check the source

Find their website – they should have one, and it should have a way to contact them. Be skeptical if you can't get very far in confirming a source.

## › check the author

Do a quick internet search to find the author – is it a real person, and do they seem credible? Have they written or spoken about the topic before? Artificial intelligence (AI) can be used appropriately but if it has been used, the info should be identified as such.

## › check the date

Sometimes old stories are reposted without updates and can be misleading when read in a different timeframe. When was the info first published? Is it still current enough?

## › check the headline

Headlines or electronic media lead-ins that urge you to stay tuned through a commercial break are designed to be highly attention-getting. If something sounds outrageous, it may well be.

## › check supporting data

Stories will often include links or references to supporting information. Be sure these take you where you think you're going, not completely unrelated sites or sites just trying to sell you something.

## › check the purpose

Sometimes parodies, satire, or sales pitches can come across as real news. Does something seem too outlandish or are you being asked to buy something? Those purposes can be OK as long as you know what's going on. Use other tips here to decide.

## › check your biases

Could your own beliefs or preferences affect how you trust a story? It's always good to see other points of view to help balance news sources you regularly prefer; just make sure they're reliable too.

## › check with experts

If something doesn't seem right, ask friends who might be more knowledgeable of the topic or a librarian, or consult well-regarded fact-checking sites like [snopes.com](http://snopes.com).



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