

How to Avoid Spreading Misinformation About the Protests | WIRED

By Whitney Phillips

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I cannot make sense of what is happening.

I say this as a scholar of polluted information, someone who talks and thinks about political toxicity more than I do anything else in my life. I also say this as someone who, along with everyone else in my field, has watched the dangers gather and anxieties build for years. In my case, just as Covid-19 was picking up steam overseas, I found myself needing to [lie on the floor of my office](#), covered in bags of rice, as I tried to bring down my blood pressure enough to get through my next media literacy lecture. *Just say no to nihilism*, I'd tell my students and myself.

[...]

Source: [How to Avoid Spreading Misinformation About the Protests | WIRED](#)