MICHIGAN CATHOLIC CONFERENCE

Why Catholics should be "media mindful" when evaluating political information.

Being "media mindful" is a concept coined by the Daughters of St. Paul, a religious order of sisters who call themselves the "Media Nuns" and have made promoting digital literacy to Catholics their mission.

Being media mindful means constantly asking questions of information. In the case of political information, those questions could include:

- Is this information complete, or could it lack important context?
- Is there more information that I need to make a more informed decision regarding this issue or this candidate?
- Does this content align with issues that the Church is calling Catholics to be attentive to and concerned about?
- Does this political content respect human dignity and respect other people?

Asking these questions is important considering the proliferation of fake or intentionally misleading information online. There are three types of bad information to be aware of:

Misinformation

A source of information that lacks full context—could be intentional or unintentional.

> Is this information complete, or is this only an aspect? Is that really the whole story?

Disinformation

Deliberately fabricated fake information to manipulate and mislead people.

> Is this the real person? Are there details that could give away that it is a fake image or video? (For instance, an image of a person with six fingers on one hand was likely generated by artificial intelligence.)

Malinformation

Reality-based information but deliberately used out of context for malicious purposes.

> Is this message revealing sensitive or private information in an altered context? Is the intent of this message to deliberately harm others?

For more on how Catholics can prepare to vote in the 2026 election, scan the QR code or visit micatholic.org/electionresources.