

How do you protect yourself from false information about elections?

Check multiple news sources to find out more information.



Do not assume one news source has all the information about elections. Check multiple sources before jumping to conclusions, assessing a situation, or sharing. Take time to evaluate the reliability of a source and seek out additional information, especially from election officials.

Understand the difference between news and opinion.



A lot of news media platforms will include political commentary and opinion polls with information about elections, including how to participate as a voter. Distinguishing between fact-based news stories and opinion or commentary is an important part of being media literate.

Consider the purpose and agenda behind information.



Remember all media messages have an intent, whether it be to inform, persuade, or even manipulate. Asking "who made this and why?" will help you understand the purpose of the message and is the first step to assessing credibility.

Take a moment to pause and reflect before reacting.



It is easy to respond emotionally to media messages, especially about something as important as elections. Reacting when you are feeling emotional often leads to unnecessary conflict. Remember to take a breath before you respond or share.