

SPOT

MENTAL CHECK



Pause when something feels urgent or emotional.



Ask: Does this fit what I know about the person or situation?



Verify identity through a second channel.



Ask a question that only the real person could answer.



Check the source, not just content.



Be skeptical of “exclusive” or sensational claims.



Don't share until you've verified.



Limit sharing of personal data online.

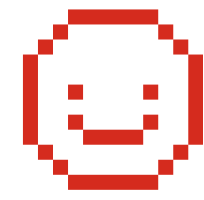
VISUAL & AUDIO WARNING SIGNS



Blinking that's too frequent or too rare, faces look stiff or expressions feel fake.



Mouth movements don't quite match the audio



Skin looks overly smooth or glitchy



Hair, ears, hands or glasses look warped



Lighting or shadow don't match



Background moves or shimmers strangely



Flat tone, odd pauses, strange breathing patterns or robotic cadence - especially in emotional moments.

THE

BEFORE YOU SHARE

Who posted this?

Does it trigger strong emotions?

Is the source real and trustworthy?

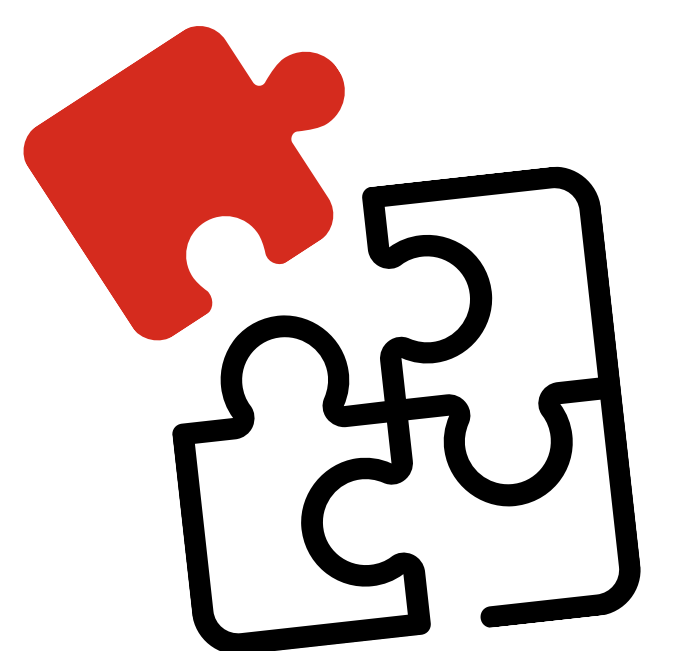
Are reliable news sites reporting this too?

Did you check more than one place?

BIG PICTURE RULE

No single clue proves it's fake — **patterns do!**

Look for multiple (4+) inconsistencies across time, lighting, motion, and context.



If it looks suspicious, stop, verify, don't share.

FAKE