

# Truth Seeker

Complete the five steps to earn your Truth Seeker Badge.

1. **Evaluate your sources:** When seeking out the truth, a good starting point is always to evaluate your sources to see if they are reliable, trustworthy, and unbiased. Click [here](#) to learn more about identifying good sources.
2. **Investigate what the experts say:** Read 3 articles either in the newspaper or online about a specific topic that interests you. How is the same topic covered by each news outlet or journalist?

Next find a YouTube video or piece of writing featuring an expert in the field you have chosen and compare their knowledge to what is featured in the articles you have already read. Is the information accurate? Did they interview or quote an expert in the field?

3. **Be a wise consumer:** One of the most significant ways that you can contribute to a better world is by learning how to be a wise consumer whether that be through media, music, outdoor adventures, or even shopping.

Join Jessica to learn more about what it means to be a wise consumer!

4. **Find truth in your everyday life:** An interesting aspect of journalism is often being able to read a person's body language especially when you are completing an interview. This will often help a journalist to determine which question to ask next or which questions may make the interviewee uncomfortable. This [video](#) will help you learn more about how to read and identify different forms of body language.

5. **Become a citizen journalist:** Citizen Journalists are defined as individuals who are interested in journalism and work together with a news company to gather and report information. These journalists can often be young people who are helping to report on issues that news companies may not even be aware of yet or are looking for a youth perspective.

Challenge yourself to create a video or write an article on a topic that is affecting our world today but that many may not know about. This could be a local community effort, an environmental concern, or an important project that deserves more attention. Gather your sources, interview those involved, and then prepare to report to family or friends on this important topic.