

# Is it **TRUE**?



There is a **lot** of information out there – not just on the Internet, but **everywhere you look!**

So many people, so many things being said... not everyone can be right, ***right?***

*Everything* you see or hear or read is **not always 100% true** or not always ***what it seems to be.***

How do you know **what's true, who or what to believe**, and **why?**

You need to **think about it.** You need to **ASK QUESTIONS** like:

- Are you being told ***everything?***
- Are you being told ***facts*** or ***opinions?***
- Can you ***trust*** who is telling you something?
- Is that person ***smart?*** an ***expert?***
- Is the information ***old?***
- Can you ***understand*** the information?
- Can you find ***better information*** somewhere else?



Finding the truth can be difficult or take some time, but it **really is important** that you work at it!

***If you ever need help:***

- Ask a parent or guardian to **explain something** to you.
- Check with **your teachers** at school.
- Use your library's **books** and **databases** to **look up information.**
- **Ask a librarian!**



The next time you find information, **don't react** – just ***get the facts!***