

Assessing Reliability

It is important that we learn how to assess if the information we read and the images we see online are reliable or not.

1. Think carefully about why the information has been written or what the image is trying to say to you. Is it trying to get you to spend money? Is it trying to get you to give away personal information? Is it trying to get you to believe certain things? If the answer is yes, then what you are reading or seeing needs fact-checking.

2. Check for the padlock in the URL bar at the top of the site. This means that any data that is shared is secure.

3. Check the publication date of the information on the site. Is it up-to-date?



4. Use reputable and established websites - ones you know you can trust. These might link to other established and reputable sites too.

5. Use secure sites. These are sites with URLs that start with 'https'.



6. Check the end of the website is something like '.co.uk' or '.com'.

7. Take some time to think if the information is fact or opinion.

8. Cross-check information with other websites and offline sources to make sure that what you are reading is accurate and true.

9. Talk about what you have read or seen with an adult you trust and ask them to help you find out more.

10. Remember images online and social media can be manipulated and changed to look different to what they really are.

11. Ask yourself if the photo or video looks normal and if the story sounds believable. If not, fact-check it before believing or sharing it.

Learning how to check if online information and images are true can help us to stay safe and well when we use the Internet.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).