

# Misinformation: All birds are criminals

## Participant handout

### 1. Pre-viewing reflection questions

Take a few minutes to reflect on and record your answers to the following questions.

**a. What does misinformation mean to you?  
Are you concerned about it? Why or why not?**

**b. Have you ever believed or shared something  
online that later turned out not to be true?  
Can you recall some of your motivations for  
wanting to share it at the time?**

**c. Can you name one example of misinformation  
that you have identified?  
How did you know it was misinformation?**

**d. How confident do you feel about identifying  
misinformation?**

## 2. To learn more

The following resources will all be available on the [Misinformation: Can You STOP It? webpage](#) by June 2026.

### Misinformation: Can You STOP It? webpage

This webpage introduces the topic of misinformation, including what it is, why it is a human rights issue and why it is difficult to identify. Additional resources on this webpage are listed below.

### STOP tool

This tool was developed to provide a simple set of steps that can help us identify and stop the spread of misinformation. The four steps include:

- Share (only) when you're sure
- Track down the truth
- Outsmart the outrage
- Poke at the point of view

### Misinformation quiz

This quiz shares four posts and asks you to identify whether each post is true. After you respond, the quiz indicates whether the post was true or not and introduces a STOP tool strategy that helps to identify whether the post is an example of misinformation.

### Misinformation Mini Bites

The Mini Bites consist of five recorded learning modules, downloadable presentations and handout packages to support individual and group learning on the topic of misinformation.

The Mini Bites include:

- Mini Bite 1: What is misinformation and why does it matter?
- Mini Bite 2: How does misinformation work?
- Mini Bite 3: Why is misinformation a human rights issue?
- Mini Bite 4: We can all STOP the spread of misinformation
- Mini Bite 5: Examples of actions to stop the spread of misinformation

### Community amplifiers' projects

BC's Office of the Human Rights Commissioner invited classrooms, youth groups and community organizations around the province to develop projects that raise awareness about misinformation and stop its spread. Fifty projects were selected for funding. Examples of these projects will be posted on the Misinformation: Can You STOP It? webpage in June 2026. Some will also be featured in Mini Bite 5.

### 3. Self-care

Today's discussion may bring up feelings now or in the days ahead. The following resources may be helpful:

#### Community supports

BCOHRC's [Who Can Help webpage](#) includes a list of community supports which may be helpful.

#### Connect with others

Reaching out to people who may have similar experiences with misinformation can help you to process and work through these feelings and to consider collective actions.