CATCHING UP WITH DIGITAL SPACE

METHODOLOGY BOOKLET

KA2 - COOPERATION PARTNERSHIPS

Media literacy, critical thinking, disinformation, online security for seniors

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1. INTRODUCTION TO DIGITAL LITERACY

In an age where information is at our fingertips, digital literacy has become an essential skill for individuals of all ages. However, as the digital space evolves, certain demographics, particularly seniors, face unique challenges in navigating this dynamic environment. With a commitment to addressing challenges of media literacy, critical thinking, disinformation and online security for seniors , we are thrilled to introduce our Methodology Booklet – a comprehensive guide crafted to empower seniors in the digital age.

Crafting a Tailored Approach:
This Methodology Booklet is the culmination of our dedication to providing a tailored approach to digital literacy for seniors. Developed through extensive research, focus groups, and collaboration with experienced partners, the booklet offers a step-by-step guide to help seniors navigate the digital space with confidence.

How to Use This Booklet:
Whether you are an educator, a community leader, or a senior seeking to enhance your digital literacy, this booklet is designed to be a versatile resource. Feel free to explore it cover to cover, focusing on the sections most relevant to your needs, and adapt the methodologies to suit your unique context.

This booklet has been created as a results of the long term KA2 Erasmus+ project "Catching up with digital space" which was funded by European Union.

THE OVERVIEW

The Red Queen paradox shows how "we need to work harder and harder just to stay in the same place and why we can't afford to be complacent" (see: https://thinkinsights.net/strategy/red-queen-effect/). We believe that adult's education, defined for the very first time way before the digital revolution (in 1926), should incorporate that concept into its paradigm. And that's because that age group (30+) needs to face challenges coming at it from various directions: generation gap, multi- and cross- culturalism, globalization, and all fuelled by the environment of zeroes and ones. The digital space have become a testing ground for Alvin Toffler's future which we are already living in. He have famously stated that 'the illiterate of the 21st century will not be those who cannot read and write, but those who cannot learn, unlearn, and relearn', but schools have never adapted quick enough. Most of the systems are killing creativity and curiosity necessary to tackle the digital obstacles. Generally speaking, adults over time are losing the joy of play coming from trying new tools and discovering new things. Instead of seeing the big picture, they are stuck in the vicious circle of familiar comfort. Thus, they are set to lose battles, especially on the job market, against younger, more vigorous people. The following activities were designed with blended methodology in mind, incorporating the best from three worlds: formal education (familiarity to avoid to strong shock for those who are new to the process), non-formal education (gamification) and in-formal education (waking up the sensation of play).

TOOLS

1. Play-Create

After an introduction about the importance of play, give participants (the task can be done both individually or in groups of various sizes – based on the prowess of people involved) a handout with following list of 'playful' activities for adults.

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Creating opportunities to play [https://www.helpguide.org/articles/mental-health/benefits-of-play-for-adults.htm].

Host a regular game night with friends or family.

Arrange nights out with work colleagues: bowling, playing pool, miniature golf, or singing karaoke.

Schedule time in a park or at the beach to throw a Frisbee or fly a kite with friends.

Play with a pet. Puppies, especially, make very willing playmates. If you don't have your own, borrow one from your local animal shelter.

Surround yourself with playful people. They'll help loosen you up and are more likely to support your efforts to play and have fun.

Joke with strangers at a bus stop or in a checkout line. It'll make the time pass quicker and you may even spark up new friendships.

Visit a magic store and learn some tricks. Or invest in art supplies, construction toys, or science kits and create something new.

Play with children. Goofing around with kids helps you experience the joy of play from their perspective. If you don't have young children, arrange a play date with your grandkids, nephews, nieces, or other young relatives.

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Then, ask each 'team' to chose one of those events (or invent one by themselves) and create an advertisement poster of the chosen activity using digital tools. Here, again depending on the group, the facilitator can go with the limits of time (an additional challenge). Furthermore, the facilitator can either suggest one concrete tool (Canva, Prezi, In-Design, Paint 3D, Photoshop... etc.) or give the freedom of choice to the participants (for the sake of adult ADHD students, we would recommend focusing on only one tool and clear instructions).

2. My Home

What is home in the contemporary times? What's the digital space's role in it? How the online world impacts our real ones? These questions asked out loud bring an interesting discussion the length and depth of which will define the rest of the activity that should lead participants to building a model of their home (treated metaphorically or literally) using either offline methods

- A touch of sustainability? Use available trash.
- Limited space? Draw the home on aflipchart.
- Have access to enough LEGO? Use the world-famous bricks. [And so on...]

or digital ones:

- Virtual LEGO [https://www.makeuseof.com/tag/build-virtual-lego-models-on-your-computer-with-lego-digital-designer/].
- Minecraft [https://education.minecraft.net/].
- Any digital design/drawing tools (Canva, Prezi, In-Design, Paint 3D, Photoshop... etc.). [And so on...]

The activity's length can vary, and it should be group and facilitator dependent, same goes to making it an individual or a group task.

3. Critical Digital

The activity is based upon the concept of systems thinking, and it's aiming at the waking up of critical thinking among the participants (not only adults). „It's important to remember that the term "systems thinking" can mean different things to different people. The discipline of systems thinking is more than just a collection of tools and methods – it's also an underlying philosophy." [see more: https://thesystemsthinker.com/systems-thinking-what-why-when-where-and-how/] It is about asking the right questions in order to understand the complexity of important issues. For creating the right mindset we recommend starting the exercise from giving a handout a bit of time for reading and then reflecting upon the material, a comic book available online: http://kiriakakis.net/comics/mused/a-day-at-the-park .

Then follows the systems thinking activity itself. It can focus on any topic (depending on the event, setting, group…), from Sustainability to Gender Equality. How to approach it is by visualizing the issue using basic causal loops (https://thesystemsthinker.com/causal-loop-construction-the-basics/). For that, individuals should use digital platforms (Canva, Prezi, In-Design, Paint 3D, Photoshop… etc.) or offline tools (recommended for beginners in using ICT tools). The loops can follow various patterns, but in our eyes should focus on answering questions like:

- Why the issue is important?
- How it is discussed in media?
- How media are influencing the issue?
- What's the direct outcome of this issue?
- How the issue is discussed at schools?
- How it influences me?
- What I do in order to make a change/impact?
- Can digital tools influence the issue? How?
- … Etc. [additional, support questions should be chosen based on the core topic of the activity]

What follows is debriefing and a discussion. The activity can stretch from 1,5 hours or a full day.

4. Digitally Fake

It's a simple but important activity which follows an idea of fact and source checking of the media chosen by the facilitator or by participants (focusing on certain subject or not), and then mapping the online resources (both in their native languages and more internationally) that can help in filtering news and deciding whether they are true or not or it is impossible to be sure.

- Who is the author of that 'article'?
- What are its sources?
- Who benefits from that material?
- ... Etc. [additional, support questions should be chosen based on the core topic of the activity]

What comes next is trying to find examples of actual fake news created and shown in media (either or both national and international ones).

The debriefing should focus on showing how much noise is there online and how important it is to slow down and check things we find around the internet, too often paying attention to loud headlines rather than what's behind and why it looks the way it looks.

Resources:

https://eufactcheck.eu/fact-checks/
https://www.euractiv.com/topics/fake-news/
Polish example: https://demagog.org.pl/

5. Faking It!

With each of the participants (individuals or groups) having access to at least one electronic device (laptops/tablets preferably) they proceed to writing an article, following the inverted pyramid structure (to be given as a handout). The created text should contain these five main components: a headline, a byline, a lead/lede paragraph, an explanation, and any other additional information. A newspaper article should NOT include topic (detailed background description) nor closing sentences. It can be 'decorated' with photos/graphics.

The creation step should start from chosing an actual, existing article (connected with the main topic of a given course). While the new one should aim at distorting the news item (the chosen article).

What is welcomed:

> taking statements out of context

> twisting opinions

> making it more shocking

Participants should understand their target group, and remember to mention a 'systematic censorship of the mainstream'.

What follows is the presentation of the outcomes and a discussion about fake news – how easy it is to create and manipulate (especially digital) materials. All to raise awareness regarding the issue.
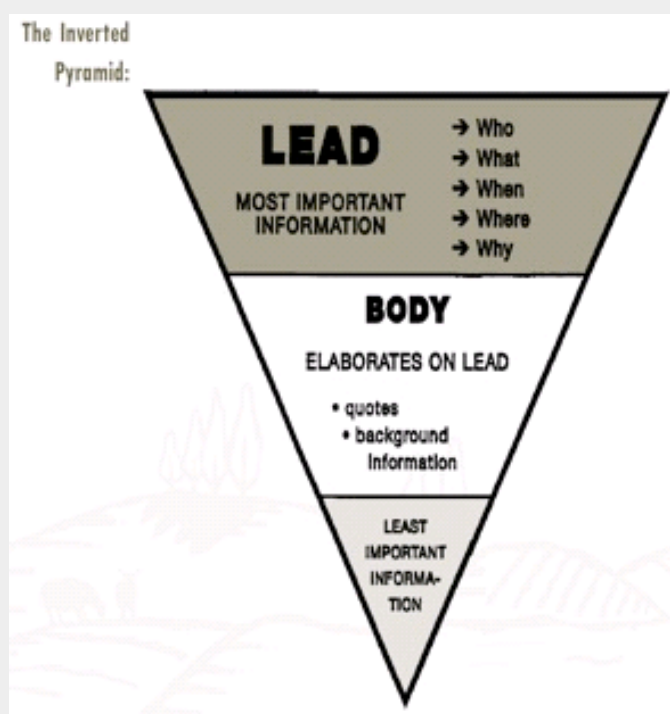
2. FALLACIES

The next exercise on identifying fallacies provides an engaging way to enhance the critical thinking and analytical skills. Below is a guide to help you integrate this exercise into your educational programs effectively.

1. **Clearly explain the purpose of the exercise – to identify fallacies and manipulations in a given text. Emphasize that this skill is essential for making informed decisions in various aspects of life.**
2. **Choose a topic that resonates with seniors. We have chosen the health topic.**
3. **Share the following text without revealing the identified fallacies. Encourage seniors to read it thoroughly, emphasizing the importance of paying attention to language, tone, and claims made in the text.**
4. **Facilitate a group discussion where participants can share their thoughts on the text. Encourage them to express their opinions and observations, fostering a collaborative learning environment.**
5. **Provide guided questions to prompt deeper analysis.**
    For instance:
    - **What claims are made in the text?**
    - **Are there any logical inconsistencies?**
    - **How does the text appeal to emotions?**
    - **What evidence is presented to support claims?**
6. **After the initial analysis, reveal the identified fallacies and manipulations. Discuss each one, encouraging participants to share their perspectives on how they reached their conclusions.**
7. **Conclude the exercise by summarizing key takeaways. Discuss how the skills learned can be applied in real-life scenarios, emphasizing the importance of critical thinking in everyday decision-making.**

Dear Health Enthusiasts,

Are you tired of conventional wisdom and ready to unlock the secret to everlasting health? Prepare to embark on a transformative journey toward eternal vitality! In this exclusive revelation, we unveil age-old wisdom and groundbreaking discoveries that will revolutionize your well-being.

Superfood Symphony: Picture this: a symphony of superfoods – kale, acai berries, and chia seeds. These nutritional powerhouses promise to turn back the clock, offering a fountain of youth in every bite. Embrace them, and you'll discover the elixir of life hidden within nature's bounty. Your body will thank you as you transcend the limits of ordinary health.

Herbal Tea Alchemy: Experience the mystical powers of herbal tea. Drink a cup daily, and witness the transformation of your vitality. Tales abound of individuals who, with a simple sip, have harnessed the ancient secrets of wellness. The mystical properties within this elixir promise to elevate your energy levels, reverse aging, and even grant you the gift of eternal youth.

Detox Miracle: Ready for a revolutionary detox program? This one-size-fits-all approach guarantees rapid weight loss, flushing away toxins and excess baggage. Join the ranks of those who have achieved the impossible. Say goodbye to stubborn pounds and hello to a new, radiant you. The detox miracle is the key to unlocking the door to your ideal body.

10-Minute Fitness Wizardry: Banish the need for lengthy workouts with our 10-minute fitness wizardry. Break free from the chains of time-consuming exercises. Embrace the revolutionary approach that promises equal benefits in just a fraction of the time. Bid farewell to the gym, as you welcome a new era of health with open arms.

Sedentary Nightmare: Beware the lurking dangers of a sedentary lifestyle. Unleash your fears of cardiovascular diseases, obesity, and overall decline. Embrace the urgency to save yourself from the impending health catastrophe. The clock is ticking, and only swift action can shield you from the imminent dangers that accompany a life spent mostly sitting.

Claim Your Wellness Revelation Guide: To embark on this transformative journey, claim your exclusive Wellness Revelation Guide now. This comprehensive manual will unravel the mysteries of eternal health and guide you towards a life of perpetual well-being. Act fast, seize the opportunity, and unlock the door to a future where health knows no bounds.

Yours in Eternal Vitality,

Zen Harmony Maven

Identify and describe the fallacies and manipulations present in the text:

1.False Analogy (Superfood Symphony): Description: The text draws a false analogy between consuming specific foods (kale, acai berries, and chia seeds) and achieving eternal vitality. It suggests a direct and simplistic correlation between these foods and a mythical elixir for everlasting health, oversimplifying the complex factors that contribute to overall well-being.

2.Post Hoc Fallacy (Herbal Tea Alchemy): Description: The text implies a cause-and-effect relationship between drinking herbal tea and experiencing a transformation in vitality. It suggests that individuals who attribute newfound energy to herbal tea are experiencing these benefits solely due to their tea-drinking ritual, without considering other concurrent lifestyle changes that might contribute to their improved well-being.

3.Hasty Generalization (Detox Miracle): Description: The text makes a hasty generalization by presenting anecdotal stories of rapid weight loss through a specific detox program. It leads the reader to believe that everyone can achieve similar results with this one-size-fits-all approach, oversimplifying the complexities of individual health and the effectiveness of diverse strategies.

4.False Analogy (10-Minute Fitness Wizardry): Description: This section employs a false analogy by comparing the benefits of a 10-minute workout to longer gym sessions. It oversimplifies the intricacies of fitness, suggesting that the brief workout can provide equivalent benefits, without acknowledging the diverse requirements of individual fitness goals.

5.Appeal to Fear (Sedentary Nightmare): Description: The text employs an appeal to fear by emphasizing the potential health risks of a sedentary lifestyle. It creates a sense of urgency and fear, implying that only swift action can protect individuals from imminent dangers. This emotional manipulation encourages a reactive response rather than a thoughtful consideration of lifestyle choices.
the need to question and evaluate claims before accepting them as truths.

6.General Manipulation (Throughout the Text): Description: The entire text is crafted to manipulate the reader's emotions and desires by promising miraculous transformations, exclusive revelations, and the key to eternal health. The use of exaggerated language, mystical elements, and urgency aims to evoke emotional responses, diverting attention from the lack of evidence and logical reasoning.
These fallacies and manipulations highlight the importance of critical thinking when encountering health-related information and

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Here is the summary of most frequently used fallacies. Feel free to find examples which fits context of your target group and present them:

1. **Straw Man Fallacy:**
   - Description: This fallacy occurs when someone distorts or misrepresents an opponent's position, making it easier to attack and refute. Instead of addressing the actual argument, a weaker or exaggerated version is presented and attacked.
2. **False Analogy:**
   - Description: False analogy involves drawing comparisons between two things that are not sufficiently similar, leading to misleading conclusions. The argument assumes that because two things are alike in one aspect, they are alike in others.
3. **Slippery Slope:**
   - Description: This fallacy suggests that a small, seemingly harmless event will lead to a chain of negative consequences, creating a "slippery slope." The argument lacks evidence to establish a direct connection between the initial event and the predicted outcomes.
4. **Post Hoc (False Cause):**
   - Description: Post hoc reasoning assumes that because one event follows another, the first event caused the second. However, temporal succession does not imply causation, and other factors may be responsible for the observed outcome.
5. **Hasty Generalization:**
   - Description: Hasty generalization involves drawing a broad conclusion based on insufficient or biased evidence. This fallacy occurs when a general statement is made without considering all relevant factors.
6. **Appeal to Fear:**
   - Description: This fallacy involves using fear or scare tactics to persuade someone to accept a claim. It exploits emotions, often without providing substantive evidence or rational arguments.
7. **Ad Hominem:**
   - Description: Ad Hominem occurs when an argument is directed against a person rather than addressing the substance of their argument. It involves attacking the character, motives, or background of the individual rather than engaging with their ideas.
8. **Whataboutism (Tu Quoque):**
   - Description: Whataboutism deflects criticism by pointing to a different issue or wrongdoing, arguing that if a similar problem exists elsewhere, the original criticism is invalid. It avoids addressing the core issue by changing the focus to another unrelated one.

3. DISINFORMATION IN MEDIA

This chapter delves into the intricate web of disinformation within the media landscape, exploring the actors behind deceptive narratives, the influence of social networks, and the emerging challenges posed by advanced technologies.

Unmasking Disinformation: Our journey begins with a closer look at the concept of disinformation – deliberate misinformation spread with the intent to deceive. We unravel the motivations behind those who create and disseminate misleading content, understanding the strategic objectives that drive these campaigns.

Trolls, Bots, and Orchestrated Chaos: This chapter unveils the world of trolls and bots, exploring how these digital entities manipulate online discourse. From stirring controversy to amplifying falsehoods, we dissect the tactics employed by those who seek to sow discord and exploit the vulnerabilities of digital platforms.

Social Networks: Echo Chambers and Filter Bubbles: Social networks, designed to connect us, sometimes inadvertently foster isolated echo chambers and filter bubbles. We examine how these digital environments can reinforce existing beliefs, limiting exposure to diverse perspectives and contributing to the proliferation of disinformation.

Deepfake Technology and the AI Frontier: The rise of deepfake technology raises questions about the authenticity of visual and auditory information. We delve into the implications of AI-generated content, exploring the challenges posed by manipulated media and the potential impact on public trust.

As we navigate this chapter, let us equip ourselves with the knowledge needed to discern fact from fiction in the ever-evolving digital landscape.

Note for facilitator:

- it is crucial to keep the discussion apolitical otherwise audience will take it as an attack against their believes and they will block themselves from any message of this material
- the workshop is mostly about discussion of the topic with several excercises during the workshop
- keep the discussion open and encourage questions during the workshop, so it can take a discourse the group wants to explore
- use the following material as a guide through these discussion and visual presentation
- it can also serve as a base knowledge for educators or seniors themselves as there are described new trends in online space

WHAT IS DISINFORMATION?

- intentional sharing of the false information
- media, social networks, "informational" servers
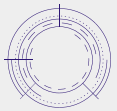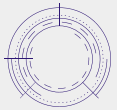- half-truth, distorted information
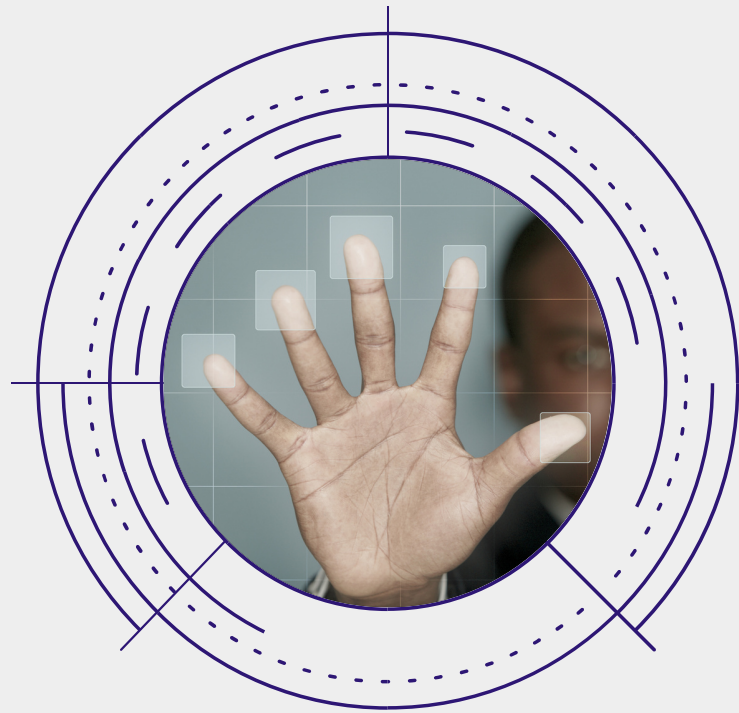
WHY SOMEONE SHARES DISINFORMATION
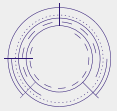
EGO

Self-presentation, visibility, power

ECONOMICAL

From simple advertisements to selling products to manipulated people. E.g. Alex Jones

DISCREDITATION

Discrediting a political or business opponent.

INFORMATION INFLUENCE OPERATIONS

Undermining national or European prosperity and cohesion, destabilizing societies.
Compromising material on politicians or institutions, hybrid warfare.

POLARIZATION

Infiltration of discussions and social networks. Disinformation divides society and reduces trust in traditional media. People resign and are not interested. Divide and rule.

TROLLS

In the digital landscape, trolls are digital provocateurs who seek to disrupt and manipulate online conversations. Understanding their tactics is essential for maintaining a positive and constructive online environment, especially for seniors. Here's a closer look at the key aspects to be aware of:

1. False Puppet Accounts: Trolls often operate behind the mask of false puppet accounts, concealing their true identities. These accounts may appear genuine but are created with the sole purpose of spreading disinformation, provoking reactions, and sowing discord.

2. Provocations, Insults, Irrelevance: Trolls thrive on chaos. They employ provocative language, insults, and irrelevant comments to incite emotional responses and divert discussions. Recognizing these tactics helps in maintaining composure and not falling into their traps.

3. Diverting Attention and Escalation: Trolls excel in diverting attention from the main topic. They aim to overwhelm discussions by introducing unrelated or controversial elements, escalating the conversation into chaos. Identifying these tactics allows participants to stay focused on the genuine discourse.

4. Interests of Those Behind Disinformation: Understanding the motives behind disinformation campaigns is crucial. Trolls often serve the interests of individuals or groups spreading misinformation. By recognizing these interests, participants can contextualize the troll's behavior and assess the credibility of the information presented.

5. Armies of Trolls: Troll activities are not isolated; they may operate as part of larger disinformation campaigns orchestrated by organized groups. These "armies of trolls" work collectively to amplify their impact. Recognizing patterns and coordinated efforts aids in countering their influence.

6. Do Not Feed the Trolls: The age-old adage holds true in the digital realm – "Do not feed the trolls." Engaging with trolls only fuels their disruptive behavior. Ignoring or reporting them to platform administrators is an effective strategy to minimize their impact and maintain a healthier online environment.

BOTS

In the vast digital landscape, bots emerge as programmed entities designed to automate actions and influence online interactions. Seniors navigating the online world should be aware of the multifaceted nature of bots. Let's delve into the key aspects:

1. PC Programs: Bots, short for robots, are essentially computer programs created to perform specific tasks automatically. They operate tirelessly in the digital realm, executing predefined actions without direct human intervention.

2. Waves of Disinformation in Seconds: Bots are adept at rapidly disseminating vast amounts of information within seconds. This capability allows them to create waves of disinformation, flooding online spaces with a high volume of content to sway opinions or create confusion.

3. Automated Spread of Disinformation: Their primary function often involves the automated spread of disinformation. By leveraging speed and volume, bots contribute to the amplification of false narratives, making it challenging for users to discern accurate information from misinformation.

4. Automatic Reactions in Discussions by AI: Advanced bots incorporate artificial intelligence (AI) to simulate human-like interactions. This enables them to participate in discussions, respond to comments, and even mimic nuanced human behaviors, making their presence harder to detect.

5. Creation of Real Faces, Persons: Bots can go beyond text-based interactions by generating realistic visual elements. They have the capability to create synthetic faces, personas, and even generate content that mimics human expression, further blurring the lines between automated and genuine online presence.

6. Analysis of Big Data (Triggers, Behaviors, Symbols, ...): Bots excel in processing and analyzing vast amounts of data. They can identify triggers, monitor online behaviors, and recognize symbols or patterns, tailoring their actions based on this analysis to maximize their impact.

7. Possible Use of Bots in the Fight Against Disinformation: Interestingly, while bots are often associated with spreading disinformation, there is a potential to utilize them in the fight against misinformation. By deploying bots equipped with fact-checking capabilities, it becomes feasible to counter false narratives and correct misleading information in real-time.

Understanding the intricate nature of bots empowers seniors to navigate the digital landscape more confidently. By recognizing the signs of automated interactions, individuals can better protect themselves from the influence of these digital entities.

ARTIFICAL INTELIGENCE

1. Time of Practical Use: AI has transitioned from theoretical concepts to practical applications over time. Today, its influence is omnipresent, shaping various aspects of our digital experiences, work environments, and daily lives.

2. Diverse Applications - Emails, Screenwriting, Code, Graphics, Interaction, ...: AI's versatility shines through its diverse applications. From automating repetitive tasks in emails to generating screenplays, writing code, creating graphics, and even facilitating interactive experiences, AI has permeated various domains, streamlining processes and enhancing creativity.

3. ChatGPT - Presenting the Tool and Its Capabilities: ChatGPT represents a noteworthy example of AI in action. This tool, powered by OpenAI's language model, can engage in dynamic conversations, answer queries, and generate text content. Its capabilities extend to a wide range of applications, contributing to improved productivity and user interactions.

4. The Art and Weakness of ChatGPT: While ChatGPT demonstrates impressive language understanding and generation, it's vital to acknowledge its limitations. The tool may sometimes produce responses that sound plausible but lack accuracy. Understanding the context and critically evaluating the generated content is crucial for users to discern reliable information from potential inaccuracies.

5. As AI ventures into the realm of generating graphical content, it's essential to note that recognizing AI-generated visuals can be challenging. The technology is evolving, showing promise in applications like design and creative endeavors. However, this progress brings forth a concern: AI-generated content, with its increasing realism, can potentially be exploited for disinformation purposes. The difficulty in distinguishing between AI-generated and authentic content underscores the importance of critical evaluation and vigilant consumption in the digital space. As we explore the capabilities of AI, it's crucial to remain aware of its potential use in manipulating visual information and contributing to the spread of misinformation.

Here you can present the seniors chatGPT and show them its capabilities, but also its weaknesses, asking the right questions. In our target groups we compared texts on similar topic created by real person and chatGPT (jokes, academic texts, invitations, emails, etc.). It allows seniors to see the structure chatGPT is using and help them to recognize if the text was created by AI.

You can also present some of the AI generated content and tools like Midjourney, to show seniors how detailed pictures it can generate and how difficult it is recognize the difference.

DEEPFAKES

In this chapter, we confront a phenomenon that blurs the lines between reality and fabrication – Deepfakes. These technologically advanced manipulations of audio and visual content have the potential to deceive even the keenest of observers. As we delve into this intriguing yet unsettling landscape, we present an engaging exercise designed to heighten awareness.

Introduction to the Exercise: Deciphering Deepfakes
As technology advances, so do the tools at our disposal. Deepfakes, powered by artificial intelligence, have emerged as a potent force, allowing the creation of hyper-realistic videos featuring individuals who never participated in the content.

The Exercise: Unmasking the Illusion
To immerse ourselves in the world of deepfakes, we've prepared a thought-provoking exercise. Seniors will be presented with short video clips seemingly featuring famous actors. However, there's a twist – some of these clips are deepfakes, meticulously crafted to deceive the eye and ear.

How It Works:
Seniors will be shown a series of short video clips featuring well-known personalities.
The task is simple yet profound – to identify whether the individual in the video is a real person or a product of deepfake technology.
After viewing each clip, seniors will be asked a crucial question: "Whom do you see on the video?"

Objectives of the Exercise:
Enhance Critical Observation: By engaging in this exercise, seniors sharpen their observational skills, learning to discern subtle cues that may indicate the authenticity of video content.

Raise Awareness: The exercise aims to raise awareness about the existence of deepfakes and the potential challenges they pose in a world where visual content can be convincingly manipulated.

Encourage Discussion: Following the exercise, participants are encouraged to discuss their observations, share insights, and collectively reflect on the implications of deepfake technology. Embark on this exercise with an inquisitive mind, and let the journey into the realm of deepfakes be both enlightening and cautionary. As we decipher illusions from reality, we fortify our defenses against the digital deceptions that may lurk in the vast expanse of the online world.

Here are the videos of famous people who were actually deepfaked.
https://www.air.tv/watch?v=2aqDTzcGQUyaJgZPBZQ42w
https://www.youtube.com/watch?v=oxXpB9pSETo&ab_channel=DiepNep
https://www.youtube.com/watch?v=F4G6GNFz0O8&ab_channel=DiepNep

Feel free to add the videos of real people which suits your target group to mix it together with fake videos.

DEEPFAKES — TIPS

Here are valuable tips to help you recognize whether a video features a real person or if it's a product of sophisticated manipulation:

1. Facial Expressions: Real individuals display natural and nuanced facial expressions. Deepfakes may lack the subtleties of genuine emotion, leading to facial movements that appear unnatural or out of sync with the audio.

2. Blinking Patterns: Pay attention to blinking patterns. Deepfakes may exhibit irregular blinking or unnatural pauses, as the technology struggles to mimic the spontaneous and involuntary nature of real blinking.

3. Lighting and Shadows: Analyze the lighting and shadows in the video. Deepfakes may struggle to accurately replicate lighting conditions, leading to inconsistencies or unnatural highlights and shadows on the face.

4. Inconsistent Audio-Visuals: Assess whether the audio aligns seamlessly with the visuals. Deepfakes may exhibit discrepancies between the speaker's words, lip movements, and overall audio-visual synchronization.

5. Unusual Backgrounds: Deepfakes might struggle with realistic background integration. Look for anomalies, such as distorted or misaligned backgrounds, which may indicate the video's synthetic nature.

6. Hair and Clothing Movements: Observe the movement of hair and clothing. Deepfakes may have difficulty replicating natural physics, leading to unnatural or glitchy movements in hair and clothing.

7. Contextual Awareness: Deepfakes often lack context or may be out of place in certain scenarios. Consider the context of the video and whether the individual's presence makes sense in the given setting.

8. Eye Contact: Real individuals establish authentic eye contact. Deepfakes may struggle with accurate eye movements, resulting in a lack of connection between the eyes and the surrounding facial expressions.

9. Check for Artifacts: Scrutinize the video for digital artifacts or inconsistencies, such as pixelation, unnatural reflections, or distortions. These may reveal the digital manipulation at play.

10. Cross-Reference with Reliable Sources: If in doubt, cross-reference the video with reliable and verified sources. Authenticating the content from reputable platforms or official channels can add an extra layer of certainty.

SOCIAL NETWORKS – ECHO CHAMBERS

In this chapter, we delve into the intricate dynamics of social networks, shedding light on echo chambers – digital spaces where like-minded individuals converge, creating closed bubbles of shared opinions and interests. Understanding the mechanisms that contribute to echo chambers is essential for seniors navigating the vast digital landscape. Here are key aspects to consider:

1. Group of People with Same Opinions and Interests: Echo chambers are formed when individuals with similar viewpoints and interests connect in online spaces. These groups reinforce existing beliefs, fostering an environment where shared opinions resonate, and dissenting voices are often absent.

2. Closing Bubbles: Within echo chambers, diverse perspectives are often excluded or marginalized. This results in closed bubbles where individuals are primarily exposed to content that aligns with their pre-existing beliefs, limiting the diversity of information they encounter.

3. Algorithms - Advertising - Targeting Content: Social media platforms employ algorithms that analyze user behavior to tailor content. While this can enhance user experience, it also contributes to the formation of echo chambers by presenting content aligned with users' existing preferences, preferences determined by previous interactions.

4. Business vs. Political Interest (Ethics): While social media platforms employ algorithms primarily to enhance user engagement and generate revenue, it's crucial to recognize the ethical considerations, especially when political interests come into play. If echo chambers are deliberately manipulated for political propaganda, attempting to influence public opinion in a biased or deceptive manner, it raises ethical concerns. Striking a balance between business goals and upholding ethical standards is imperative, particularly when the potential misuse of echo chambers can impact the democratic discourse and the well-being of society at large.

5. Division of Society: Echo chambers can exacerbate societal divisions by reinforcing existing biases and limiting exposure to diverse perspectives. This digital segregation can contribute to a fragmented society where individuals within echo chambers may struggle to understand alternative viewpoints.

Navigating Echo Chambers:
Diversify Your Network: Actively seek out diverse perspectives and opinions. Follow individuals and groups with varying viewpoints to ensure a more balanced and comprehensive understanding.
Critical Consumption: Approach content with a critical eye. Verify information from multiple sources and be mindful of the potential bias within echo chambers.
Engage in Civil Discourse: Encourage open discussions and engage in civil discourse. Respectful conversations with individuals holding different views can foster understanding and bridge gaps.
Explore Different Platforms: Consider exploring alternative social media platforms that promote diverse content and interactions. This can broaden your digital experience beyond the confines of established echo chambers.

REGULATION OF DISINFORMATION

1. Users as Goods, Not Customers: In the realm of social networks, users often serve as the commodity. The platforms, driven by advertising revenue models, leverage user engagement and data to attract advertisers. This dynamic prompts critical questions about the ethical responsibility platforms have towards their user base.

2. Selling Identities and Data: The immense user base of platforms like Facebook, totaling three billion users, underscores the vast pool of identities and data available. The sale and utilization of this data for targeted advertising raise concerns about privacy, consent, and the potential exploitation of user information.

3. Interest of Removing Disinformation - Leaving Customers: Social media platforms face a delicate balancing act. On one hand, there is a vested interest in removing disinformation to maintain the credibility and trust of users. On the other hand, the financial model relies on user engagement, potentially creating tension between the need to combat disinformation and the desire to retain user attention for revenue generation.

4. State vs. Social Networks: The regulation of disinformation often involves a complex interplay between state authorities and social networks. While governments may seek to enforce regulations to curb the spread of false information, social networks must navigate their role as global entities, subject to varying legal frameworks and cultural contexts.

5. Criminal Offense: As the consequences of disinformation become more evident, we should be aware that deliberate spread of false information is considered a criminal offense. Determining the legal boundaries and repercussions for individuals or entities engaged in disseminating disinformation is an evolving aspect of regulatory efforts.

ALWAYS CONSIDER WHAT AND
WHO YOU WANT TO PUT ON
SOCIAL NETWORKS

SOCIAL NETWORKS PRESENTS
ONLY OPINIONS, NOT FACTS

HOW TO REVEAL DISINFORMATION

Here's a comprehensive guide for seniors to reveal and combat disinformation:

1. Consider the Source: Evaluate the credibility of the source. Established and reputable news organizations are generally more reliable than obscure websites or those with a known bias.

2. Check the Whole Website: Explore the entirety of a website rather than relying solely on a single article. Consistent quality and journalistic standards across a site contribute to its reliability.

3. Spelling of Websites: Be wary of misspelled website URLs. Minor alterations may lead to entirely different and potentially unreliable sources.

4. Read More Than a Title (Clickbait): Avoid falling for clickbait. Read the entire article to ensure its content aligns with the headline. Sensational or exaggerated titles may indicate a lack of credibility.

5. Check Citations: Scrutinize citations in the article. Verify the credibility of sources and ensure they correspond to the information presented. A lack of reliable citations raises red flags.

6. Who is the Author and Presented Experts?: Research the author and experts mentioned. Verify their credentials and existence. Lack of information or dubious credentials could indicate unreliable content.

7. Check the Date: Ensure the information is current. Older content may be outdated or irrelevant to the current context.

8. Satirical Websites: Be aware of satirical websites. Some articles may be intended as humor rather than factual reporting. Check for disclaimers indicating satirical content.

9. Different Colors, Fonts, Exclamation Marks: Unprofessional visual elements like varied colors, fonts, or excessive exclamation marks may signify unreliable content. Reputable sources maintain a consistent and professional appearance.

10. Copy a Piece of Text to Google: Copy a segment of the text and search it on Google. If the information is widely debunked or appears on unreliable sources, it's likely disinformation.

11. What Kind of Websites Use This Information: Consider the types of websites sharing the information. Reliable sources are more likely to be referenced by other reputable outlets.

12. Google Pictures: Reverse image search pictures to verify their authenticity. Misleading images can contribute to disinformation.

13. Be Objective to Your Own Opinions: Acknowledge personal biases and approach information objectively. Questioning even your preconceptions fosters a critical mindset.

14. Everyone Can Make a Mistake: Recognize that mistakes happen. If you discover you've shared or believed misinformation, admit the error, and take steps to correct it. The willingness to learn and adapt is key. Empower yourself with these tools to navigate the digital landscape confidently, revealing and resisting the influence of disinformation. By fostering a discerning approach to online content, you contribute to a more informed and resilient digital community.

4. FACT CHECKING WEBSITES

This chapter is dedicated to the invaluable resources known as fact-checking websites, your trusted companions in the pursuit of truth.

Navigating the Digital Truthscape: As we immerse ourselves in the boundless ocean of information, the need for reliable guides becomes evident. Fact-checking websites serve as beacons of accuracy, illuminating the digital truthscape with verified information.

Local Insights, Global Impact: Our curated collection spans across Czech Republic, Slovenia, Poland, and the broader European Union. Recognizing the diversity of information ecosystems, these fact-checkers offer localized insights while contributing to the broader mission of upholding truth and accuracy.

The Fact-Checking Arsenal: Uncover the tools at your disposal – a spectrum of fact-checking websites equipped with methodologies that scrutinize claims, dissect arguments, and meticulously examine evidence. These resources empower you to challenge misinformation, fostering a community of vigilant and informed citizens.

FACT CHECKING IN EU

THESE WEBSITES CAN HELP YOU TO VERIFY CLAIMS MADE IN NEWS ARTICLES, SOCIAL MEDIA POSTS, AND OTHER SOURCES OF INFORMATION. IT'S ALWAYS IMPORTANT TO FACT-CHECK INFORMATION BEFORE SHARING IT TO ENSURE THAT YOU'RE NOT SPREADING MISINFORMATION.

1

EUFACTCHECK
This website focuses on fact-checking EU policies and politics. It's a collaborative project between journalism departments of five European universities. https://eufactcheck.eu/

FULL FACT
This independent fact-checking charity based in the UK verifies claims made by politicians, public figures, and the media. https://fullfact.org/

2

3

FACTCHECKNI
This organization checks claims made by politicians and others in Northern Ireland. https://factcheckni.org/

LES DÉCODEURS
This is a fact-checking website from the French newspaper Le Monde. It covers a wide range of topics, including politics, health, and social issues. https://www.lemonde.fr/les-decodeurs/

4

5

PAGELLA POLITICA
This Italian website fact-checks politicians' statements, social media posts, and other sources of information. https://pagellapolitica.it/

FACTCHECKEU
This website, run by the European Parliament, checks claims made by MEPs, as well as those made by EU institutions and bodies. https://factcheckeu.org/

6

7

THE JOURNAL FACTCHECK
Based in Ireland, this website checks claims made by politicians, public figures, and the media. https://www.thejournal.ie/factcheck/news/

FACT CHECKING IN SLOVENIA

THESE WEBSITES CAN HELP YOU TO VERIFY CLAIMS MADE IN NEWS ARTICLES, SOCIAL MEDIA POSTS, AND OTHER SOURCES OF INFORMATION. IT'S ALWAYS IMPORTANT TO FACT-CHECK INFORMATION BEFORE SHARING IT TO ENSURE THAT YOU'RE NOT SPREADING MISINFORMATION.

1

FAKTOGRAF.SI
This website is dedicated to fact-checking various topics in Slovenia, including politics, media, and public statements.
https://faktograf.si/

2

SIOL.NET
This news website has a dedicated fact-checking section where they verify claims made by politicians, public figures, and media. https://siol.net/novice/faktografi

3

PREVERJENO.SI
This is a fact-checking section from the Slovenian national TV station, where they investigate claims and statements made by politicians, public figures, and media. https://www.rtvslo.si/preverjeno/

4

NECENZURIRANO.SI
This news website has a fact-checking section that examines claims made by politicians, public figures, and media.
https://necenzurirano.si/faktograf/

5

PRAVDA.COM
This website is dedicated to fact-checking and investigating various topics in Slovenia, including politics, media, and public statements.
https://www.pravda.com/faktografi/

FACT CHECKING IN POLAND

THESE WEBSITES CAN HELP YOU TO VERIFY CLAIMS MADE IN NEWS ARTICLES, SOCIAL MEDIA POSTS, AND OTHER SOURCES OF INFORMATION. IT'S ALWAYS IMPORTANT TO FACT-CHECK INFORMATION BEFORE SHARING IT TO ENSURE THAT YOU'RE NOT SPREADING MISINFORMATION.

1

FAKTOGRAF.PL
This website is dedicated to fact-checking various topics in Poland, including politics, media, and public statements.
https://www.faktograf.pl/

2

DEMAGOG.ORG.PL
This website fact-checks statements made by Polish politicians, public figures, and media. https://demagog.org.pl/

3

KONKRET24.TVN24.PL
This is a fact-checking section from the Polish national TV station, where they investigate claims and statements made by politicians, public figures, and media. https://konkret24.tvn24.pl/

4

GAZETA.PL
This news website has a dedicated fact-checking section where they verify claims made by politicians, public figures, and media.
https://wiadomosci.gazeta.pl/fakt/

5

PAP FAKTY
This is a fact-checking section from the Polish Press Agency, where they verify claims made by politicians, public figures, and media.
https://www.pap.pl/fakty

FACT CHECKING IN CZECH REPUBLIC

THESE WEBSITES CAN HELP YOU TO VERIFY CLAIMS MADE IN NEWS ARTICLES, SOCIAL MEDIA POSTS, AND OTHER SOURCES OF INFORMATION. IT'S ALWAYS IMPORTANT TO FACT-CHECK INFORMATION BEFORE SHARING IT TO ENSURE THAT YOU'RE NOT SPREADING MISINFORMATION.

1

DEMAGOG.CZ
This website fact-checks statements made by Czech politicians, public figures, and media.
https://demagog.cz/

MANIPULATORI.CZ
This website is dedicated to exposing manipulation and disinformation in Czech media and politics.
https://www.manipulatori.cz/

2

3

FACT-CHECK.CZ
This website fact-checks various topics in Czech politics, media, and public statements.
https://www.fact-check.cz/

SEZNAMZPRAVY.CZ
This news website has a dedicated fact-checking section where they verify claims made by politicians, public figures, and media.
https://www.seznamzpravy.cz/fakt-check/

4

5

NOVINKY.CZ
This news website has a fact-checking section where they investigate claims and statements made by politicians, public figures, and media.
https://www.novinky.cz/fakticky/

5. DANGERS IN DIGITAL SPACE

This chapter serves as your digital compass, guiding you through the intricacies of avoiding scams, sidestepping online predators, thwarting cyberstalkers, safeguarding against blackmail, and fortifying defenses against viruses and hacking.

A Comprehensive Guide to Digital Safety: Embark on a journey that demystifies the dangers of scams, identifies the strategies of online predators, sheds light on the insidious nature of cyberstalking, and empowers you to recognize and thwart potential blackmail attempts. We provide you with practical tools and knowledge to bolster your digital resilience.

Guarding Against Viruses and Hacking: Viruses and hacking represent silent invaders in the digital space. Learn how to fortify your digital fortress, implement robust cybersecurity practices, and protect your personal information from unauthorized access.

A Shared Responsibility: Digital safety is a collective effort, and this chapter encourages you to adopt a proactive stance. By understanding the risks and implementing preventive measures, you contribute to creating a safer online environment for yourself and those around you.

Simple Guides for Digital Empowerment: We present you with straightforward guides on recognizing red flags, securing your digital identity, and responding effectively to potential threats. Empower yourself with the knowledge needed to navigate the digital landscape securely.

DANGERS IN THE DIGITAL SPACE

SCAMS

Diffrent cheating schemes to steal your data, money.
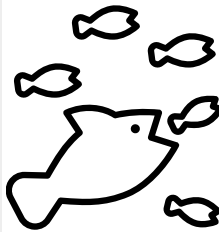How to fight with it?
- sharing information about cases
- never give your personal information

17 scams on Facebook
https://www.rd.com/list/facebook-scams-keep-falling-for/

ONLINE PREDATORS

Internet users who exploit others for sexual abuse and violent purposes.
How to fight with it?
- hide personal details
- avoid personal chats with strangers
- use the gender neutral nicknames

Information Security Awareness for Children
www.infosecawareness.in/concept/children/onli ne-predators

VIRUSES, HACKING

Can infect your device, to damage it or steal your data.
How to fight with it?
- use anti-virus program and update it continously
- use the complex passwords

More about hacking and viruses
https://whatismyipaddress.com/hacking

FAKE NEWS

Intentionaly spread false info appearing to be news. How to fight with it?
- fact checking pages
- check the sources of news
- read only reliable media

How to spot and fight this information
https://learning-corner.learning.europa.eu/learning-materials/spot-and-fight-disinformation_en

HATE SPEECH

Speech that expresses, encourages or incites hatred against individual or group.
How to fight with it?
- report the case
- counter it, speak up and support the victim

No hate speech campaign
https://www.coe.int/en/web/no-hate-campaign/publications-education

Protection in internet

ONLINE PREDATORS

Online predators are internet users who exploit children and teens for sexual and violent purposes. This may include child grooming, engage in sexual activities, unwanted exposure of materials and pictures, online harassment, threats to cause fear or embarrassment. Basically it is an online harassment.

Protection

Use a secure online account and protect your personal information, such as your social security number, address, phone number, etc. Don't share too much too fast with strangers online12.
Be aware of the red flags that might indicate someone is a predator, such as asking for pictures, wanting to meet in person, or trying to manipulate you emotionally134.
Never arrange to meet with someone you met online without telling a trusted adult and choosing a public place. Predators may pretend to be someone else or have harmful intentions35.

Cyberstalking

Cyberstalking refers to the use of the internet and other technologies to harass or stalk another person online, and is potentially a crime in the United States. Cyberstalking may include false accusations, defamation, slander and libel, monitoring, identity theft, threats, vandalism, solicitation for sex, doxing, or blackmail2. Cyberstalking is a form of cyberbullying and can result in legal consequences for the perpetrator.

Protection

Be aware of the signs that someone is actively stalking you, such as sending unwanted messages, making threats, spreading rumors, or trying to access your personal information12.
Don't engage with the stalker and block and report them on any platform they use to contact you. Don't respond to their messages or give them any attention13.
Keep a record of the stalking and reach out for help from a trusted friend, family member, or authority. Don't suffer in silence or feel ashamed. You have the right to be safe online.

Blackmailing

online blackmailing, also known as cyberblackmail, is the act of threatening or coercing someone through a social media platform or other online means to reveal information or images that could harm them, unless a demand is met. One of the most common forms of online blackmailing is sextortion, where someone threatens to reveal intimate photos or videos of someone online (also called intimate image abuse)12. Online blackmailing can also involve threats of physical, mental or emotional harm

Protection

Use strong and different passwords. Don't share personal or intimate stuff online .
Don't pay the blackmailer. Save and report any proof of blackmailing .
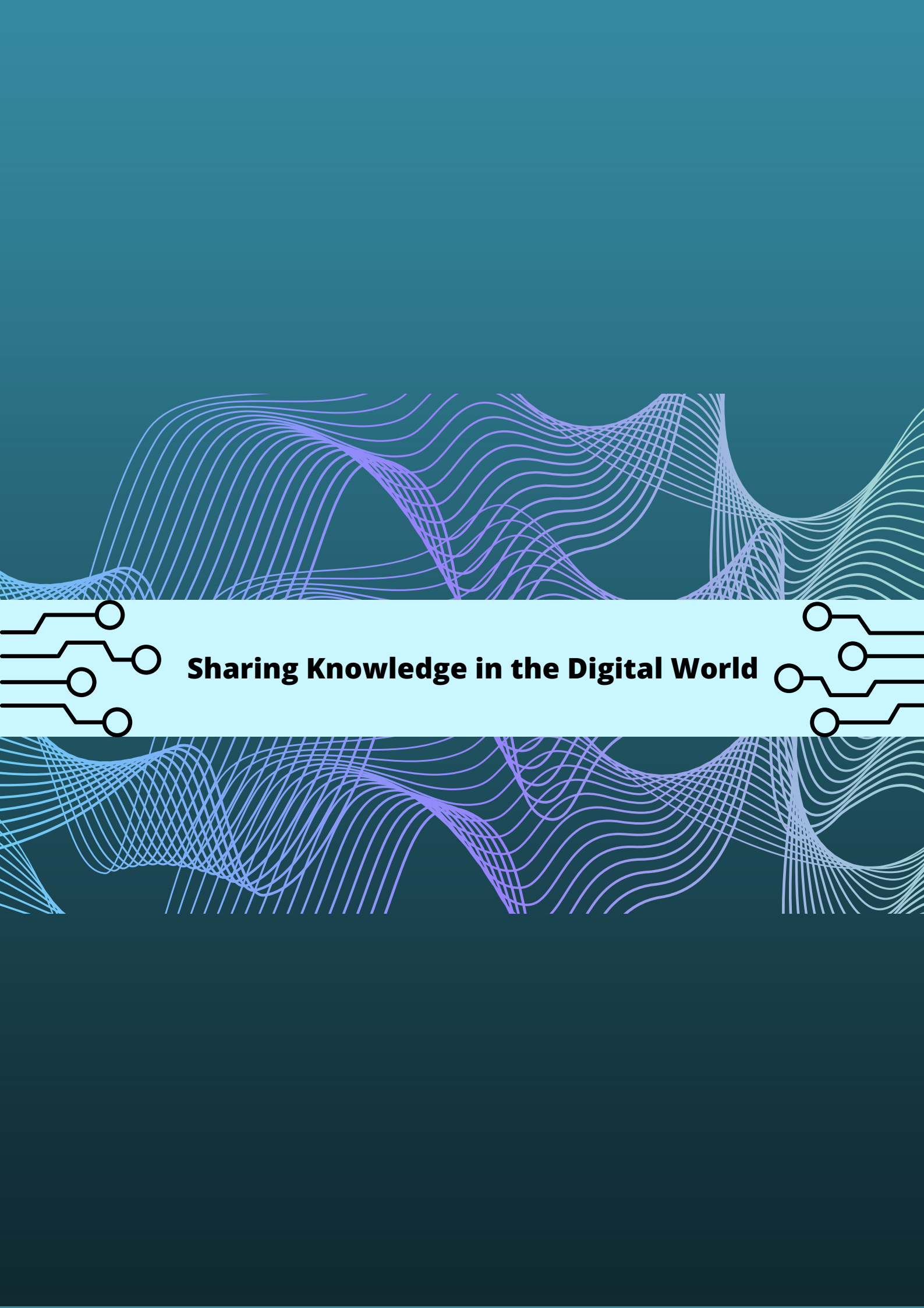Set a Google alert for your name. Use DeleteMe to remove your online information .

6. INFOGRAPHICS

In this chapter, we embark on a hands-on workshop designed to unlock the potential of creating impactful infographics. These visual tools are not merely graphics; they are powerful storytellers, distilling complex information into digestible and engaging visuals.

The Power of Infographics: Infographics have become a universal language in the digital age, transcending linguistic barriers to convey information in a visually compelling manner. They are bridges that connect data, ideas, and concepts, transforming complexity into clarity.

Your Journey to Digital Creativity: Throughout this workshop, we will guide you on a journey where you'll discover the art and science of crafting effective infographics. From understanding the principles of visual storytelling to mastering the tools that bring your ideas to life, this chapter is your gateway to digital creativity.

This workshop is not just about crafting visuals; it's about amplifying your voice in the digital space.

Sharing Knowledge in the Digital World

TABLE OF CONTENT

1

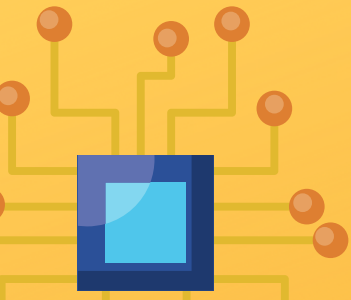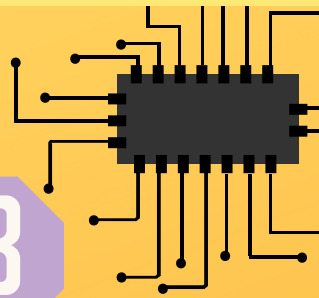WHY WE ARE DOING THIS

2

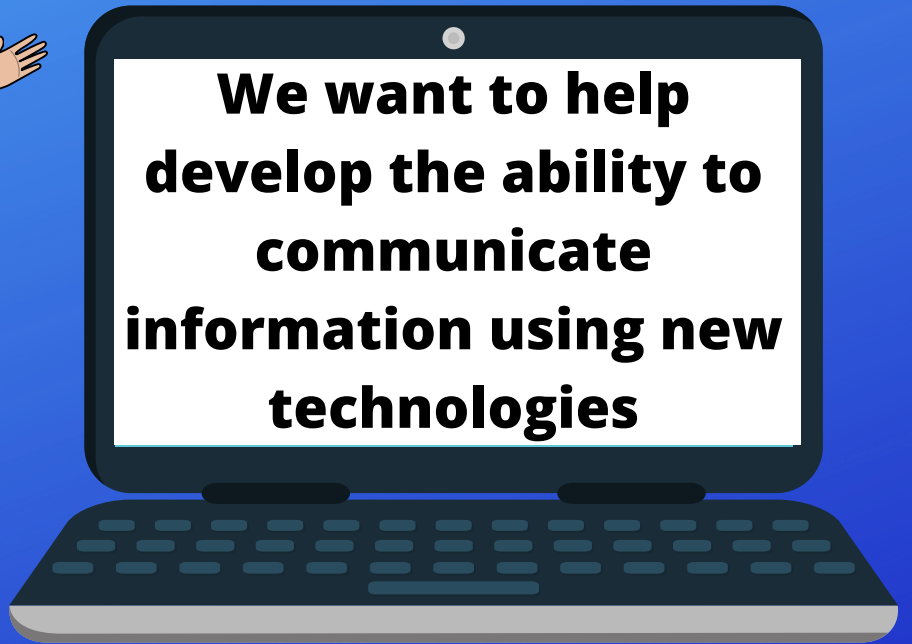LEARNING OBJECTIVES

3

LOGISTICS

4

DESCRIPTION

5

QUESTIONS FOR DEBRIEFING

2

**Communication
competence**

**Digital
competence**

**interkultural
competence**

1 facilitator per 8 people

1 laptop per 2 people

group 4-24

Time: 45-70 minutes

Classroom, projector

4

Theory | **Practical**

What is infographic

How to make
infographic

How to use canva

Make pairs

1 topic per person

Voting for topics

Creating
infographic

Presentation
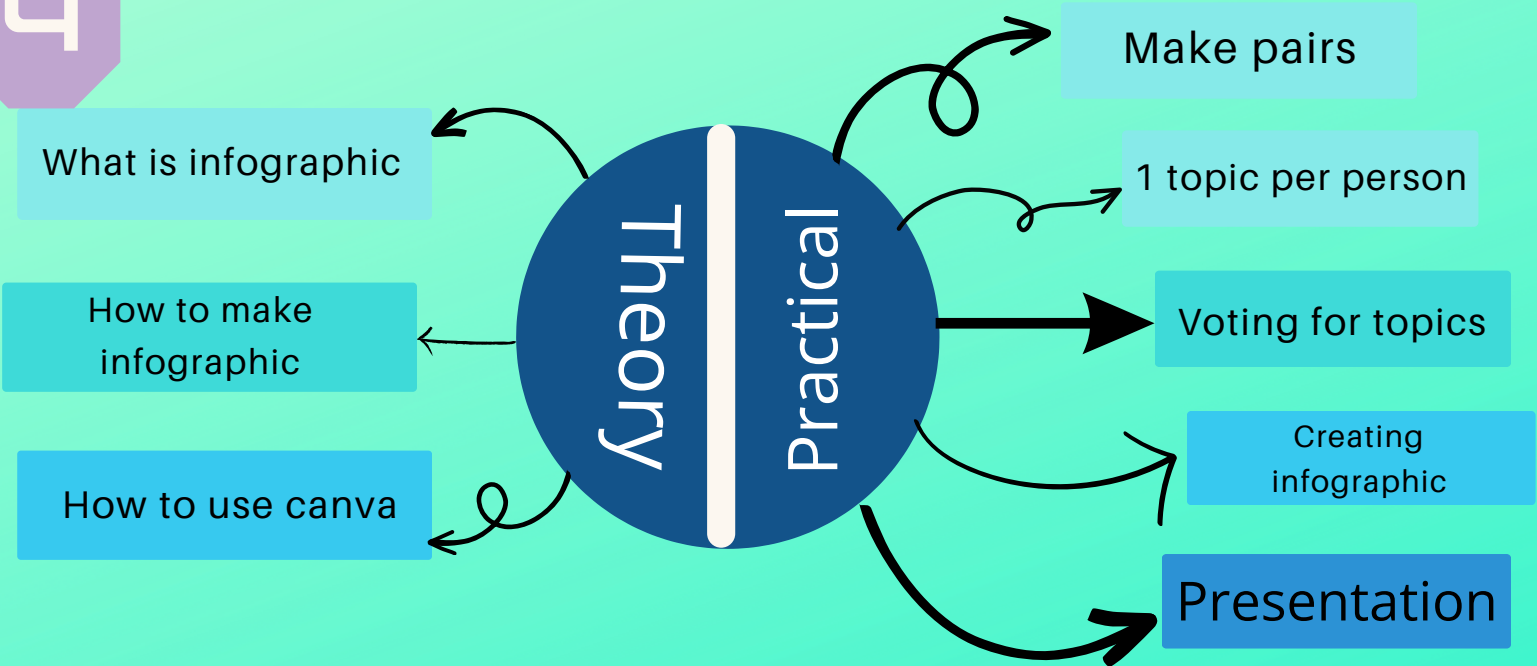
Do you think that infographic is an effective way to pass information

Is infographic usefull for: traveling, gardening, topics, other

What is the most important think that you learn today

5

Thank you for joining us on this insightful journey through the pages of our booklet, "Catching Up with Digital Space," where we reflect on the collective effort invested in empowering adults and seniors in the digital realm.

This booklet has been created in collaboration with following organisations:

1. Cesta rozvoje, z..s. - Czech Republic
2. Fundacja Europejski Instytut Outsourcingu - Poland
3. Znanstveno-Raziskovalno Zdruzenje za Umetnost, Kulturne in Izobrazevalne Programe in Tehnologijo EPEKA, Socialno Podjetje - Slovenia

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