How do you protect yourself from false information about elections?

**Find out more information.**

Do not assume one news source has all the information about elections. Take time to assess the reliability of the source and seek out additional information, especially from your election officials.

**Check multiple news sources.**

If there is breaking news about elections, look to your election officials for information about how that will impact you. If you are looking at news stories, make sure to check multiple sources, including with election officials before jumping to conclusions, making an assessment of a situation, or sharing.

**Understand fact vs opinion.**

A lot of media outlets will include political commentary and opinion polls with information about elections, including how to participate as a voter. Distinguishing between fact based news stories and opinion or commentary is an important part of becoming media literate.

**Consider the purpose and agenda behind information.**

Remember all messages have an intent, whether it be to inform, persuade, or even manipulate. Asking "who made this and why?" will help you understand the purpose of the message.

**Take a moment to pause and reflect before reacting.**

Take a minute before responding or sharing. Reacting when you are feeling emotional leads to unnecessary conflict. Remember to take a breath before you respond or share.