



Fact Checked

*Before you believe, before you share.
A checked doubt beats a fast rumor.*

10 prompts to verify a claim, an image or a video with AI, spot what's been faked, and stop passing on false news.

Free for the SYSTINFO community



GOOD TO KNOW

AI helps. It is no judge.

In 2026, anyone can fabricate a convincing image or video in seconds, and no automatic detector is reliable on its own, Stanford researchers and UNESCO remind us. The good news: method beats intuition. Cross-check, trace where an image comes from, keep a cool head. AI helps you do it. Three things to keep in mind.

- **Method beats intuition**

You can't eyeball true from false. You check: where it comes from, who says it, since when.

- **No detector is perfect**

No tool reliably flags an AI-generated image. Combine several clues with your common sense.

- **AI is not the truth**

AI can be confidently wrong. Always cross-check with reliable, independent sources.

The right reflex: where it comes from, who says it, what other sources say.
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THE METHOD

Ten prompts, five reflexes.

Keeping a cool head about a claim comes down to five reflexes: verify a claim, decode image and video, step back, think before you share, verify in depth. These 10 prompts turn AI into your research assistant. The judgment stays

yours.

*Every prompt follows the same recipe: Role, Context, Task, Format.
Copy the structure, change the brackets.*

01 **Verify a claim**

· 2 prompts

02 **Decode image and video**

· 2 prompts

03 **Step back**

· 2 prompts

04 **Think before you share**

· 2 prompts

05 **Verify in depth**

· 2 prompts



The Claim Test

PROMPT TO COPY

Role: you are a calm, methodical fact-checker.

Context: I'm pasting [a news item, a claim, a message I received].

Task: tell me if it's plausible and what's missing to believe it.

Format: the points to check, the questions to ask, how to cross-check, without deciding for me.

What you get

A clear first sort between fact and rumor. Seeing what a claim lacks keeps you from swallowing it too fast.



The Weighed Source

PROMPT TO COPY

Role: you are an analyst who judges how reliable a source is.

Context: the info comes from [a site, an account, a channel, a person].

Task: help me judge whether I can trust it.

Format: who is behind it, what it wants, its marks of care or of alarm, and how to check it.

What you get

A source weighed before you quote it. Knowing who speaks and why lights up everything that follows.



The Suspicious Image

PROMPT TO COPY

Role: you are an investigator who examines a doubtful image.

Context: I see this image of [scene] presented as [context].

Task: list the clues that it's faked, generated or taken out of context.

Format: the details to examine, the steps for a reverse image search, and what stays uncertain.

What you get

An image put through the sieve before you trust it. Where a photo comes from often tells more than the photo.



The Video in Slow Motion

PROMPT TO COPY

Role: you are an analyst who spots tampered videos.

Context: this video of [subject] is going around and feels off.

Task: tell me what to watch for to judge if it's manipulated.

Format: the signs of an edit or a deepfake, what to cross-check, and where to find the original.

What you get

A video decoded without being fooled. A detail in slow motion often betrays a fake invisible at full speed.



The Bias Exposed

PROMPT TO COPY

Role: you are a critical reader who spots a text's intentions.

Context: here is [an article, a post, a speech]: [paste it].

Task: show me how it tries to steer my opinion.

Format: the tone used, the emotions targeted, what is left unsaid, and the question to ask myself.

What you get

A text's hidden lever laid bare. Seeing that you're being nudged makes you freer.



Both Sides

PROMPT TO COPY

Role: you are a mediator who presents both camps honestly.

Context: on [topic], I've only heard one point of view.

Task: give me the other side, at its strongest.

Format: each side's arguments, the shared facts, the real points of disagreement, no caricature.

What you get

A topic seen from both sides, not one. Hearing the other version guards against rushed conclusions.



The Pre-Share Reflex

PROMPT TO COPY

Role: you are a safety net that slows me down before I forward.

Context: I'm about to share [info, image, message] with [family, a group].

Task: run me through a quick test before I send.

Format: five questions to tick, the sign that should stop me, and the alternative if I doubt.

What you get

A thoughtful share instead of a reflex. Thirty seconds of doubt keep a false claim from spreading.



The Correcting Message

PROMPT TO COPY

Role: you are a tactful friend who helps me correct without hurting.

Context: someone close shared [a false claim] and I want to tell them.

Task: help me word a respectful reply.

Format: a kind tone, the facts in a line or two, a source to back it, without shaming.

What you get

A correction that informs without stinging. Setting the record straight with tact beats silence or blame.



The Methodical Doubt

PROMPT TO COPY

Role: you are an investigator who builds a verification plan.

Context: this [important] topic deserves digging before I form a view.

Task: give me a step-by-step way to verify it.

Format: the steps in order, the sources to cross-check, the traps to avoid, and when to stop.

What you get

An orderly inquiry instead of a vague doubt. A clear method leads to an opinion that stands up.



The Reader's Safety Net

PROMPT TO COPY

Role: you are a careful adviser who sets the limits.

Context: I'm about to rely on what AI and the web tell me about [topic].

Task: remind me of the precautions before I conclude.

Format: AI can be wrong, cross-check two reliable sources, distrust what fits my view too well, date the info.

What you get

A conclusion reached with care, not by reflex. AI helps you search, it does not decree the truth.



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