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| Challenge XX: Internet safety |
| General Goal Safe internet; fake news; infodemia; health literacy |
| Learning Objectives To be able to avoid health-risks and threats to physical and psychological well-being while using digital technologies. To be able to protect oneself and others from possible dangers in digital environments (e.g. cyber bullying). To be aware of digital technologies for social well-being and social inclusion.  To be aware of the environmental impact of digital technologies and their use.  We will learn how to create a secure password, how to protect yourself while using social, networks, rules of confidentiality, focused on online health information.  What is infodemia phenomenon, fake news, misinformation, how do they spread, possible ways to prevent. |
| Description The trainee will reflect on the following questions, regarding safe internet, fake news, infodemia, health literacy: does the site keep up to date with the latest research? Does the site respond to recent events, news items, etc? Is the clinical content, eg.treatment, diagnosis, updated frequently enough to be up to date? Are the comments submitted by users positive (if there are)? Can the information be checked from original sources? Are there any references for clinical definitions or statements of the findings of research? Is there a statement that tells you how information on the site was produced and its quality checked? This might be in About us, About this site, or Editorial Policy section. Is content authored by subject experts? Is it clear who runs the site and who pays for the site? Is there a declaration of the objectives of the people who run the site, and are these consistent with the objective of providing you with unbiased and accurate information?  Is the site content relevant to the goal/topic of the site? |
| Instructions We will provide a list of excercises where the user should recongnize misinformation, fake news, trustworthy sources. |
| Resources <https://www.mywot.com>  <https://www.mcafee.com/blogs/tips-tricks/tips-for-creating-passwords>  <https://www.youtube.com/watch?time_continue=1&v=BRLPRCbuSx4&feature=emb_title> |