

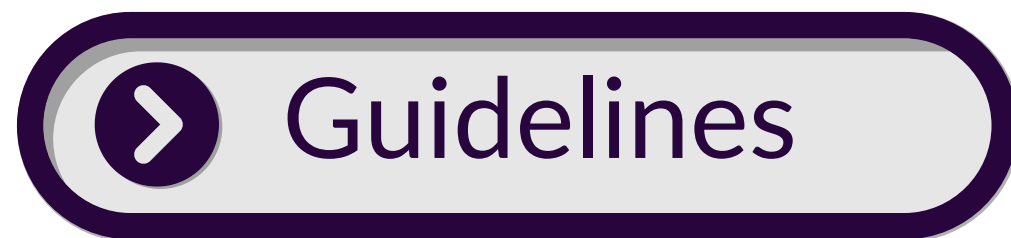


Ministry of Foreign Affairs  
Republic of Poland

Public task financed by the Ministry of Foreign Affairs of the Republic of Poland within the grant competition "Public Diplomacy 2023".

# Internet rules

## How to be safe online?

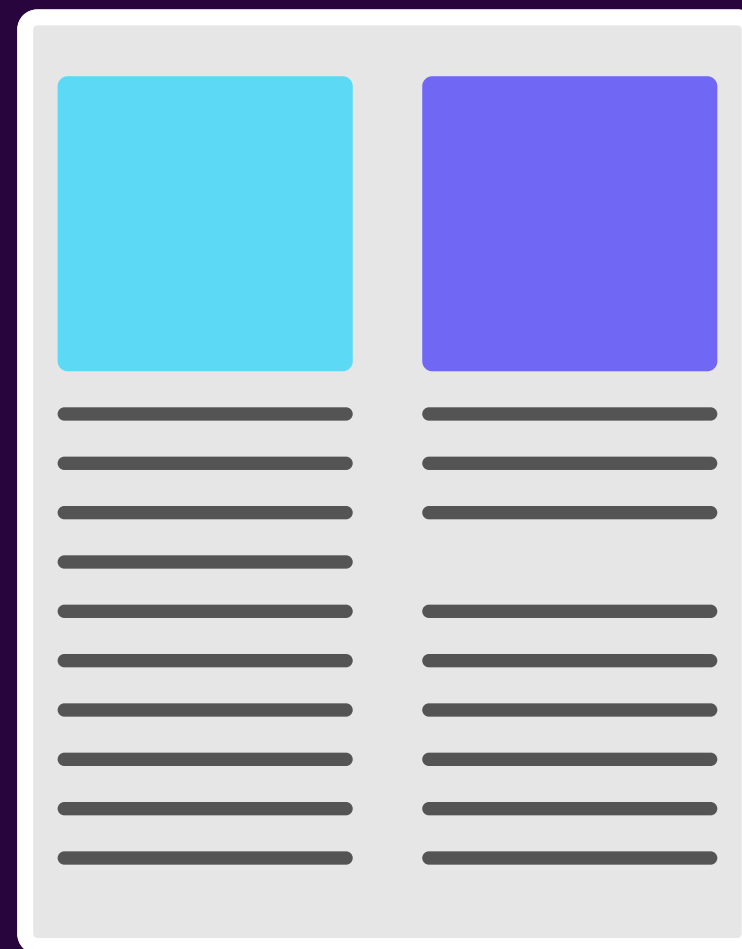


CENTRE  
FOR INTERNATIONAL  
RELATIONS

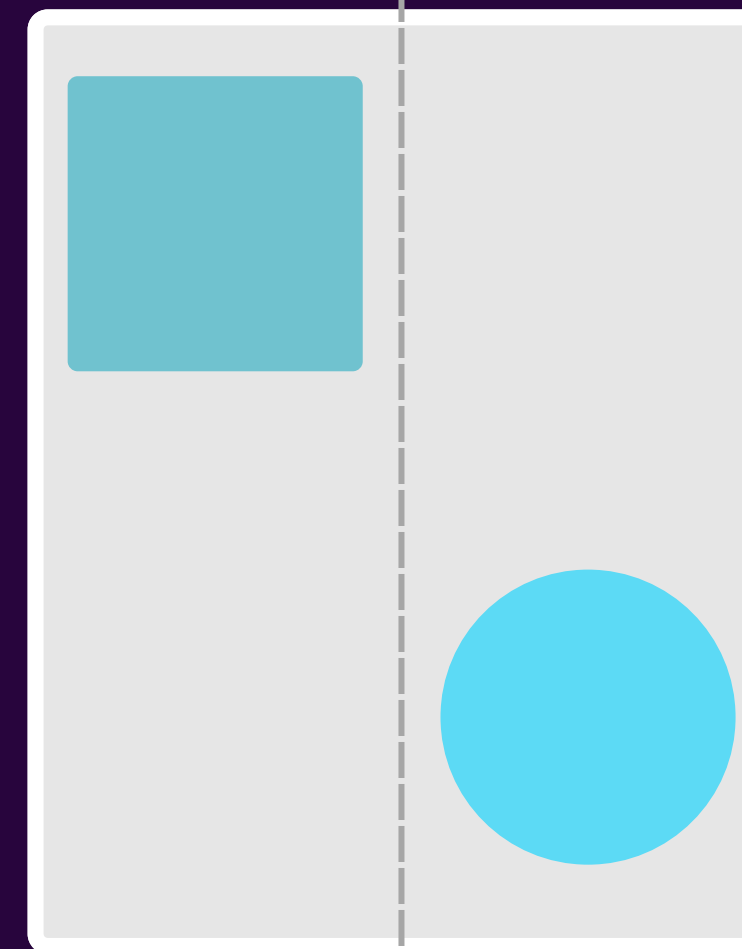


# USE TRUSTWORTHY SOURCES OF INFORMATION

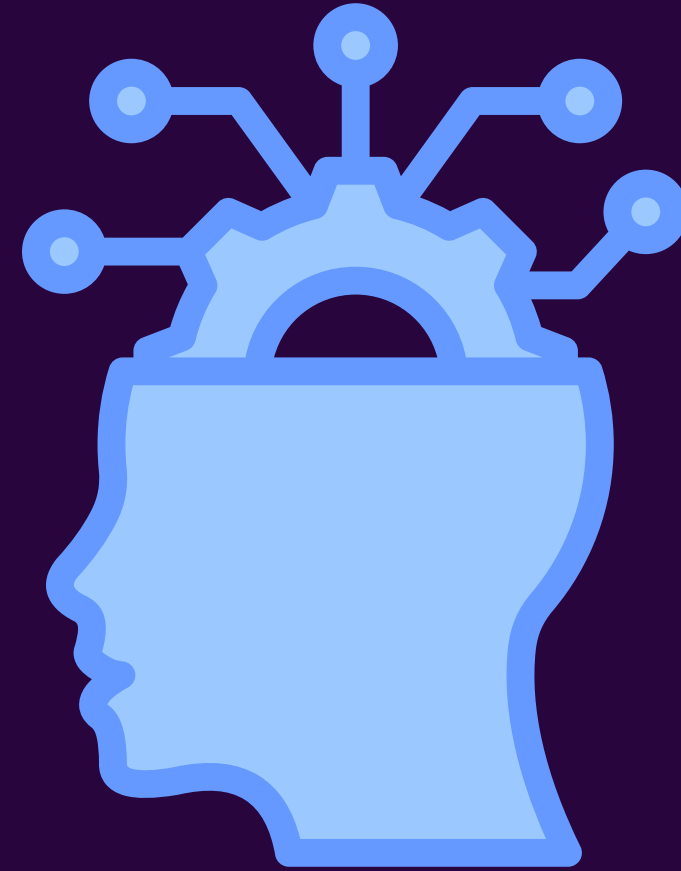
Try to get information from trusted news outlets, rather than only social media.



If you have doubts, look for the original/official/unedited documents or statements.



Be also aware that sources in articles are usually edited, summarised, rephrased, shortened.

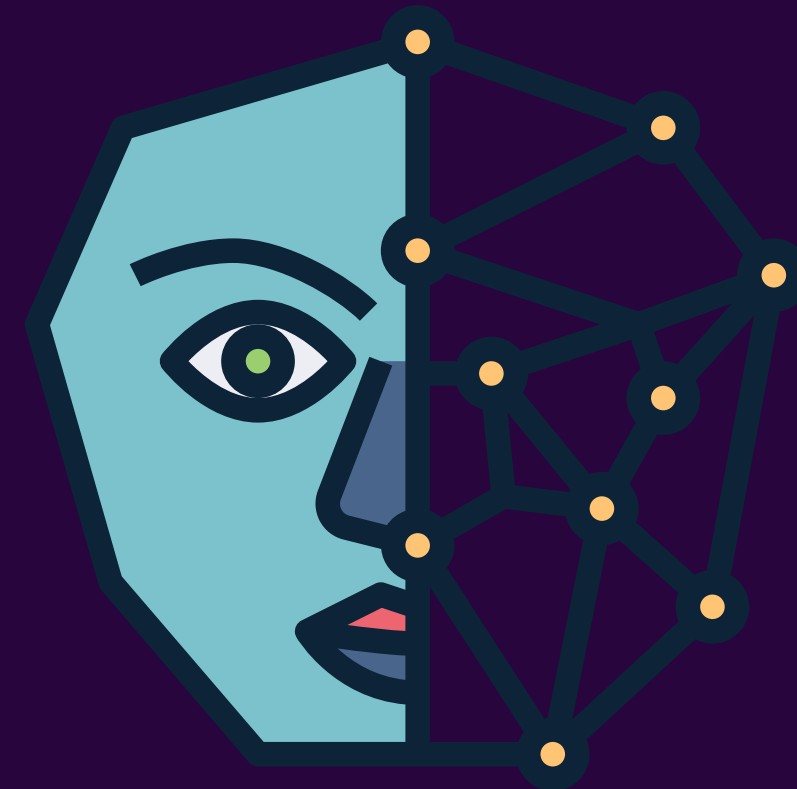
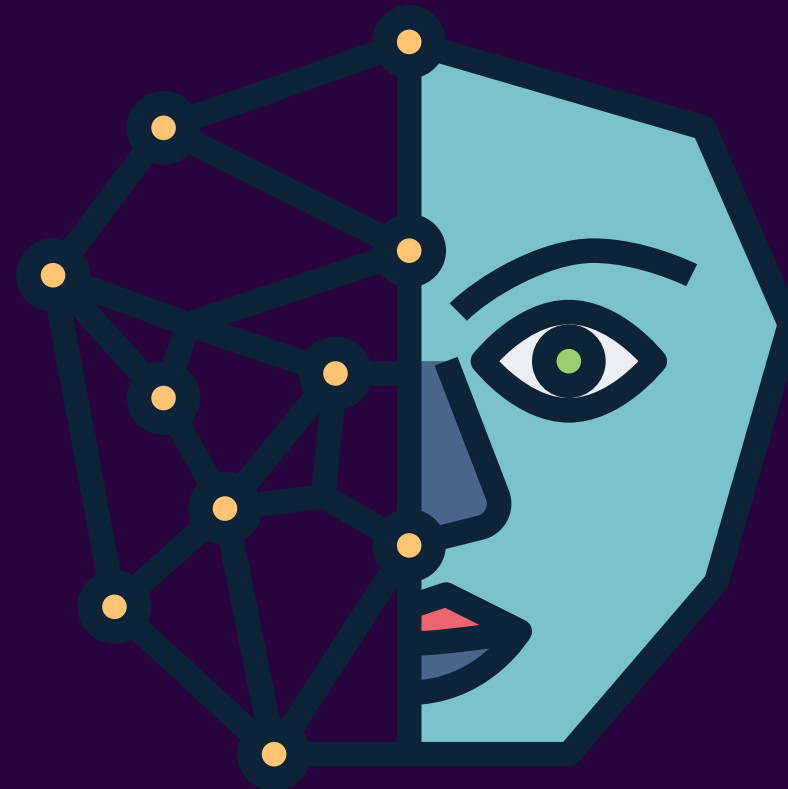


# STAY CRITICALLY MINDED

Be aware that even reliable media can make mistakes and may unknowingly reprint or share false information. If some information seems to be too good or too improbable, be wary.

# BEWARE OF DEEPPFAKES

Videos on the internet can be manipulated. New technologies make it easier and easier. You can find fake interviews with famous people who have never said such words.



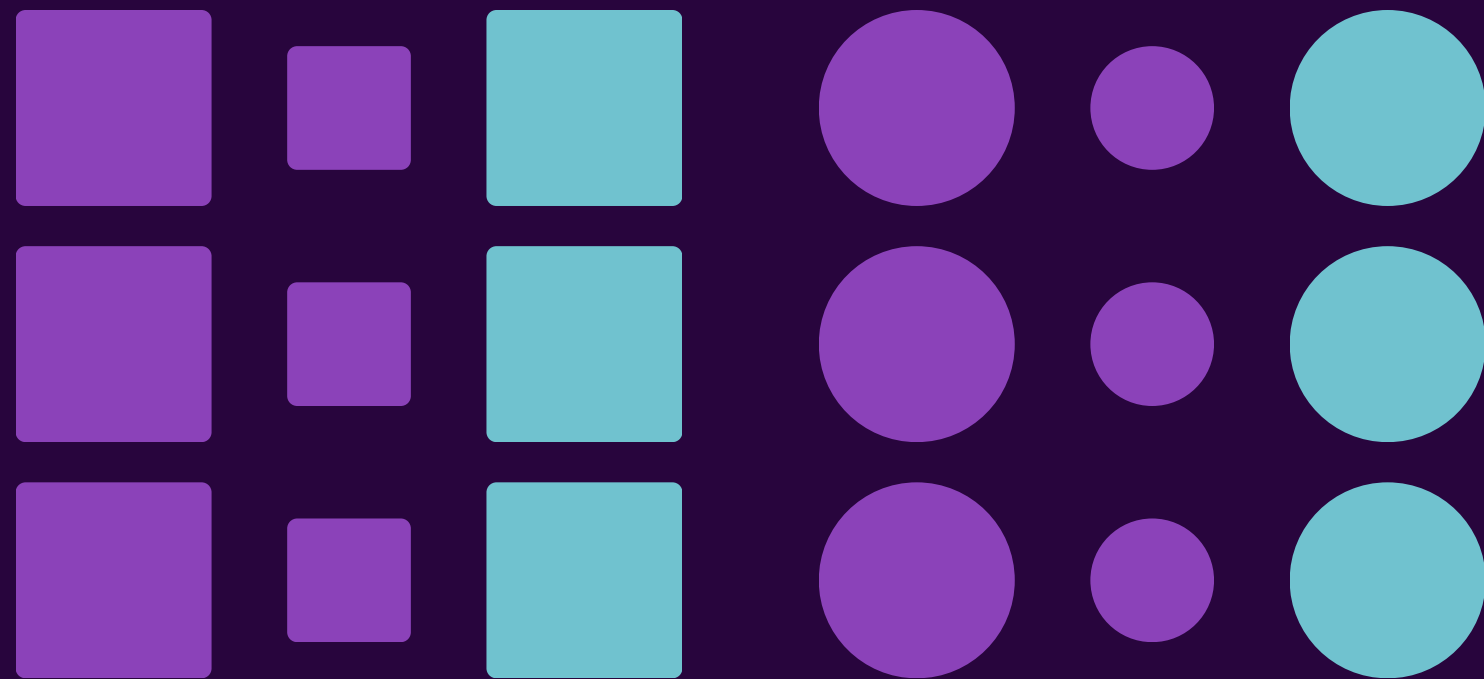
# DO NOT FALL VICTIM TO CLICKBAIT

Stay vigilant when you see sensational, exaggerated or very emotional titles and thumbnails and be suspicious, if a headline is supported by an exclamation mark.



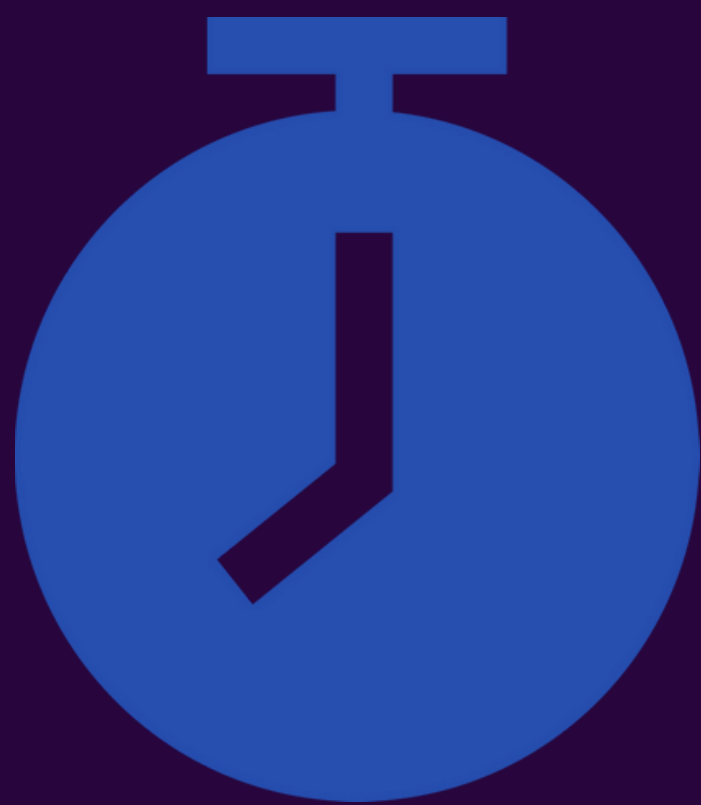
# CHECK IF PHOTOS AND TEXTS MATCH

The larger the discrepancy between the photo and the content, the greater the chances that it is a manipulation.



# BE WATCHFUL AT SPECIFIC TIMES

Disinformation campaigns are likely to happen around elections, political developments, anniversaries, as well as crisis situations.



# GET TO KNOW MANIPULATION TECHNIQUES

Learn about cunning and inventive techniques of disinformation so that you can identify them.

