



## Just because it's viral doesn't mean it's true

That shocking post. That scary headline. That too-good offer. Before you believe it or share it, you've got the power to pause and look closer:

- Millions of shares don't make something real.
- Strong emotions don't mean it's accurate.
- Your friend sharing it doesn't mean they checked it.
- It's okay to question things.
- You can search and fact-check what you are seeing.



Talk about what's happening online. With friends. With people you trust. Reach out to Childline - online, on the phone, anytime. [childline.org.uk/kids](https://childline.org.uk/kids) | 0800 1111



**Your digital life. Your choices. Your rights.**



**NSPCC**  
SCOTLAND