



Talk with Your Circle

Share with friends and family the risks of false information and how to respond when you see it. While it's probably not worth engaging every time, speaking up can help stop the spread of untrue claims.

Come Prepared

Make sure you've done your homework and know the facts before starting a conversation. Even if you're sure the information is false, brush up on the latest evidence to be safe.

Decide if It's Worth It

Once you have the facts, evaluate whether it's worth weighing in. Will your response help the conversation or cause conflict?

Respond Politely

If you decide to respond, try doing so via direct message or through an offline conversation. Public comments can give false information greater visibility and make discussions more confrontational.

Focus on the Facts

If you do respond publicly, lead with the truth and don't repeat the false claim. Provide links to neutral, credible sources with more information about the issue.

Be Respectful

Try to understand the beliefs of the other person so you will be heard in return. It can be hard to change attitudes, but stay calm, positive and empathetic to get your message across.

Be a Resource

Stopping false information when you see it is important, but you can help friends and family build resilience to false information by proactively sharing resources and tips for doing their own fact-checking.



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