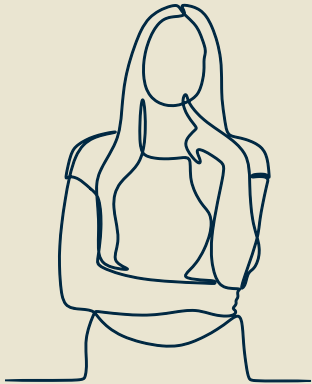




Let's focus on the **FACTS**



For individuals:

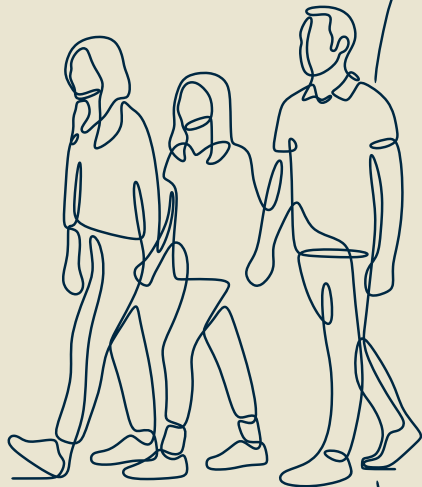
It is becoming increasingly difficult to find reliable and respectful sources of information. Misinformation creates confusion, isolates people and fuels mistrust.

- It may lead people to seek less information and be poorly informed.
- It can affect mental, spiritual and emotional health.
- It may cause withdrawal from the world or turning inward.

For the community:

Misinformation makes it harder for us to make informed decisions for our own wellness and that of our children and loved ones.

- It can increase targeted violence and discrimination against certain groups, including Indigenous people.
- It can undermine the protection of our rights.
- It can create or worsen health disparities.



How to protect yourself and your loved ones:

- Take the time to check information shared as carefully as you can and discuss it with a trusted health professional.
- Look for sources that respect Indigenous knowledge and values. Your local Friendship Centre can help you find these sources.
- Share information that is helpful, unifying and true.
- Encourage youth to ask questions and talk about what they see online.

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Contribution financière :



Public Health
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REGROUPEMENT
DES CENTRES D'AMITIÉ
AUTOCHTONES DU QUÉBEC