

WHAT TO DO IF...

internet
matters.org

My child believes misinformation

Supporting children with additional needs

Children with additional needs may feel strong emotions after realising they've believed misinformation. Follow these 5 steps to help them navigate the information they see for a more positive experience online.

1

Validate their feelings

Don't focus on telling them they're wrong. Instead, **focus on emotions**.

Let them know that it's okay to feel big emotions and that you can help them.

Pause and reset

2

Get them to take a **screen time break**.

Physically **move to a different space** for a different activity to help pull your child out of any 'digital loop' they might be stuck in.

3

Review the original post

Together, talk about:

- **Why** someone would want to share this information;
- **How** it could hurt people's feelings or health;
- Whether there are any **clues** that the information could be fake.

Play 'detective'

4

Together, use search engines to find **two more sources** that support (or don't support) the misinformation.

Use sites like **FullFact.org** and **Snoopes.com** to help.

5

Talk about next time

Your child is likely to see misinformation online from other users.

Create rules about believing or sharing new information, like **finding 2 supporting sources** first.



Some children with additional needs may need extra support after believing misinformation.

Scan the QR code for practical advice, conversation support and next steps.