- What is the danger of allowing "truth" to be debatable?

If truth is debatable we would live in a post reality society and this could have disastrous consequences if the wrong concepts are controversial. As we've seen with basic health concepts being debatable we've seen massively inflated COVID19 deaths. And with climate change being debatable we're already seeing temperatures rise. Although admittedly the majority of the harm is done at an individual level to the one rejecting reality.

- What is a value in allowing "truth" to be debatable?

As time has shown us, the "truth" can change: There are several fringe conspiracy theories which have turned out to be true; Mainstream scientific theories have been turned upside down after findings by non-believers; And sometimes the subject in focus (or society) simply changes. If there was a thought police which prevented certain topics from being debated that would very rapidly be abused or be presumed to have been abused.

Imagine if the 9/11 inside job conspiracy wasn't allowed to be debated. In that case compelling evidence for what actually happened likely would not have surfaced and counterintuitively there would have likely been more conspiracy theorists than there are now as no one was allowed to debate and prove the truth to the uninformed.

- Is there a difference between "truth" and "fact"?
 Fact is a specific datapoint whereas a truth is a more broad idea
- How real is virtual reality?

 Depends on the specific context but usually not real at all.
 - How real is actual reality?

Actual reality is by definition real. Even if we were all actually living in the matrix the actual reality would be the real world and thus this statement would hold.