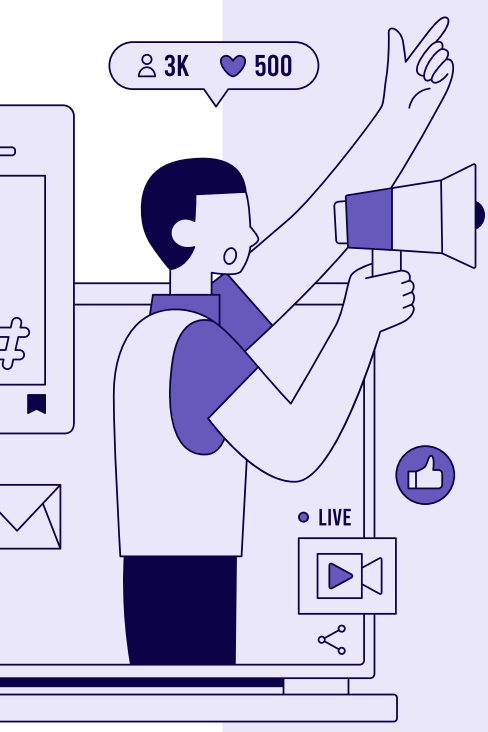
WHAT IS
MEDIA LITERACY?

Media literacy is the ability to think critically about the information we encounter every day. **It means looking beyond the surface, recognizing bias, considering different perspectives, and asking questions about the messages we see and hear.**



WHY IS IT IMPORTANT?

Media is everywhere, from social media and news articles to TV shows, books, music, and AI. Every source can have its own biases, intentions, or point of view. Media literacy helps us recognize these influences, stay informed, build empathy, and make responsible decisions. **It's not just about understanding politics or current events; it's about how we engage with the world around us.** Remember, even information that seems trustworthy (including this newsletter) can benefit from a closer look!



BUT WHO IS IT FOR?

Everyone! Media literacy is a skill people of all ages can develop. It helps us better understand one another, communicate openly, and appreciate different points of view. **It's not about telling us what to think or how to vote; it's about encouraging curiosity, open dialogue, and a willingness to learn.** Changing your mind when you learn something new is part of growing!

HOW DO I START?

Start by being curious! Instead of taking everything at face value, ask questions like, "Why is this being shared?" "What is this trying to convince me of?" and "Whose perspective might be missing?" **Look for other sources, consider different points of view, and remember that a loud or popular opinion isn't necessarily the only or correct one.** Even when using AI, take the time to double-check information and dig deeper. Most importantly, don't be afraid to ask WHY? Thinking critically helps us see the bigger picture.

This message is brought to you by the Media Literacy Group,
a working group of your Shadow Rock Board.
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