

如何谈论阴谋论 How to talk about conspiracy theories

Hello.

大家好。

This is 6 Minute English from BBC Learning English.

这里是 BBC 学习英语栏目的六分钟英语。

I'm Neil.

我是内尔。

And I'm Sam.

我是萨姆。

Tell me, Sam, do you think Neil Armstrong really landed on the Moon in 1969?

告诉我，萨姆，你认为尼尔·阿姆斯特朗真的在 1969 年登录了月球吗？

I mean, that must be fake news!

我的意思是，那肯定是假新闻！

And who shot JFK?

还有是谁枪击了约翰·肯尼迪总统？

Surely the CIA were involved.

中情局肯定牵涉其中。

Unless it was the giant lizards controlling the government!

除非是控制政府的巨鳄。

Oh, dear!

哦，天哪！

It looks like reading online conspiracies has sent Neil down the rabbit hole—an expression used to describe a situation which seems interesting and uncomplicated at first but ends up becoming strange, confusing and hard to escape from.

看起来网上的阴谋已经把内尔送到了兔子洞——这个表达描述的是刚开始看起来很有趣和简单的情况，但是最终会变得奇怪、令人困惑并且难以摆脱。

Luckily, in this programme, we'll be hearing some advice on how to talk to people who've become convinced by online conspiracies.

幸运的是，在本期节目中，我们会听到一些如何跟深信网络阴谋论的人交谈的技巧。

It seems that during times of crisis, as people feel uncertain and fearful, they actively look for information to feel more secure.

似乎在危机期间，由于人们感到不安和害怕，他们会积极搜寻信息来让自己更有安全感。

Nowadays this information is often found online, and while there are reliable facts out there, there's also a lot of misinformation.

添加的词汇

surely

英: /'ʃʊəli/ 美: /'ʃʊrli/

adv. 稳当地；坚定地；无疑；[口]当然



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如今这种信息经常能够在网络上找到，而且尽管网上确实有可靠的事实，但是也有很多误导信息。

Somebody who's the target of many conspiracy theories is Microsoft's Bill Gates and our BBC fact checkers have been busy debunking, or exposing, some of the more bizarre accusations made against him.

微软的比尔·盖茨就成了很多阴谋论的目标，而我们的 BBC 事实核查员一直忙于驳斥，或者说暴露一些针对他的更奇怪的指控。

Now, I'm not the only one who's been doing some internet research.

嗯，我不是唯一一个一直在做互联网研究的人。

Ever since the outbreak of the Covid pandemic there's been an avalanche of online conspiracies linking Bill Gates to the coronavirus.

自从新冠疫情爆发，网上关于比尔·盖茨与新冠病毒有关的阴谋论就层出不穷。

Here's Marianna Spring, presenter of BBC World Service programme, Trending, to tell us more.

BBC 世界服务节目《潮流》的主持人玛丽安娜·斯普林将为我们讲述更多内容。

The Microsoft founder is a rich and powerful person and he's funded research into vaccines—that's why he's become a target.

微软的创始人是一个富有且有权势的人，而且他资助了疫苗研究——这就是他成为众矢之的的原因。

Some of the claims are bonkers—that he wants to use the virus as a pretext to microchip everyone in the world.

有一些控诉愚蠢透顶——说他想要利用病毒作为托词，在全世界每个人身上都植入微型芯片。

Others say a vaccine would actually kill people rather than save their lives.

其他人说疫苗其实会杀人而不是救人。

These ideas are without any evidence.

这些想法没有任何依据。

We should treat them with the disdain they deserve.

我们应该鄙视它们，它们活该。

Some conspiracies claim that Bill Gates wants to implant microchips in people and that he's using the coronavirus as a pretext—a pretend reason for doing something that is used to hide the real reason.

有些阴谋论声称比尔·盖茨想要在人体内植入微型芯片，而且他把新冠病毒当做托词——被用来掩盖做某事的真实原因的假原因。

Claims like these are described as bonkers—an informal way to say silly, stupid or crazy, and should therefore be treated with disdain—disliking something because you feel it does not deserve your attention or respect.

像这样的控诉被描述为愚蠢透顶的——这个非正式表达的意思是愚蠢或疯狂的，并且应该予以鄙视——不喜欢某事，因为你觉得它不值得你的关注或尊重。

But while you might not believe such bonkers theories yourself, it's not hard to see how people looking for answers can get sucked down online rabbit holes.

但是尽管你自己可能不相信这样愚蠢透顶的理论，但是不难看出寻找答案的人们会被困在这些网络兔子洞里。

So how would you deal with someone spreading baseless conspiracies about Covid vaccines or Bill Gates?

所以你应该如何应对那些在网上散布关于新冠疫苗或比尔·盖茨的毫无根据的阴谋论的人呢？

The BBC's Trending programme spoke to Dr Jovan Byford, senior psychology lecturer with the Open University, about it.

BBC 的《潮流》节目就这一问题对话了开放大学的高级心理学讲师祖梵·拜福德博士。

He thinks it's important to separate the conspiracy from the theorist.

他认为把阴谋论和理论家分开是很重要的。

The former, the belief, we have to dismiss, but the latter, the person, is more complex.

前者那种思想我们应该鄙视，但是后者那种人就更复杂了。

Here's BBC Trending's presenter, Marianna Spring, again to sum up Dr Byford's advice.

以下是 BBC 《潮流》节目的主持人玛丽安娜·斯普林再一次总结拜福德博士的建议。

How do you talk to someone who's at risk of being sucked into the rabbit hole?

你该如何跟有可能陷入那个兔子洞的人对话？

First, establish a basis of understanding.

首先，建立起理解的基础。

Approach them on their own terms and avoid sweeping dismissals or saying, "you're wrong!".

要就事论事，而不是武断地驳斥或说：“你是错的！”

Try not to judge.

不要评判。

And try to get to the bottom of the often legitimate concern at the heart of the conspiracy.

努力在阴谋论的核心起底这些合理的关注点。

Present them with facts and research.

用事实和研究呈现。

Try to do this neutrally.

努力保持中立。

You can't force anyone to change their mind but you can make sure they have valid information.

你不能强迫任何人改变想法，但是你可以确保他们拥有合理的信息。

While some conspiracies may be harmless, others are more dangerous.

尽管有些阴谋论是无害的，其它的却更加危险。

People thinking that vaccines will kill them might worsen the coronavirus situation worldwide, so we need to get to the bottom of these claims—discover the real but sometimes hidden reason why something happens.

认为疫苗会杀死他们的人们可能会使全球的新冠病毒局势变得更糟糕，所以我们需要起底这些言论——发现某些事情发生的真实但是有时候被掩盖的原因。

A good way to engage people in discussion is to avoid sweeping claims or statements-speaking or writing about things in a way that is too general and does not carefully consider all the relevant facts.

一个让人们参与讨论的好方法就是避免武断地下结论——以一种过于宽泛并且没有仔细考虑所有相关事实的方式说或写某事。

And by doing so calmly and neutrally, you might persuade them to reconsider the funny business Bill Gates is supposedly involved with.

通过冷静中立地这样做，你可能会说服他们重新思考比尔·盖茨被牵涉其中的无厘头事件。

So today we've been hearing advice on how to deal with online conspiracy theories, some of which are totally bonkers, silly, stupid and crazy, or involve a complicated pretext, a pretend reason used to hide someone's true motivation.

所以今天我们一直在听取有关如何应对网络阴谋论的建议，其中有一些阴谋论完全就是愚蠢至极——愚蠢且疯狂——或者设计一个复杂的托词——用来掩盖某人真实动机的假理由。

These can be treated with disdain-dislike because they are unworthy of our attention or respect.

这些可以鄙视之——不喜欢，因为他们不值得我们注意或尊重。

But with so many conspiracies online, it's easy to get lost down the rabbit hole-intrigued by a situation which seems interesting but ends up confusing and hard to escape from.

但是网上有这么多阴谋论，很容易掉进兔子洞——被一个看起来有趣的情景引诱，但最终会被迷惑并且难以逃离。

It's important to get to the bottom of these theories-discover the real but hidden reason behind them.

起底——发现真实的但是被隐藏的理由——这些理论是很重要的。

And to present people with facts, avoiding sweeping, or over-generalised, statements.

为了给人们呈现事实，要避免武断，或者说过于宽泛的陈述。

That's all for this programme.

这就是本期节目的所有内容。

Goodbye for now!

再见！

Bye bye!

再见。