

REAL OR FAKE?

MORE TIME ONLINE MEANS MORE EXPOSURE. WE'RE CREATURES OF HABIT, BUT TRY TO VARY YOUR SOURCES AND WATCH FOR FAKES!

1. NEWS

Beware of Forwards! Did it originate on social media or is it from a reputable new source? Finding the same story in at least 2 or 3 other trusted places will help test its veracity.

2. ACCOUNTS

Not all accounts are real and many are 'bots', designed to troll people, generate likes, comments and followers or take over accounts automatically - they aren't real people!

3. INFLUENCERS

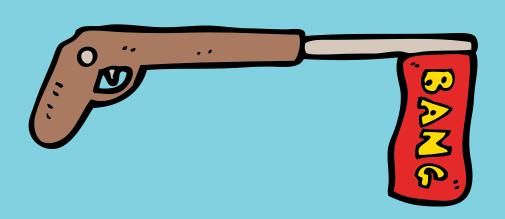
There are lots of influencers and models on social media like Miquela or The Balmain Army, designed by companies using Al technology. They look real, they feel real, but they're not!

4. E-MAILS

It might look real, but check the address! Does it use your name or just 'Dear Customer'? Poor grammar and spelling are also a giveaway that it's probably fake!

5. DEEP FAKES

Al technology can take existing video and mimic the speech patterns to get famous people to make unexpected or false statements. They look very real: don't get fooled!



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