

10 TOP TIPS

10 RECOMMENDATIONS FOR CONSUMING THE NEWS

With our 24-hour news cycle and multiple platforms to access information from anywhere around the world, how do we distinguish and discern truth in what we read or view? Here are some tips to consume news with wisdom and discernment...

THINGS TO REMEMBER BEFORE YOU CONSUME NEWS MEDIA

- 1 Remember that news is not the only way to gather information. We have to use various sources including experts on particular subject material in order to understand what is going on.
- 2 Remember that the media's job is to create clicks and sell papers so naturally they can exaggerate or sensationalise a situation. This is their job. Ours is to read or watch content with that in mind and make our own judgements.
- 3 Read or watch every piece of media with a critical mind. Don't take everything as fact. Ask good questions.
- 4 Watch/listen to/read multiple sources. Every source has a bias and when you read or watch more widely, it helps you to see the biases more clearly and therefore judge its veracity.
- 5 Don't overconsume news. "Doomscrolling" is bad for our mental health. Set specific times when you will look at or read the news and give yourself a time limit.



QUESTIONS TO ASK WHILE CONSUMING NEWS MEDIA

- 1 Ask "who wrote it, why and when?" Context gives clarity.
- 2 Look for the purpose or "the why" behind it. That helps to inform the bias of the writer or presenter and explains the narrative the story is trying to tell.
- 3 Check what type of story it is; opinion/profile, editorial, reporting, analysis etc. and judge the article accordingly. An opinion piece shouldn't have the same weight placed on it as an analysis piece by an expert.
- 4 Check whether the person writing or reporting has the right qualifications or experience to speak to that topic.
- 5 Remember that there are always many sides to a story and if a news article doesn't acknowledge that then they might have an agenda to push. Not every side to every argument should be given equal weight but there should be an acknowledgment when there are disagreements about facts in the article.