



Qyourself

Question what you get. Media education to fight Disinformation

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If journalism uses specific techniques to verify and validate the information we consume every day, why not incorporate this knowledge into general education?

QYourself aims to transfer basic journalistic tools and knowledge to teachers from different educational contexts in order to combat misinformation.

QYourself will be useful for teachers who want their students to be able to understand and use the information they receive in a more critical and responsible manner..

THE PROJECT

QYourself is a media and information literacy (MIL) project that **empowers teachers and educators** in diverse educational settings with essential journalistic skills to tackle misinformation.

The **journalistic method** plays a vital role in the development of media and information literacy skills. Taking university-level journalism training as a reference, this project simplifies it by

providing educators with practical tools to foster **critical thinking** in their educational programmes.

This initiative strengthens educators' skills by aligning with the **European Framework for Digital Competence for Educators** (DigCompEdu) and the European Commission's guidelines for combating disinformation.



THE PARTNERS

The project includes a **strategic alliance** between two areas of knowledge that are fundamental and complementary when it comes to tackling this challenge: **Journalism and education**. The QYourself team is made up of teaching and research staff from the University of the Basque Country (UPV/EHU), both from the Department of **Journalism** in the Faculty of **Social Sciences and Communication** and from the Faculties of **Education and Sport** in Bilbao and Vitoria-Gasteiz.

The project has five other European organisations as partners in a coherent and complementary international consortium: the **German educational group iberika**, which specialises in creating materials and manuals for teachers; the **Polish secondary school XLiceum** in Torun, which is part of the UNESCO Associated Schools Network (ASPNet); the **Spanish non-profit foundation Maldita.es**, which combats misinformation through fact-checking, the **Greek NGO Stimmuli**, which specialises in implementing educational projects and curricula, and the **Italian organisation CESIE**, whose main mission is to promote innovation, participation and educational growth. The project also has the support of **UN Etxea-Basque Country Association** for UNESCO and the **UNESCO Associated Schools Network in Spain**.

This international alliance brings together teachers and trainers from formal and non-formal education, journalists, university researchers and fact-checkers.



As an interdisciplinary team, their **mission** is to adapt and share this experience in various educational contexts and student groups, from secondary education to adult education.

THE RESOURCES

QR code to access the project website

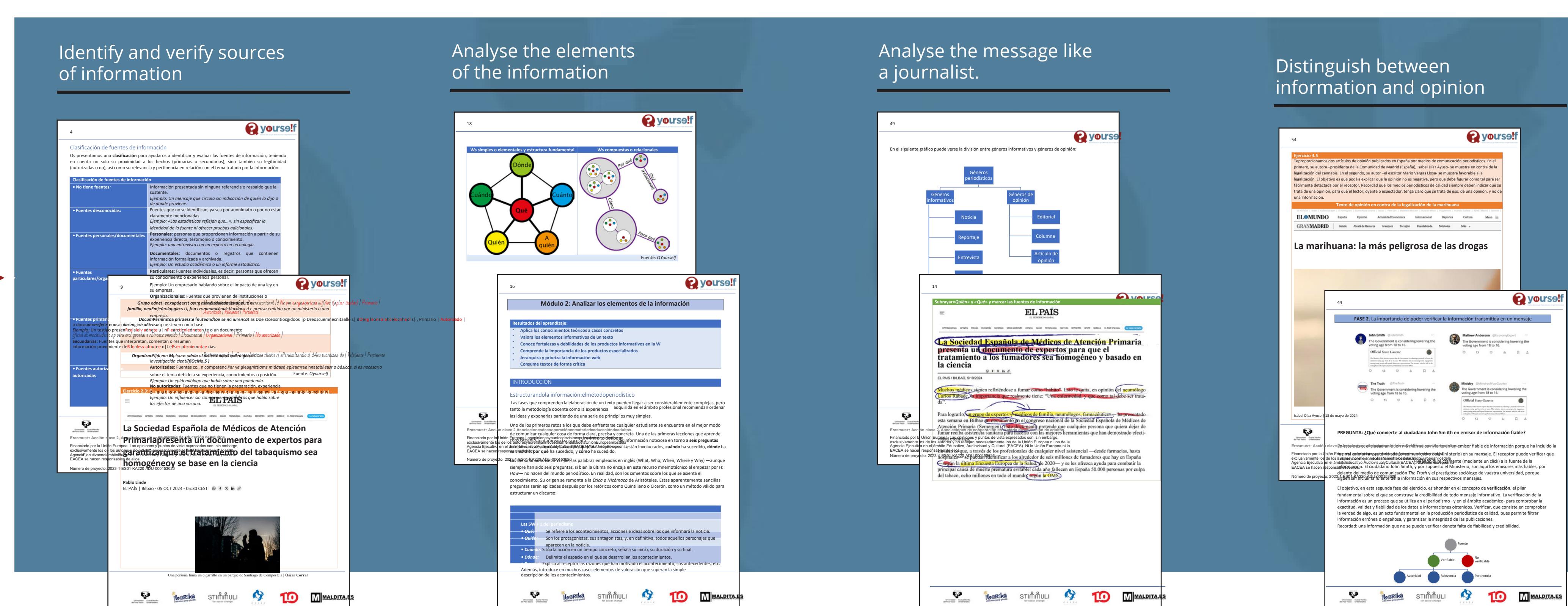


QYourself offers **practical educational resources that facilitate the incorporation of journalistic techniques into daily teaching**. These materials are aimed at educators who seek to promote more reflective teaching experiences, helping students to analyse, interpret and use information critically and responsibly. Their design is the result of a collaborative effort between trainers, university researchers and fact-checkers, and is based on a review and adaptation of the contents of the Journalism Degree. The resources have been digitised and condensed into **five open educational materials**, available for download on our website. Each collaborating organisation has adapted the workshop to its local needs, implementing a hybrid course that has enabled teachers to

be trained in five countries and five different languages. The participation of European students, teachers, and experts in media and information literacy has supported the entire process through extensive documentary and field research. Thanks to this training, **teachers acquire skills** in social media, digital content creation, and video production. These skills enable them to **design activities** that teach students to verify information using **journalistic methods**, identify **reliable sources**, and distinguish between **information and opinion**. All of this is essential in a context marked by information overload and the rapid circulation of content through social media and messaging apps.

TEACHING MANUAL FOR THINKING LIKE JOURNALISTS

The downloadable manual '**Think like a journalist**' offers basic journalistic tools to combat misinformation, structured around **four educational resources**:



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