

Disinformation Defense Guide & 30-Day Training Routine

Core Mindset Principles

- Assume you are always a target.
- Treat information like food.
- Embrace uncertainty.

Key Defense Habits

- A. Apply the Red Flags Checklist.
- B. Pause Before Sharing.
- C. Triangulate Regularly.
- D. Prioritize Primary Sources.
- E. Discuss Openly With Family.

Family Rules of Thumb

- If it makes you furious in 10 seconds, pause before believing.
- If they say 'everyone agrees,' look closer.
- If it is too perfect for one side, dig deeper.
- If you can't verify it from 2+ independent sources, don't trust it fully.

30-Day Disinformation Defense Training Routine

Week 1 - Awareness

Day 1: Print the Red Flags Checklist.

Day 2: Watch the evening news and identify 3 manipulative framing tricks.

Day 3: Read 1 controversial story from a source you normally avoid.

Day 4: Do a reverse image search on a viral social media image.

Day 5: Find a primary source document for a current news event.

Day 6: Teach 1 friend or family member 3 red flags to watch for.

Day 7: Reflect - What surprised you this week? What habits need improving?

Week 2 - Resistance

Day 8: Take 1 story and trace its source path.

Day 9: Read 1 longform investigative piece.

Day 10: Catch yourself reacting emotionally - pause, analyze.

Day 11: Watch a full speech or hearing before reading coverage of it.

Day 12: Cross-check 1 hot topic using 3 different outlets.

Day 13: Identify financial or political motives behind a narrative.

Day 14: Reflect - How did your emotional responses shift?

Week 3 - Application

Day 15: Conduct a mini 'info fast' - 1 full day no news/social media.

Day 16: Analyze a viral video using InVID Toolkit or frame-by-frame pause.

Day 17: With family/kids, play 'spot the red flag' on headlines.

Day 18: Read a scientific paper directly - compare to media coverage.

Day 19: Debate yourself - argue the other side of a story.

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Day 20: Identify 1 media figure or outlet you over-trust.

Day 21: Reflect - What biases are you most vulnerable to?

Week 4 - Mastery

Day 22: Curate a balanced media diet.

Day 23: Teach a friend/family member the full Red Flags checklist.

Day 24: Write a short post/essay on how disinformation works.

Day 25: Dissect an emotional viral post.

Day 26: Practice 'informational humility' - admit a past mistake.

Day 27: Read history of propaganda and disinformation.

Day 28: Have a media-free day.

Day 29: Build your own Personal Information Code of Conduct.

Day 30: Celebrate - review your growth. Commit to ongoing practice.

Final Notes

Disinformation defense is like physical fitness: it requires sustained training.

Family culture is key. Offline grounding is vital.

Stay connected to real life - no online narrative replaces lived experience.