

Name _____

Date _____

Class _____

STUDENT WORKSHEET 2 · GRADES 9-12

My verification routine



Build the routine you will actually use when a message, call, image or video makes you want to act or share fast. Be specific: name real people, real apps and real websites you trust, but do not write any passwords or account numbers.

Step 1 — Pause

Which feelings or pressure words tell you to slow down? (for example: urgent, secret, guaranteed, act now, don't tell anyone)

Step 2 — Who says so?

Write three questions you will ask about where this came from and what it wants you to do.

Step 3 — Read laterally

Where will you search, and which kinds of sources will you trust (official sites, established news outlets, fact-checkers)? What will you do if every post traces back to the same single source?

Step 4 — Verify by a known route

List your known routes: how you would reach family (saved numbers, safe word), school (website or app you open yourself, counselor) and any account or money issue (official app).

Step 5 — Decide and report

When will you share, not share or report? Who is the trusted adult you would tell if a message threatened you or someone you know?

Step 6 — My rule for AI media

Write your personal rule about creating or sharing AI images, voices or videos of real people.



Think about it

Why does a polished, perfectly written message no longer prove it is legitimate?
