CHECKING THE STORY VIDEO TRANSCRIPT:

Young man: How can I know if a story is real?

TEXT: CHECKING THE STORY. REAL NEWS

Rachel Schraer: There are a few things you can do to check out a story. Stop and ask yourself; is this real, does it feel right to you? What evidence do we have? Who is telling us this information, where does it come from? And then ask yourself, does it all add up when you look into the details. Do the dates add up? Could the person involved in the story have been there at the time? And finally look around, see if anyone else is reporting it - if no other major news organisations are reporting something that seems like a shocking story you might want to be careful.

Young man: So what about stories I see on social media?

Alex Murray: Look at the language people are using – are they using lots of capital letters, exclamation marks, random characters. How long have they had the account? Do they link to a website where you can see more information about them? Is the account verified? On lots of platforms now there's a little blue tick next to the user name which says that this has been verified by that service. And thirdly cross check, can you find this person elsewhere on the internet, who else have the talked to, what else have they talked about?

TEXT: REAL NEWS

Natalie Miller: When you're looking at pictures and video on social media my top tip would be always check the source. Who has posted it, where have the posted it, the time that it's posted? But my ultimate tip is you can always reverse search a picture and see how many times that picture has been used before. If it’s been used lots before it may not be original, it may have even been used for another story.

TEXT: REAL NEWS. REMEMBER

Alex Murray: We all have a role to play to make sure that what we share in the digital space is accurate and trustworthy.

TEXT: SO REMEMBER, BEFORE YOU SHARE IT, STOP AND ASK YOURSELF, IS THIS REAL?