

3

Steps

Building Critical thinking

PAUSE
CHECK
CHOOSE

Pause

Stop before you react, comment or share.

Ask

- How does this **make me feel**?
- Is it trying to make me act quickly?
- Does it seem surprising or **too good to be true**?



Check

Look beyond the original post.

Ask

- **Who created** it and why?
- Where did it **first appear**?
- Do **reliable sources say** the same thing?
- Could it **be old, edited**, or taken out of context
- or **created using AI**?



Choose

Decide what to do next.

- Share it if you know it is trustworthy.
- **Do not share it if you are unsure.**
- **Ask** a trusted **adult** for **help**.
- **Report it** if it is **misleading** or could cause harm.



Remember: Lots of likes, followers or shares do not prove that something is true.



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