

MEDIA LITERACY

AND YOUR MENTAL WELLBEING

MEDIA LITERACY

Media Literacy is the ability to identify different types of media and understand the messages they're sending. It involves determining the credibility of news and other content, to identify different types of information, and to use the standards of fact-based journalism to determine what to trust, share and act on.

To become media literate means you are learning to raise the right questions about what you are watching, reading, or listening to. Essentially, it is the ability to think for oneself.

QUESTIONS TO ASK

- **Who Wrote This?** Check to make sure the author or organization of what you are reading is credible by looking at their title, expertise, and background.
- **What is the Source of Information?** Does the info come from a well-known newspaper or organization? Make sure they are transparent. Check for resources and credible sources.
- **Is it Biased?** Watch out for media outlets that only give one side of the story while omitting opposing views.

FACT CHECKING SITES

- [FactCheck.org](https://www.factcheck.org/)
- [Snopes.com](https://www.snopes.com/)
- [Politifact.com](https://www.politifact.com/)
- [Is This True?](https://www.is-this-true.com/)
- [NPR Fact Check](https://www.npr.org/fact-check)

RESOURCES

WANT TO MAKE SURE YOUR INFORMATION IS ACCURATE? TAKE THESE STEPS.

- The Edmon Low Library at OSU provides information on their website that is intended to help folks understand and address mis- and disinformation, as well as improve their own information consumption habits. Their [Fact-Checking](#) page provides easy-to-use steps to determine the quality and validity of information online.
- [Check, Please! Starter Course](#): In this course, learn how to fact and source-check in five easy lessons.
- [Checkology](#): Offers a free e-learning platform to help you become more news-literate.
- [News Literacy Project](#): Offers several free resources for the public, including an e-learning platform and shareable tips and tools on how to become more news literate.

MEDIA AND YOUR MENTAL WELLNESS

MEDIA AFFECTS US MORE THAN YOU THINK

Too much media of any kind can actually be harmful to your mental wellbeing. There are strong correlations between the amount of media one consumes and the amount of fear, anxiety, and acute stress that people experience.

Here are some tips:

- **Limit Social Media:** Research has shown that social media can escalate anxiety more than traditional media.
- **Limit Daily News Media:** Limiting your exposure to news and turning off news notifications may decrease anxiety and negative emotions.
- **Set Time Limits:** Determine a total amount of time each day you want to spend checking news/phone/tv/computer.
- **Use Strategies to Manage Anxiety:** Use relaxation techniques, yoga, mindfulness apps, and exercise. Try [TAO \(Therapy Assistance Online\)](#) which is free for OSU Students and Staff.



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