Fact, Feeling, or Feed?

TOPIC: Media literacy, misinformation, critical thinking

AGE: About 11 to 18

SETTING: Family, classroom, library, youth group

The goal is not "Never trust the internet."

It is "Learn how to decide what deserves your trust."

1 Read the Post. No Yelling "Real" or "Fake."" Choose:

FACT
There is credible evidence for this.

FEELING / OPINION
A belief, reaction, preference, or interpretation.

CHECK THE FEED
I don't have enough information yet.

2 Use the 3-Check Rule

CHECK 1
Who said it?

CHECK 2
What evidence is provided?

CHECK 3
What do other credible sources say?

Read sideways: for Check 3, leave the post. Search the claim and the person who made it, and see what other credible sources say. This is called lateral reading.

Bonus Round: Why Did I Believe It?

- Did it confirm something I already believed?
- Was it shocking?
- Had I heard it many times?
- Did it come from someone I like?
- Did the image make it feel more believable?

Family Version

Adults bring something they almost believed online too. Everyone practices. Nobody is the problem.

Learning goal: **Pause** → **Investigate** → **Compare** → **Decide**

Inspired by: Common Sense Education. (n.d.). *Evaluating information online* [Lesson plan]. Retrieved October 6, 2026, from https://www.commonsense.org/education/digital-literacy/evaluating-information-online

Common Sense Education. (n.d.). *Challenging confirmation bias* [Lesson plan]. Retrieved October 6, 2026, from https://www.commonsense.org/education/digital-citizenship/lesson/challenging-confirmation-bias

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FACT, FEELING, OR FEED?

Practice Post Cards

Every post on this sheet is made up for practice. Cut on the dashed lines, circle one choice, then use the 3-Check Rule. The last three cards are for posts you bring yourself.

Posted by: a health tips page

"Scientists say students who eat chocolate before a test score 40% higher.""

FACT FEELING CHECK

Shared by: a friend's story

"Everyone is deleting this app because it secretly records you.""

FACT FEELING CHECK

Posted by: a celebrity fan account

"This celebrity said schools are banning homework nationwide.""

FACT FEELING CHECK

Posted by: a classmate

"Summer break is the best part of the whole year. No debate.""

FACT FEELING CHECK

Posted by: a page with "satire" in its bio

"BREAKING: Weekends will now be three days long, starting Monday!"

FACT FEELING CHECK

Posted by: a news site you've never heard of

"New study: teens who sleep 8+ hours are in a better mood."" (No link to the study.)

FACT FEELING CHECK

Shared by: thousands of people

PHOTO

"This photo shows a shark swimming down a flooded highway.""

FACT FEELING CHECK

Posted by: a neighborhood group

"Our town's library is closing forever next month.""

FACT FEELING CHECK

Posted by: an influencer (#ad)

"This energy drink is the ONLY way to focus while studying.""

FACT FEELING CHECK

BRING YOUR OWN

Something I almost believed online:

FACT FEELING CHECK

BRING YOUR OWN

Something I almost believed online:

FACT FEELING CHECK

BRING YOUR OWN

Something I almost believed online:

FACT FEELING CHECK

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