

BRAIN GAINS

Use this week-by-week planner to help students exercise their news literacy skills and strengthen their resilience against health and science misinformation.



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"brain gains"
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Week 1

Vet the source

Healthy Choices, Informed Minds

Interactive lesson



Be Health Informed

Gain skills to evaluate health and wellness information and avoid misinformation.

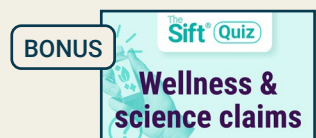
Infographic/Poster



Is It Legit? Five Steps for Vetting a News Source

Learn tips to check the credibility of news sources.
This infographic is also available [en español](#).

Quiz



Sift quiz: Wellness & science claims

Eight-question quiz asking students to evaluate claims made on social media.



Week 2

Examine the data

Seeing Through The Numbers

Interactive lesson



Making Sense of Data

Learn how to critically evaluate data visualizations and claims.

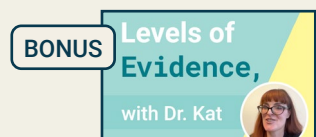
Infographic/Poster



Breaking News Checklist

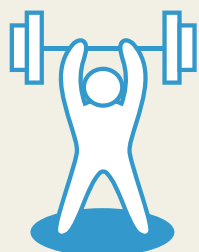
Tips and tools for evaluating news stories as they unfold.

Interactive activity



Levels of evidence, with Dr. Kat

Fact-checking activity using digital verification tools and skills.

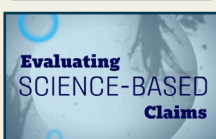


Week 3

Weigh the evidence

Science or Spin?

Interactive lesson



Evaluating Science-Based Claims

Learn how to evaluate the accuracy of data-based claims and visualizations.

Infographic/Poster



Levels of Scientific Evidence

Examine eight distinct levels of scientific evidence, arranged by quality.

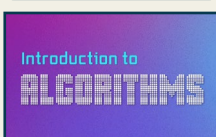


Week 4

Assess the algorithms

Algorithms, AI And Awareness

Interactive lesson



Introduction to Algorithms

Discover how algorithms and generative AI influence social media feeds.

Infographic/Poster



6 Things to Know About AI

Information and tips to remember about how algorithms and AI work.



Week 5

Bonus week! Reflections and Wrap-up

Interactive activity



Take action: Putting news literacy into practice

Students demonstrate their news literacy skills by developing a personal code of ethics for information they seek and share in this capstone activity.

News
Literacy
Project

The News Literacy Project is a nonpartisan education nonprofit that works with teachers, school districts, states and community partners like libraries and after-school clubs to ensure students in all 50 states receive news literacy instruction before they graduate from high school.

For more, visit:

[News1it.org/wellness](https://news1it.org/wellness)