

Misinformation: Can you STOP it?

Mini bite 4 handouts

Reflection questions

1. Reflect on the following: (Slide 3)

a. What strategies are you using to identify and stop the spread of misinformation?

b. Which of these strategies work well?

c. What supports would be helpful to you?

2. Reflect on a post that you shared recently. (Slide 11)

a. Were you sure that it was true before you shared it?

b. What did you do to be sure it was true? Or what prevented you from being sure?

c. Can you identify harms that this post could cause if it is not true?

d. What could you do in the future to be sure that something is true before sharing?

3. Reflect on a post you shared recently. (Slide 17)

a. Did you use any of these strategies to “Track Down the Truth”?

- identify the source
- use a fact-checking tool
- and consult reliable sources

b. Can you identify harms that this post could cause if it isn't true?

c. Which of these strategies could you use in the future?

4. Reflect on a post that provoked strong emotions. (Slide 21)
- a. Did you use any of these strategies to “Outsmart the outrage”?
- notice the emotions the post is provoking
 - acknowledge that these emotions may be intentionally provoked
 - and track down the truth to confirm whether our emotional reaction is justified

b. Can you identify harms this post could cause if it isn't true?

c. Which of these strategies could you use in the future?

5. Reflect on a post you shared recently.

a. Did you use any of these strategies to “Poke at the point of view”?

- identify the message
- consider your own point of view
- examine the source, and
- track down the truth

b. Can you identify harms this post could cause if it isn't true?

c. Which of these strategies could you use in the future?

6. Consider the following strategies to help people identify and STOP the spread of disinformation. (Slide 29)

- Minimize resistance: Acknowledge values and fears (Mini Bites 1 and 2)
- Prioritize: Focus on disinformation that may cause harm (Mini Bite 3)
- Avoid blaming: Highlight how creators of disinformation are skilled at misleading us (Mini Bite 2)
- Highlight the importance of taking action: Consider how misinformation harms human rights (Mini Bite 3)
- Provide tools: Share strategies to STOP the spread of misinformation (Mini Bite 4)

a. Which of these strategies could you use to help others?

b. Can you identify additional strategies that might be helpful?

Sources

This handout includes links to examples of misinformation as well as evidence-based sources that disprove these examples.

We have also provided links to resources shared in Mini Bite 4, including fact-checking tools, resources to identify reliable sources of information and resources to help people identify and stop the spread of misinformation.

Example illustrating “Share only when you’re sure”: Kitty litter boxes in schools post

Source of disinformation and evidence showing it is false

- [How the litter-box-in-school hoax went viral in a Quebec town | CBC News](#)

Example illustrating “Track down the truth”: RAP rates post

Source of malinformation and evidence showing it is false

- [Do 'Illegal' Refugees Receive \\$3,874 Per Month from the Government? | Snopes.com](#)
- [Resettlement Assistance Program \(RAP\) rates and updates](#)

Fact checking tools

- [Snopes.com | The definitive fact-checking site and reference source for urban legends, folklore, myths, rumors, and misinformation.](#)
- [Trusted Fact-checking Sites – Canadians for Democracy](#)

Websites that assess reliability of news sources

- [Media Bias/Fact Check - Search and Learn the Bias of News Media](#)

Example illustrating “Outsmart the outrage”: Church fire post

Source of disinformation and evidence showing it is false

- [Church fire in Canada blamed without evidence on Muslims | Fact Check](#)

Example illustrating “Poke at the point of view”: LNG advertisement

Source of disinformation and evidence showing it is false

- [Ads Claiming LNG Exports Reduce Emissions Are Misleading, Says Regulator - DeSmog](#)
- [Canada Action | The Narwhal](#)
- [Canada Action](#)

Resources to help others identify and STOP the spread of misinformation

- <https://climatecommunication.gmu.edu/wp-content/uploads/2023/09/DebunkingHandbook2020.pdf>
- [The Debunking Handbook 2020: Downloads and Translations](#)
- [Government of Canada: Online disinformation](#)

Strategies to identify and STOP the spread of misinformation

The following table provides descriptions of the different strategies we can use to identify and STOP the spread of misinformation.

After participating in Mini Bite 4, practise using each of these strategies. Enter examples of misinformation you identified using each strategy in this fillable form.

Strategy	Examples of misinformation that this strategy helped to identify
<p>Limit the misinformation we encounter</p> <p><i>Use social media in ways that limit harms</i></p> <p>Focus on using social media as a tool to build connections and ignore posts that claim to share information.</p> <p><i>Develop a list of trusted sources of information</i></p> <p>Bookmark trusted sources on your web browser and use these sources instead of social media to find and confirm information.</p> <p><i>Include sources that provide multiple viewpoints</i></p> <p>When considering subjective content, expand your list of sources to consider multiple viewpoints.</p>	<p>Click or tap here to enter text.</p>
<p>Share only when you're sure</p> <p>Ensure content is true before sharing.</p> <p>This can prevent harms that may occur from sharing content that is false.</p>	<p>Click or tap here to enter text.</p>

Strategy

Track down the truth

Verify the source

Identify the source and consider whether it is reliable.

Consider whether the creators of disinformation have expertise on the topic, provide evidence of how they obtained this information and whether there are other clues that they may not be a reliable source.

Use a fact-checking tool

Tools like SNOPE and others listed in Handout 2 can be used to confirm whether the content in a post is true.

Consult reliable sources

Consider whether the drive for profit may influence the content and whether public, not-for-profit sources may provide may reliable information.

Consult sources with expertise on an issue, such as scientific sources and government departments overseeing the issue.

Websites including Media Bias/Fact Check and other sites included in Handout 2 can help confirm whether the source is reliable.

Outsmart the outrage

Notice emotions the post is provoking

Notice feelings such as sadness, anger or outrage that the post provokes.

Examples of misinformation that this strategy helped to identify

Click or tap here to enter text.

Click or tap here to enter text.

Strategy

Acknowledge these emotions may be intentionally provoked

Consider whether the creator of the post is intentionally manipulating you. Pausing to reflect will help you to take control over your actions and limit manipulation.

Track down the truth to confirm whether our emotional reaction is justified

Use strategies under “Track down the truth” to determine whether the content in the post is true.

Poke at the point of view

Identify the message

Confirm what the post is trying to say.

Consider your own point of view

Consider how this message aligns with your views, whether this alignment could provoke you to accept the message without confirming it is true and whether you could consider alternative points of view.

Examine the source

Identify who the source is and how they might benefit from convincing you of their message.

It is important to confirm that the content shared by sources that benefit from us believing them is true.

Track down the truth

Use strategies under “Track down the truth” to determine whether we should share the post.

Examples of misinformation that this strategy helped to identify

Click or tap here to enter text.

Click or tap here to enter text.

STOP tool

You can download copies of this poster as well as stickers to attach to your cell phone from our Misinformation: Can You STOP It? webpage at <https://bchumanrights.ca/resources/awareness-campaigns/stop/>

MISINFORMATION: CAN YOU STOP IT?



Share (only) when you're sure
Is this really true?



Track down the truth
Do other reliable sources have the same information?



Outsmart the outrage
Have strong feelings about this?
Are those feelings based on facts?



Poke at the point of view
What's it trying to say? Who's saying it? Who benefits from it being said?



Where can I get support?

We've provided a list of resources for those experiencing distress. This list is not exhaustive and may not include the most appropriate resource to meet your needs. If you require assistance and don't see a program here that's right for you, please feel free to contact our Office by emailing info@bchumanrights.ca.

Crisis Intervention & Suicide Prevention Centre of BC

Immediate access to barrier-free, non-judgmental, confidential support and follow-up through 24/7 phone lines and online services.

Call: 1-800-784-2433 (1-800-SUICIDE)

Chat: www.crisiscentrechat.ca

VictimLinkBC

Toll-free, confidential, multilingual service available across B.C. and the Yukon 24 hours a day, 7 days a week.

Call or text: 1-800-563-0808

Email: VictimLinkBC@bc211.ca

KUU-US Crisis Line Society

24-hour crisis line for Indigenous adults, elders and youth: First Nations and Aboriginal Peoples helping First Nations and Aboriginal Peoples.

Call toll-free: 1-800-588-8717

Adults and Elders call: 250-723-4050

Children and Youth call: 250-723-2040

310 Mental Health Support

Toll-free province-wide access to emotional support, information and resources specific to mental health, available 24/7.

Call: 310-310-6789) – no need to dial an area code

Alcohol & Drug Information and Referral Service

Free, confidential information and referral services to British Columbians in need of support with any kind of substance use issue (alcohol or other drugs). Free, multilingual telephone assistance is available 24 hours a day, 7 days a week.

Call: 1-800-663-1441

Indian Residential Schools Survivors Society

Crisis support for Survivors, families and communities, offering emotional, mental, and spiritual support, available 24/7.

Call: 1-800-721-0066

Black Youth Helpline

Professional, culturally relevant youth and family assessments and intervention

Call: 1-833 294 8650

Native Youth Crisis Hotline

Answered by staff 24/7. Available throughout Canada and US.

Call: 1-877-209-1266

Kids Help Phone

Canada-wide 24-hour bilingual counselling and information services for children and youth between 5 to 20 years old. Services can be accessed via telephone, mobile app, and online.

Call: 1-800-668-6868

Islamophobia Hotline

Free confidential legal advice if you feel that you have been discriminated against, harassed, or faced violence because you are Muslim or are perceived to be Muslim.

Call: 604-343-3828

S.U.C.C.E.S.S. Chinese Help Lines

Serves callers in the province of British Columbia who speak Mandarin or Cantonese.

For Cantonese, call: 604-270-8233

For Mandarin, call: 604-270-8222

Prideline (Gay and Lesbian Helpline)

Peer support, information and referrals for anyone in BC, available weeknights (Monday to Friday) from 7 pm to 10 pm

Call: 1-800-566-1170

Trans Lifeline

Grassroots hotline offering direct emotional and financial support to trans people in crisis: for the trans community, by the trans community.

Call: 1-877-330-6366

Battered Women's Support Services (BWSS) Crisis Line

Provides emotional support to women experiencing gender-based domestic violence and/or uncertainty during these difficult times. Takes calls from Monday to Sunday, 24 hours a day.

Call: 1-855-687-1868

Text: 604-652-1867

Email: intake@bwss.org

Seniors Distress Line

Free and confidential telephone support service for seniors, their caregivers or anyone concerned about a senior. Calls are answered 24 hours a day, 7 days a week by highly trained, non-judgmental and caring volunteers.

Call: 604-872-1234