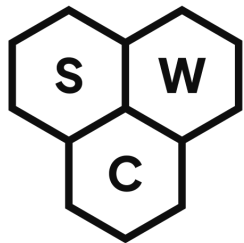


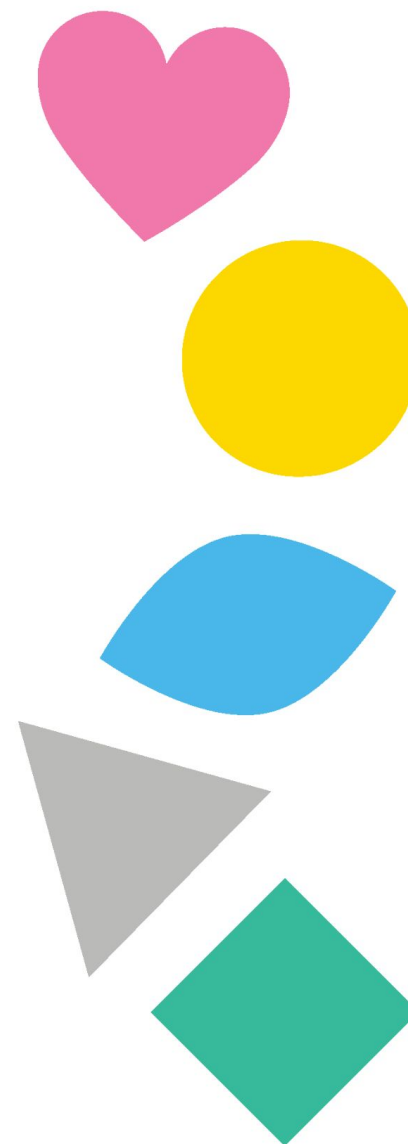
**FAKE  
NO  
MORE**



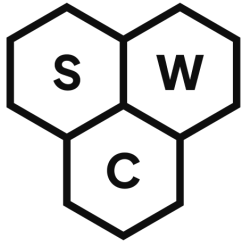
**School with Class  
Foundation**

# **Understand Emotions. Be Resilient to Disinformation**

Aneta Ziemińska and Hubert Pajczkowski  
School with Class Foundation



# Project organizers

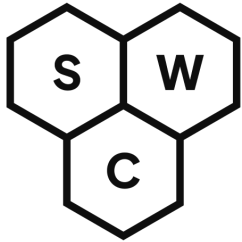


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NO  
MORE**

# Project organizers



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European  
**MEDIA AND  
INFORMATION**  
Fund

Managed by  
Calouste Gulbenkian  
Foundation



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NO  
MORE**

# Do Emotions Affect What We Do Online?



**FAKE  
NO  
MORE**

# About the project

**Developing young people's self-awareness as a basis  
for building resilience to disinformation.**



**FAKE  
NO  
MORE**

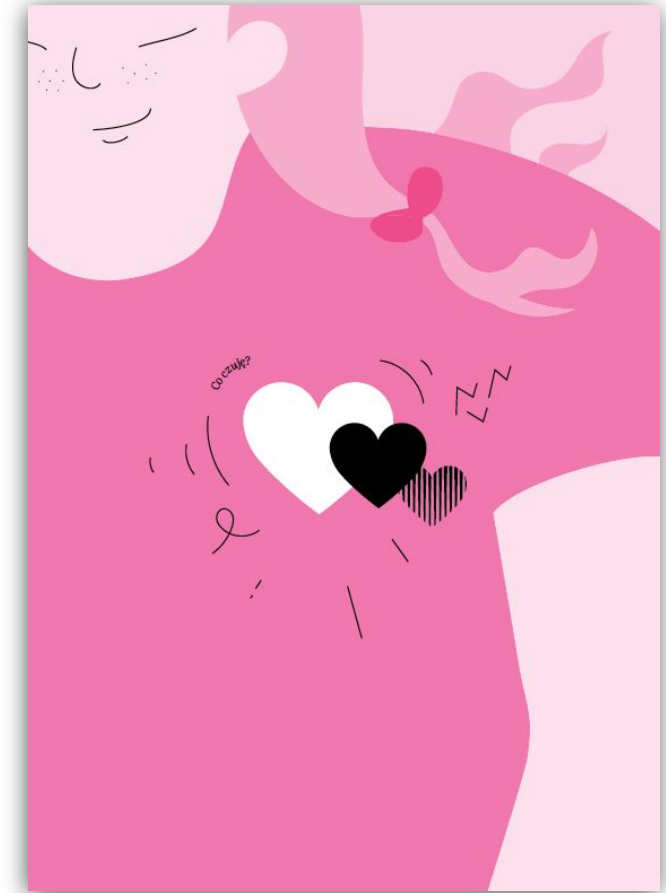
# Five key statements and thematic areas

- |                            |                                    |
|----------------------------|------------------------------------|
| 1. The Way I Feel          | <i>emotions and disinformation</i> |
| 2. The Way I Think         | <i>slow and fast thinking</i>      |
| 3. The Way I See the World | <i>cognitive biases</i>            |
| 4. The Way I React         | <i>digital well-being</i>          |
| 5. The Way I Act           | <i>social media algorithms</i>     |



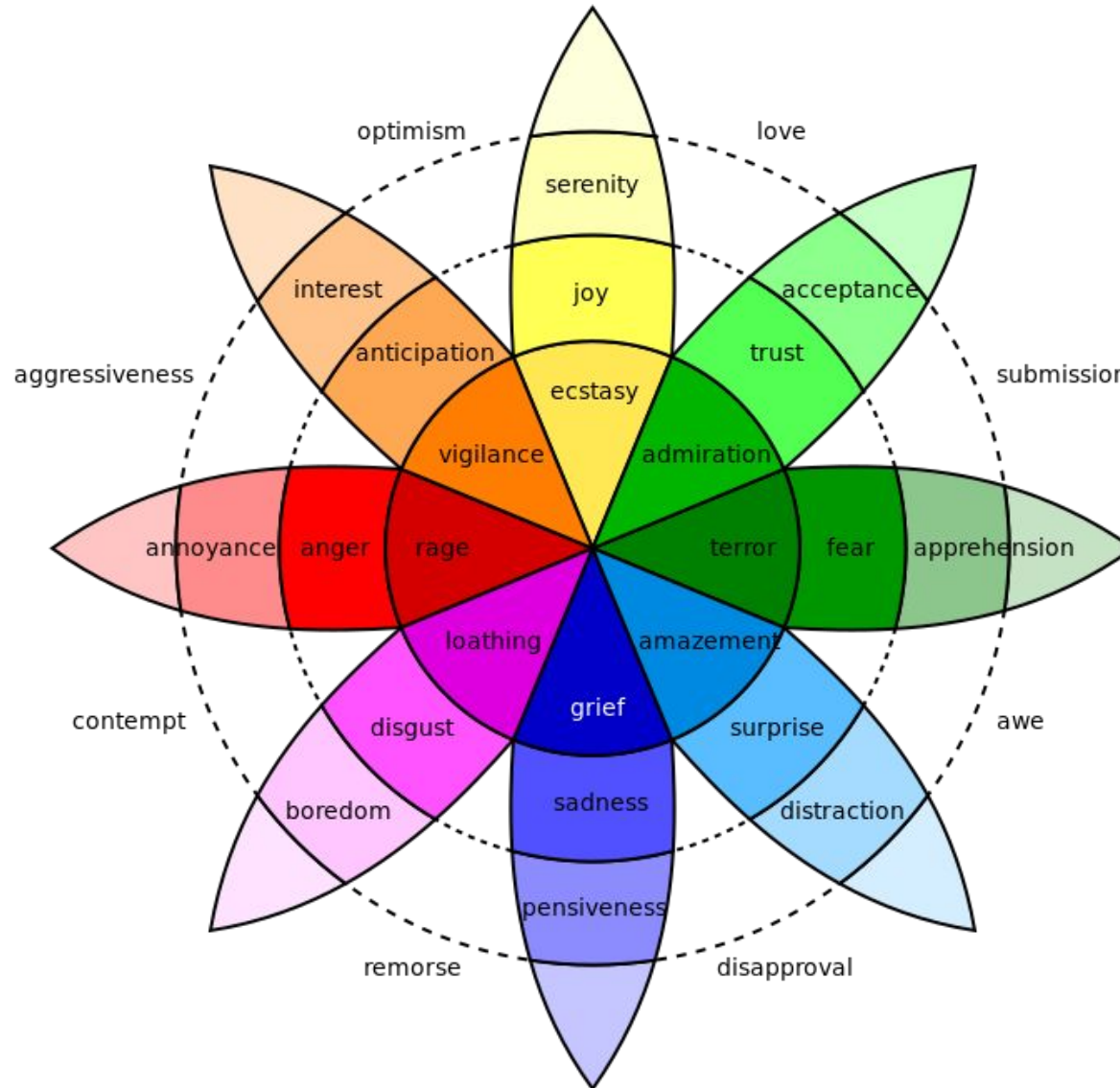
# The Way I Feel

- What emotions are? How to recognize them?
- Plutchik's Wheel of Emotions
- emotions and disinformation



**FAKE  
NO  
MORE**

# Wheel of Emotions



**FAKE  
NO  
MORE**



# The Way I Feel

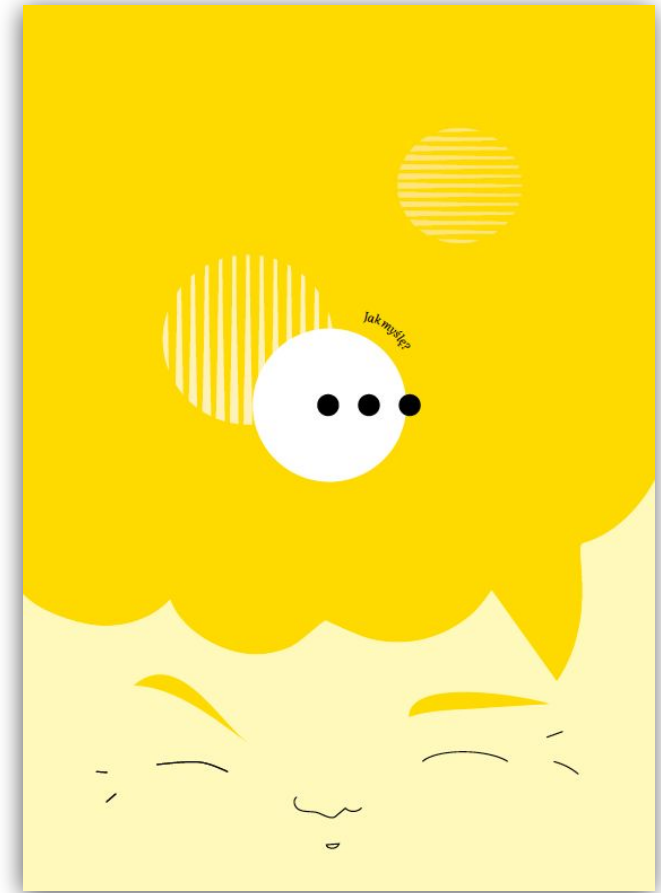
**Disinformation** involves actions aimed at harming us by deliberately misleading us. **Playing with our emotions** is a useful tool for introducing disinformation.



**FAKE  
NO  
MORE**

# The Way I Think

- fast and slow thinking (intuitive and analytical thinking)
- fake news encourages intuitive thinking



**FAKE  
NO  
MORE**

# The Way I See the World

## Cognitive biases

- halo effect
- golem effect



**FAKE  
NO  
MORE**

# The Way I See the World

It is good to **be aware** that we are subject to cognitive biases that expose us to the influence of disinformation. We can learn to recognize situations where they begin to rule our thinking.



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MORE**

# The Way I React

- social media and well-being
- information stress
- multitasking and multiple screens



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NO  
MORE**

# The Way I React

To **take care of our well-being**, we must learn to control the information that reaches us - consciously decide not only what information we want to read and what not, but also about the circumstances in which we want to do it.



**FAKE  
NO  
MORE**

# The Way I Act

- social media algorithms
- filter bubble and echo chamber



**FAKE  
NO  
MORE**

# The Way I Act

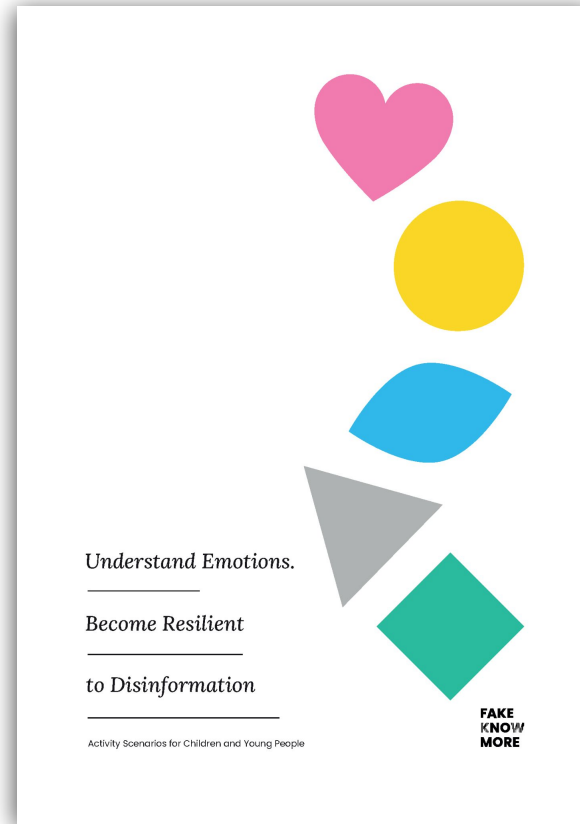
**A filter bubble** is a consequence of automated content filtering processes in online search engines and on social media. This means that only some of the available pieces of content are displayed to the user.



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NO  
MORE**

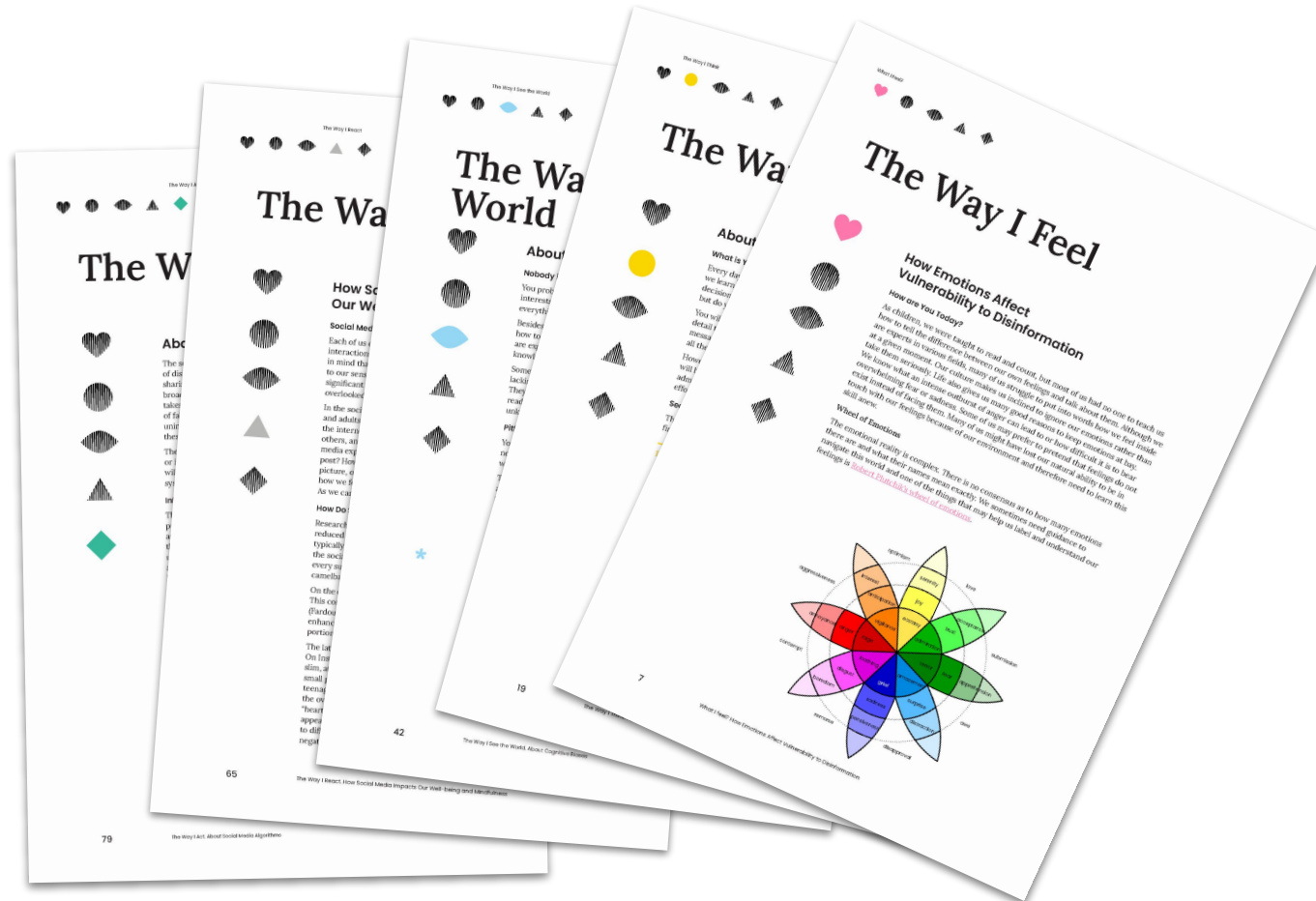


# Publication with activity scenarios



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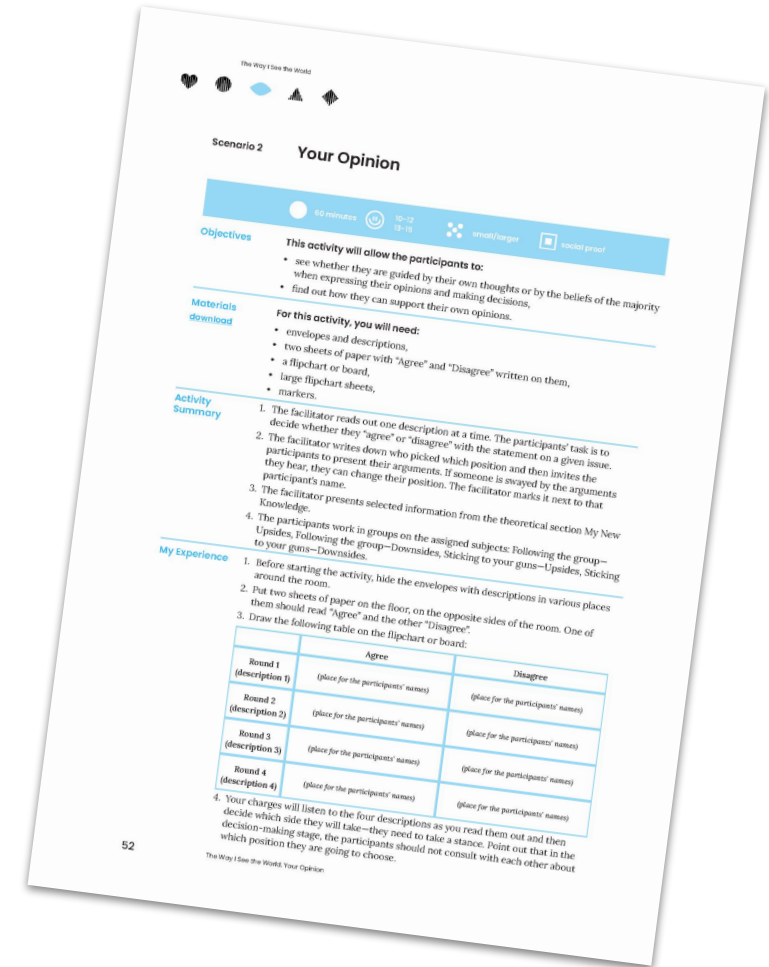
# Theoretical introductions for educators



**FAKE  
NO  
MORE**

# Various activity scenarios

- for people aged 10-12 and 13-15
- multimedia presentations and printable worksheets
- examples close to young people



**FAKE  
NO  
MORE**

# Educational game 'Octogram'

- card game
- shows the mechanisms that govern social media
- for your own printing
- video-instruction for the game



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NO  
MORE**

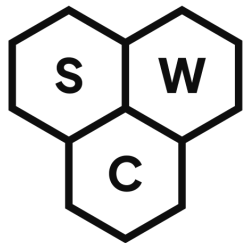
# Download free materials (EN, PL, ES, CZE, RO)

[bit.ly/FakekNOwmoreENG](https://bit.ly/FakekNOwmoreENG)



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NO  
MORE**

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Foundation**

**Build** young people's **self-awareness**  
and their **resilience to disinformation!**

Thank you!

[fundacja@szkolazklasa.org.pl](mailto:fundacja@szkolazklasa.org.pl)

