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!