

# TRAINING ACTIVITY 2

## SESSION 2

### ACTIVITY: FACT OR FAKE?

*Printable version*





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## FACT OR FAKE?



Here are some health-related posts that appear online daily, both on websites and social media platforms like Facebook, Instagram, TikTok, and YouTube.

Some are legitimate and professional, but others are fake, often scams that deceive people and even constitute cybercrimes.

We're going to do an activity where we need to pay close attention to the details. Looking carefully will help us distinguish a legitimate news story from a hoax or scam.

Health is the most important thing; don't be fooled!

Work in groups:

*each group receive a news story from different sources.*

*Trainees must analyze them*

*following the test you can find below,*

*decide if each story passes the test or not,*

*and explain why.*

# FACT OR FAKE?

Let's see if this news story passes the test



QUESTION	RELIABLE ?
<p><b>Who says it?</b> Is it an institution, an expert, an anonymous blog?</p>	<p><b>Official institutions:</b> World Health Organization (WHO) Ministry of Health Regional Health Authority Universities Medical Associations Official Media (public television) International press agencies</p>
<p><b>Analyze the content.</b> Is the headline sensationalist? Does it use alarmist language? Does it promise miraculous results?</p>	<p><b>Objective and serious language.</b> It doesn't use words like: <i>Miracle cure</i> <i>Secret</i> <i>Grand conspiracy</i> <i>Lose 10 kilos in a week effortlessly</i> <i>Click and buy right now</i></p>



# FACT OR FAKE?

QUESTION	RELIABLE?
<p><b>Confirmation is a good practice.</b> Is there anyone else (reliable) publishing the same thing?</p>	<p>After a search, you verify that the data matches in several reliable sources.</p>
<p><b>Look at the date.</b> Is it current news? It might be a hoax that has been circulating for years.</p>	<p>The publication date is recent and related to the topic.</p>
<p><b>Details are important.</b> Are there spelling mistakes? Is it poorly written?</p>	<p>The post or news story is written in appropriate language, without errors.</p>



# FACT OR FAKE?

Now, you haven't just read the news online.

You've taken the time to analyze the style, the content, the language, and other important details.

What's your verdict?

FACT	FAKE

## FACT OR FAKE? STORY#1

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### University of Scotland surgeons achieve world-first stroke surgery using robot



Caption: Surgeons performing remote surgery

Doctors from Scotland and the US have completed the world-first stroke procedure using a robot.

Prof. Iris Grunwald, of the University of Dundee, performed the remote surgery. She says that a specialist doesn't need to be "in the same hospital, or even in the same country, to help you".

Hours later, Ricardo Hanel, a neurosurgeon in Florida, used the technology to carry out the first transatlantic surgery from his base on a patient over 6400m away.

## FACT OR FAKE? STORY#2

**Doctor Charles Onion · 2018**

If you're diabetic, you've just found the solution to your health problems. 🤔

I'll tell you the shamans' secret: buy my magical pills and place an onion under your bed at night and 💊 forget about monitoring your blood sugar levels.

Onions have miraculous properties that will permanently cure your health issues. 🩸

Send a private message and I'll tell how you can improve your life 🧅

## FACT OR FAKE? STORY#3



World Health Organization



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# Mental Health

20 January 2026

Good mental health is related to mental and psychological well-being. WORLD HEALTH ORGANIZATION's work to improve the mental health of individuals and society at large includes the promotion of mental well-being, the prevention of mental disorders, the protection of human rights and the care of people affected by mental disorders.



Depression is a common mental disorder.

## FACT OR FAKE? STORY#3

# Trying to loss weight?

# SLIM-FLASH

## The definitive solushion



What our "Customers" say:

"I take one **Slim-Flash** pill every day and I eat pepperoni pizza for dinner: I have miraculously lost 10 kilos in a week."

*Gary, Professional slacker*

### In just 3 months you'll look like Mr. Universe



**BEFORE**



**AFTER**

### Zero Effort: swallow a pill, you've done the work.

**CALL NOW!**

**PAY RIGHT NOW, AND GET A GIFT**

**SPECIAL OFFER**  
UP TO **50%** OFF