1. **Fake!** This is a doctored photo that has been making the rounds online for years. The photo fooled a number of people, including a Fox News Host. Tip: Always check the origin of an image! Learn more at the New York Times - [http://nyti.ms/2whdUVN](http://nyti.ms/2whdUVN)

2. **Fake!** This was a rumor that this Twitter user started. This potentially dangerous rumor got picked up by major news outlets before it was disproven. Tip: Always check up on who is spreading information! Learn more at The Washington Post - [http://wapo.st/2hA8pcn](http://wapo.st/2hA8pcn)

3. **Fake!** This misleading report on the Today show misrepresents an actual scientific study that made a more nuanced claim than “sugar causes cancer.” Tip: Try to check up on the source of a health report since news reports do not always represent the complexity of scientific studies. Learn more from John Oliver - [http://bit.ly/23Bdznr](http://bit.ly/23Bdznr)

4. **True!** This might seem nuts, but this headline from Politico, a reputable news outlet, is true. Tip: Be sure to check out the full article if you see a link on social media! Learn more at Politico - [http://politi.co/2ww6BYg](http://politi.co/2ww6BYg)

5. **Fake!** This image is actually of a properly vs. improperly cooked hardboiled egg. The satirical Facebook site Big Organic repurposed it for a fake story on GMOs. Tip: Check out a source if you’re unfamiliar with it. Learn more at Snopes - [http://bit.ly/2e95m7v](http://bit.ly/2e95m7v)
Take 5 Tips
5 things to do when you encounter new information

1. Pause
Are you having an emotional reaction?
Take a beat and ask yourself why!

2. Examine
Read horizontally - pay attention to things like ads, links, references

3. Reflect
Ask what you know - are you familiar with the source or the author?

4. Explore
Find out more - check out the article's claims, look at the author's credentials

5. Share
Take care before you share - make sure the information is legit and share context

Learn more at www.nucleuslearningnetwork.org/missioninfo