

Duniya bhar me, admi log ke paas pahile se bahut jaada jaankaari ke pahuch hai – online aur social media pe, saath-saath traditional media pe jaise radio, newspaper aur television. Sab ke liye jaruuri hai ki gambhiir ruup se socho aur jaano ki i sab jaankaari ke kaise samjha jaaye taaki hum log sure rahe ki hum sahi jaankaari tak pahuchta hai, aur galti se galat jaankaari ya false news share nahi karta hai.

Media literacy konchi hai?

Ek media literate person sab rakam ke media jisme saamil hai television aur radio, newspaper, aur internet pe jaankaari 'par'he' sake hai. U log ke jon jaankaari mile hai uske samjhe sake hai, analyse kare sake hai aur uske baare me gambhiir ruup se soche sake hai. Media literate bane ke liye, i bahut jaruuri hai ki gambhiir ruup se socho ki jaankaari konchi hai, kahaan se aais hai, aur kaahe u bana raha.

Galat jaankaari ke pata kaise lagao?

Galat jaankaari se nuksaan hoye sake hai. I kuch aisan hoye sake hai jon aap par'hta hai, sunta hai, ya jiske koi kariibi insaan, jaise ek dost ya palwaar ke member, share karis hai. Iske kuch example hai bimaari ya medical conditions ke liye miracle ilaaj, ya bahut jaada emotional stories jon d'ar, gussa, aur hamdardi paida kare.

I siikhe ke bahut jaruuri hai ki kaise false jaankaari ke baare me pata lagao aur ek fact, koi ke vichar, ya koi chiiz jon asal me sahi nahi hai, uske antar ke baare me kaise pata lagao. Aap i chaar steps follow karke aise kare sakta hai:

1. **Puura story** haasil karo. Sab kuch jon tum dekhta ya sunta hai, uspe automatically biswaas nahi karo.
2. **Source** ke baare me pata lagao – kon jaankaari ya content banaais hai aur kya u log ke paas accuracy ke reputation hai? U log ke motivation konchi hai? U log kahaan pe hai?
3. **Evidence** ke pata lagao ki jaankaari sahi aur credible hai ki nahi. Agar aap koi claim, image, number, quote ya date dekhta hai jiske source nahi hai, out of date lage ya context lack kare, tab aap saawdhaan raho.
4. **Puura context** haasil karo – credible source se aur baaki report ya jaankaari dekho taaki verify kar sako ki jaankaari sahi hai ya nahi.

Agar aap galat jaankaari dekhta ya sunta hai

1. Uske share nahi karo.
2. Agar aap post kar diya hai, tab uske hataaye do ya nikaal do.
3. Agar uske ek dost ya palwaar ke member share karis raha hoga, tab aap u log ke dhiire se aur ijjat se bataaye sakta hai, jaise ki, ek private message bhej ke.

Galat jaankaari ke fayle se roke ke liye sab ke madad kare me haath bat'aaye ke par'i. Share kare se pehle sab time socho.

Aur jaankaari ke liye, Netsafe New Zealand ke fact sheet '[How to spot fake news](#)' dekho.

