

## FAKE NEWS AND LIFE SKILLS

### 1 Fake news

Fake news is a form of news consisting of deliberate false information. Sometimes fake news stories are spread just for a laugh, like the story about a lottery winner dumping £160k of manure on his ex-boss's lawn, but they can also cause serious harm. It is important to be able to spot fake news and challenge misinformation as it can have a huge impact upon people's opinions, actions and lives. Fake news is easy to believe and can spread quickly; once the information is out in the public it is hard to retract, and the damage is done. This is why it is so important to fact check what you read and share.

Unfortunately, deciding what is fact and what is fiction can be harder than you think! Click on the link below for some useful tips on how to spot fake news:

[Tips for spotting fake news online](#)

Feeling confident about being able to decide if a news story is true or not? Have a go at this COVID-19 fake news quiz published by UK fact checking charity Full Fact:

[Take the quiz: New coronavirus and misinformation](#)

### 2 Filter bubbles

We are all aware of the dangers of fake news as the term is often used in the media, but have you heard of filter bubbles? Watch the TED video below to find out what they are and how they distort reality:

[WATCH: Beware online "filter bubbles"](#)

Want to beat the algorithms? Try to visit a wide range of trustworthy websites to broaden your view of the world (long-established media outlets are a good place to start), check out accounts or people you might otherwise disagree with or simply go offline and have a chat with your family, friends, and teachers to see what they think. Remember, it is important to come to your own conclusions after you have done your research!

### 3 Careers

Interested in quality journalism? Can you imagine yourself as the next Laura Kuenssberg? Studying journalism will equip you with skills that are valued by many employers and opens doors to a range of careers:

[Journalism prospects](#)

[Media prospects](#)

Sounding a bit too serious? If you would just like to get your '15 minutes of fame' watch YouTube's Head of Culture & Trends explaining how online videos go viral:

[WATCH: Why videos go viral](#)

**Did you know ...?**

You can work as a fact-checker for a variety of media outlets? It doesn't exist as a qualification but a degree in English, Journalism or Communications combined with good research and analytic skills can set you up for a successful career in fact-checking. If you are interested in giving it a go, the UK's fact checking charity Full Fact recruits volunteers when they have a particularly big project going on:

[Jobs at Full Fact](#)

## 4 Critical thinking

'If we never question what we hear or look at other points of view, we don't make fair decisions.' ([Youth Employment](#))

Critical thinking is the ability to think clearly and rationally, understanding the logical connection between ideas. It is a skill that many employers look for and will be really useful if you did want to go to university. Check out some of these ideas below designed to develop your critical thinking skills:

- Read articles discussing ways to develop your critical thinking skills such as the following by Skills You Need:

**Critical Thinking Skills:** <https://www.skillsyouneed.com/learn/critical-thinking.html>

**Critical Thinking and Fake News:** <https://www.skillsyouneed.com/learn/fake-news.html>

- Get the family together and play a board game that encourages you to plan, strategize and analyse the information before you! Some examples include The Settlers of Catan, Fact or Fiction and Time's Up.
- Write a journal: Daily reflection is a simple way to look back on your day whilst providing an opportunity to explore ideas, encouraging you to expand upon your thoughts and form connections.

## 5 Budgeting

Budgeting is an important skill to develop as you become more independent. It also involves some of the critical thinking we have already spoken about as you learn to prioritise the things that are important to you.

We have developed a fun and interactive [MoneyExplorer](#) workbook as part of our SUN Virtual Offer. Check it out here:

[DISCOVER MONEYEXPLORER](#)

## 6 Learn a new practical skill

Remember, now is an ideal time to develop new skills. As the weather improves and exercise is becoming even more important, why not dig out your old bicycle and give it some TLC so you can enjoy a ride in the sunshine.

[Watch this quick video](#) to find out how to repair a bike puncture.

If cycling isn't your thing you could learn to sew, touch type or take an online course that can help you at school or in your future career. [Visit this handy website](#) for touch typing lessons:

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