



DIGITAL LITERACY FOR TEENS

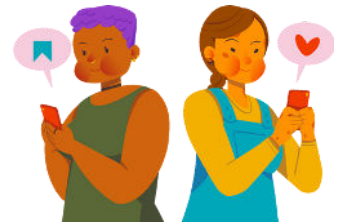
Digital literacy means having the ability to find, evaluate, and communicate information online. We consume online content daily through digital media.

This handout will help you think critically about the information you read online. These tips will help you to stay informed on topics that matter to you, while protecting you from false information.

- 74% of Latino teens between ages 13-17 use TikTok and 92% view YouTube
- 58% of Latino teens report using the internet almost constantly
- Teen internet use increases from 38% at ages 13-14 to 51% at ages 15-17

Pew Research Center, December 2024, "Teens, Social Media and Technology 2024"

The News Literacy Project, October 2024, "News literacy in America: A survey of teen information attitudes, habits and skills."



THINGS TO CONSIDER

★ Misinformation is when inaccurate information is shared

★ Disinformation is when false information is shared on purpose

★ Fear-mongering is when people exaggerate dangers to provoke fear, often for attention or influence

★ Algorithms recommend similar posts based on what you like or view



Who created this post? Did they repost from a source I trust?

Are they using dramatic language to attract my attention?

Is the information being shared to educate and help the viewer?

What information, attitudes, or points of view are represented? Do I detect bias?

Do I want to see more (interact) or less (don't interact/block) of this content?

Pay attention to how you feel when engaging with social media.

Does your body feel tense? Are your thoughts racing or confused?

Take a break! Reset with off-line activities that you enjoy to help you feel relaxed. You can come back to social media later.



DIGITAL LITERACY FOR TEENS

How can you stay informed about issues in your community?
How can you engage with social media and feel more equipped to use it as
tool for change?

★ Look for organizations
that focus on issues you
care about

★ Follow accounts
with similar advocacy
interests


★ Use websites that
provide information to
help you fact check



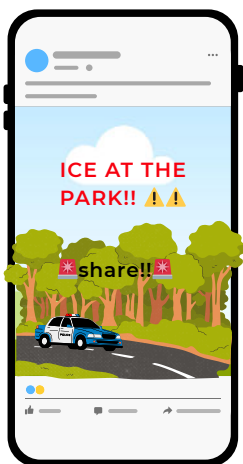
- Follows/followed by accounts you trust
- Posts cite reputable sources
- Account is connected to a legitimate organization website



- Account is new, no follows/followers you trust
- Location of post does not match the information
- Spelling mistakes, picture/video looks questionable


 Clues that content was AI generated include blurry, distorted, glossy or too perfect images, unnatural speech patterns, or watermarks/logos

LET'S PRACTICE...



You see a post that reports I.C.E. activity, but the image shows a police car, not I.C.E. Even though you know this account and the person might be trying to help, they shared misinformation. You decide not to like or share the post.

After talking to your parent, you heard about immigrant rights groups you can trust. You decide to follow one local organization on Instagram for helpful information.

Illinois / Chicago
@icirr_il
@chicagosimrr
@ocadchicago network 

National
@the_ilrc
@immigrantjustice
@informed_immigrant

Mental Health
@cimhorg
@latinxtherapistsactionnetwork

Talk to a trusted adult about any questions you have or if you are upset by information you see online. Even if they do not have all the answers, they can offer advice and support. Remember, you can block accounts you don't want to see or report inappropriate posts.

RESOURCES

☆ Civic Online Reasoning (<https://cor.inquirygroup.org/>)

☆ Check the Facts (<https://www.factcheck.org/>)



Immigrant Family Mental Health Advocacy Program
University of Illinois Chicago
Department of Psychiatry, Institute for Juvenile Research

Oct. 2025