WHEN SURFING ON THE INTERNET
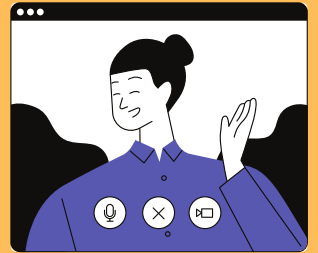
When surfing on the internet there is cautious choices to make so you avoid most problems

1 CHECK THE SOURCES

Here is a list of questions that you can ask you to know if the article is reliable...
- What's the intention
- Who's the sender? (Are they in a position of power?)
- Who was the intended receiver?
- When was it made?
- Is the publisher known for propaganda / fake news?

2 ALWAYS FIND DIFFERENT POINTS OF VIEW WHEN YOU READ AN ARTICLE

depending on what's the intention behind an article it can lead you to think in a certain way about a subject.

3 FINISH READING THE WHOLE ARTICLE BEFORE SHARING IT

You never know when what you're sharing is correct when you didn't read it entirely. You can unintentionaly spread false information, even if you have the best intentions

4 BE OPEN TO CHANGE YOUR MIND

We live in a world full of diverse and complex point of view. Opening your mind to new possibilities can make you see the world in a new light

5 MODERATE YOUR SCREEN TIME

You may think that you are spending one hour and a half tops on your screen, but it's probably more than just an hour. Moderating your screen time helps your health (vision and your back position) as well as your mental health. If you have troubles stopping yourself, putting a timer may be a good call

6 USE INTERNET USEFULLY

Use the internet with a purpose, do not just mindlessly scroll or at least not too much, and only when you have some time to waste and put your brain on pause-mode

7 BEWARE OF YOUR CONTENT

One should have a variation of different posts and be careful of polarised content. remember everything you post has an audience.

8 BE AWARE

Beware in general, you are being watched. Not necessarily by robots or algorithms taking your information but other people as well. Be kind because you can never know if you are hurting somebody while arguing on the internet with a stranger