## Information Sheet

**What is Media Literacy?**

Media literacy is the ability to critically understand, evaluate, and effectively engage with media content. It encompasses the knowledge, skills, and attitudes necessary to appropriately use media content and navigate safely in the digital world.

**What is Critical Thinking?**

Critical thinking is the ability to carefully analyze, evaluate, and question information, ideas, and arguments. It involves critically examining assumptions, recognizing biases and tendencies in information, and the ability to draw logical conclusions.

**Why are Media Skills and Critical Thinking so Important in Today's Digital World?**

In today's digital world, media skills and critical thinking are crucial as we are daily confronted with a flood of information and media content. These skills enable us to recognize misinformation, identify trustworthy sources, protect against manipulation, and make informed decisions regarding media content. They are also necessary to manage technostress and find a healthy balance in dealing with digital media.

**What Do Media Skills Include?**

Media skills include various aspects, such as the ability to critically analyze media content, identify misinformation, safely and ethically use digital media, the ability to create one's own media content, and understanding media ethics.

**How Can One Critically Analyze Media Content?**

Media content can be critically analyzed by checking it for biases, tendencies, incompleteness, and possible bias. This includes questioning sources, checking evidence, identifying contradictions, and recognizing emotional or ideological manipulation.

**How Can One Recognize Trustworthy Media Content?**

Trustworthy media content can be recognized by paying attention to the credibility of the source, looking for clear evidence and source citations, focusing on the expertise of the authors, and being aware if the information is confirmed by various independent sources.

**How Can One Analyze and Evaluate Media Content?**

Media content can be analyzed and evaluated by systematically proceeding, checking information, critically questioning sources, recognizing contradictions, considering different perspectives, and drawing logical conclusions. It is also important to consider media content in context and to consider what interests or goals are being pursued.