

## B. Pay Attention

### What are the benefits of friendships?



Source: <https://www.eng-literature.com/2017/06/10-important-short-questions-answers-bacons-essay-of-friendship.html>

Good friends are good for your health. Friends can help you celebrate good times and provide support during bad times. Friends prevent isolation and loneliness and give you a chance to offer needed companionship. Friends can also:

- Increase your sense of belonging and purpose
- Boost your happiness and reduce your stress
- Improve your self-confidence and self-worth
- Help you cope with traumas
- Encourage you to change or avoid unhealthy lifestyle habits

(Adopted from: <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/friendships/art-20044860>)

## Avoid Spreading Misinformation

# STOP FAKE NEWS

Source: <https://www.gov.za/covid-19/resources/fake-news-coronavirus-covid-19>

Stop! And fact-check before you share. Practice evaluation skills and develop a critical mindset.

Ask yourself: Why was this information created, and what is its goal?

Don't just look at what a web page tells you about themselves. Instead, do a web search and find out what others are saying about them. This will help you determine the accuracy of the information.

Look for:

- **Authority** - who is the author, and where did the item originate? Check on the individual, company, or institution to see where their biases (personal inclinations/favouritisms) are. Is the author's name listed? What are the credentials that make them an expert in the topic?
- **Accuracy** - information that is accurate and free from errors is considered more reliable. One or two typos are ok, but information that is presented in a sloppy manner with too many spelling or grammatical mistakes comes across as unprofessional. Are there links to other resources to back up the claims one source is making? For statistical references and data, check where they come from. Numbers can be easily changed and manipulated to show personal opinions. Fact and opinion are different.
- **Objectivity** - check to see if the information is presented with the least amount of prejudice or personal bias. Is it an opinion, or is it trying to sell you something?
- **Timeliness** - when was the information first published? Is the content you are looking at up-to-date, or is the website updated regularly, or is it something that is old and made to look like new information? (Adopted from: <https://settlement.org/ontario/daily-life/communication/ethnic-and-cultural-media/what-is-fake-news-and-how-to-stop-spreading-misinformation/>)