

# Trust Me

## A Discussion Guide

**Movie Summary:** *Trust Me* is a feature-length documentary exploring human nature, information technology, and the need for media literacy to help people trust one another, bring them together and create a more resilient population.

Film Notes: Documentary - Director Roko Belic |  
US 2020 | 90 min | Grades 6–12



### Guiding Questions (before you watch):

- This movie explores aspects of human nature, and dynamics of human behavior. Which ones catch your attention in particular?
- As people think newly about social and environmental justice, and the impact of human decision-making on the health of the Earth and communities, what should we be paying attention to about tendencies of the human brain? What kinds of implicit/unconscious bias should we be looking for in our own thoughts and information we take in?
- The film begins, “Our business is information, and information has to be reliable to be considered useful.” What makes information reliable? How does this film explore this and similar questions about the ways we share and use information?
- How have people gotten their information during different periods of history? How did newspapers get started? What were the first television news broadcasts like?
- Think about all of the ways that social media, and media in general, manipulate the way in which you experience news. As you watch the movie, consider ways in which you may have been tricked? Is there such a thing as “fake news?” What is it?
- Consider confirmation bias. Is it a brain necessity, or is it something keeps an individual from “true facts”?

### Reflection Questions (after you watch):

- How do fact checkers do their work? Do you fact check sources you use for news and information? How do you do it?
- What about the claim that “News is not a representation of everyday life”? Does this seem true in your experience of reading/watching/listening to news? Think about equity and perspective as you consider this question.
- In your opinion, what is the role of “citizen journalists,” and how can people’s capacity to record and document events on their own be used in positive and productive ways? What kinds of criteria should there be for sharing, and how can people be accountable for what they put into the world as “news”?
- What criteria would you use to determine which news sources are trustworthy? How can you verify?