**U CHOOSE DIGITAL HEALTH LITERACY VIDEOS**

*Help us spread the word about this new video series from* [*U Choose*](https://www.uchoosebaltimore.org/)*. Feel free*

*to adapt this content for your brand and audience. Please tag UChoose on Twitter/X (@UChoosebmore) and on Facebook (@UChooseBaltimore).*

*Contact Megan Thomas (*[*Megan@HealthyTeenNetwork.org*](mailto:Megan@HealthyTeenNetwork.org)*) with questions or comments.*

**SHORT DESCRIPTION FOR EMAIL/NEWSLETTERS**

FOR ALL THREE VIDEOS

Subject line: Navigating health information in the digital age | New videos

The advent of the digital age has made information more widely available than ever before. But along with this unfiltered access comes the opportunity for rampant misinformation. In this digital era, everyone—from young people to caregivers to healthcare professionals—is navigating the impact of health misinformation online.

Building the skills to verify and fact-check information about their health and well-being gives young people a strong foundation for an informed and healthy life, and conversations with peers, parents, and healthcare providers are great opportunities to practice these invaluable digital media literacy skills.

U Choose is helping to kickstart these vital conversations with a new series of videos on making informed health decisions in the digital age. Whether you’re a young person seeking the answers to pressing health concerns, a parent or caregiver wanting to support your kids in finding the most credible sources of health information, or a youth-supporting healthcare provider working with patients to debunk health misinformation, these quick videos have easy-to-implement tips and resources to help young people develop digital media literacy skills.

Watch the videos below, and then make sure to share them with your networks:

For youth: [Navigating Health Misinformation in the Digital Age](https://youtu.be/sTNLyKZRhnM?feature=shared)

For parents: [Parenting in the Digital Age](https://youtu.be/v_9CTsQcRK0?feature=shared)

For healthcare professionals: [Providers in the Digital Age](https://youtu.be/5B4TF4Job8A?feature=shared)

FOR YOUTH

Subject line: How do you know what’s real? Understanding health misinformation

In the digital age, it is easier than ever to find information—but how can you be sure it’s true?

With all the information that’s now available at your fingertips—from TikTok trends to Reddit rumors—it can be hard to know what is real, especially when you’re looking for answers to important questions about your health. Do you know how to tell the difference between an online hoax and credible information?

This new video from U Choose is here to help with a bite-sized snippet, perfect for sharing on social media. Check it out to explore simple ways to fact-check health information online, including how to identify credible sources and share health information responsibly.

[Check out the video here](https://youtu.be/sTNLyKZRhnM?feature=shared)

FOR PARENTS AND CAREGIVERS

Subject line: Parenting in the digital age | Helping teens navigate misinformation online

As parents and caregivers, you want to be a source of help and support for your teens. We know your top priority is keeping your kids safe and providing a healthy environment where they can grow, learn, and thrive.

However, with ever-evolving health information—and misinformation—freely available on the internet, it’s becoming increasingly difficult to separate fact from fiction.

That’s why U Choose released this new video, exploring how parents and caregivers can help their teens verify health information online. Providing easy sources to fact-check and verify claims, this quick resource is a great tool to guide these crucial conversations about finding reliable health information in the digital age.

[Watch the video here](https://youtu.be/v_9CTsQcRK0?feature=shared)

FOR HEALTHCARE PROVIDERS

Subject line: Supporting teens’ digital health literacy

Now more than ever, young people have access to a myriad of health resources online—and not all of them are trustworthy. How can healthcare professionals ensure that young people are using the most credible information available to guide their medical decision-making?

This new video from U Choose shares a few ways healthcare providers can help adolescent patients debunk medical myths while encouraging them to share their concerns with a trusted professional. By building an authentic connection and sharing credible resources, healthcare professionals can help set teens up for a lifetime of informed decision-making—and digital literacy skills.

[Watch the video](https://youtu.be/5B4TF4Job8A?feature=shared)

**SUGGESTED SOCIAL MEDIA POSTS**

HANDLES

Twitter/X - @UChoosebmore

Facebook - @UChooseBaltimore

FOR PARENTS AND CAREGIVERS

We’re all still learning to navigate the ever-changing information available online. Teens, parents, and caregivers can work together to decipher what’s credible—and these resources can help: <https://youtu.be/v_9CTsQcRK0>

#DigitaLiteracy

#HealthLiteracy

Suggested image: [Parents 2](https://healthyteennetwork.box.com/s/adu0lpbdgerlg8q1lit9u30ltekvf832)

As parents and caregivers, our top priority is keeping our kids safe. But how can you be sure the health information your teen has found online is real? Check out these tips for finding the most reliable information: <https://youtu.be/v_9CTsQcRK0>

#DigitaLiteracy

#HealthLiteracy

Suggested image: [Parents 3](https://healthyteennetwork.box.com/s/kmsutrtfrmztt8hwrlfsdrnt0hix7h6e)

🤔 It can be hard to know what to trust online—especially when it comes to health information. Use these simple tips to double check:

▶️ <https://youtu.be/sTNLyKZRhnM>

#DigitaLiteracy

#HealthLiteracy

Suggested image: [Youth 2](https://healthyteennetwork.box.com/s/1tnb2kbvak8brmbkdlej0xcdcvidsx0i)

FOR YOUNG PEOPLE

📱 Growing up in the digital age means you’re surrounded by health information online—but not all of it can be trusted.

How can you tell what’s real? Start by digging deeper, and when you’re really not sure, get a second opinion.

Learn more: <https://youtu.be/sTNLyKZRhnM>

#DigitaLiteracy

#HealthLiteracy

Suggested image: [Youth 1](https://healthyteennetwork.box.com/s/ku5ketdpg7qibz2f69kxyktsw43yo7b5)

From TikTok trends to Reddit rumors, there’s a lot of health misinformation out there. How can you separate fact from fiction to make the healthiest decisions for you?

▶️ <https://youtu.be/sTNLyKZRhnM>

#DigitaLliteracy

#HealthLiteracy

#TakeChargeOfYourHealth

Suggested image: [Youth 2](https://healthyteennetwork.box.com/s/1tnb2kbvak8brmbkdlej0xcdcvidsx0i)

How can you tell if the health info you found online is legit? Here are three tips:

⚠️ Be intentional about what you’re sharing

🧑‍⚕️ Get a second opinion

🔍 Dive deeper

Watch here: <https://youtu.be/sTNLyKZRhnM>

#DigitaLliteracy

#HealthLiteracy

#TakeChargeOfYourHealth

Suggested image: [Youth 3](https://healthyteennetwork.box.com/s/n0tvy5brsez4zmdalxm24pg746kwpcdv)

FOR HEALTHCARE PROVIDERS

👂#ActiveListening goes a long way in helping a patient open up—including keeping an open mind about questions from the internet young people may have.

Learn how healthcare providers can help teens improve their #DigitalLiteracy: <https://youtu.be/5B4TF4Job8A>

#DigitalLiteracy

#HealthLiteracy

#YouthFriendly #Youth

Suggested image: [Providers 1](https://healthyteennetwork.box.com/s/q1criz7xppvhcccr9nz7ovdbn34z3j3b)

As a healthcare provider, building trust with young people is key to a healthy future. Find out how navigating online health information together fosters trust and respect: <https://youtu.be/5B4TF4Job8A>

#digitalliteracy

#healthliteracy

#youthfriendly#youth

Suggested image: [Providers 3](https://healthyteennetwork.box.com/s/4ptnog46k7rl56ynzmzvst73ubw7xb6c)

Parents and caregivers just want to be a support and resource to their teens. But with all the health information—and disinformation—available online, it can be challenging to know what to trust.

Learn how to separate fact from fiction: <https://youtu.be/v_9CTsQcRK0>

#digitalliteracy

#healthliteracy

#youthfriendly#youth

Suggested image: [Parents 1](https://healthyteennetwork.box.com/s/31pxxah3jaltvdai1x74lxxcpel9gvac)

Everyone deserves to feel confident and supported. Be empowered to make the healthiest decisions for you by learning what’s real online: <https://youtu.be/sTNLyKZRhnM>

#digitalliteracy

#healthliteracy

#youthfriendly#youth

Suggested image: [Youth 1](https://healthyteennetwork.box.com/s/ku5ketdpg7qibz2f69kxyktsw43yo7b5)