




License: This document is provided to paying members for personal use only. You may print it for yourself or your household. Public redistribution, posting online, or commercial use is not permitted without written permission from Simple Virtues LLC d/b/a Don't Get Bunked!


Curated tools and references to help you evaluate everyday claims, expose viral myths, and separate fact from fiction.


Use this page when you see a “shocking fact,” a viral story, or a bold statement that doesn’t quite feel right.




General Fact-Checking

FactCheck.org — Nonpartisan fact-checking organization covering politics, science, and viral misinformation. ✓IFCN-Verified  <https://www.factcheck.org> ↗

PolitiFact — Checks claims from officials, media, and social posts with a transparent “Truth-O-Meter” rating system. ✓IFCN-Verified  <https://www.politifact.com> ↗

The Washington Post Fact Checker — Investigates widely shared claims and provides context, sources, and Pinocchio ratings. ✓IFCN-Verified  <https://www.washingtonpost.com/news/fact-checker/> ↗


Snopes* — One of the oldest and most comprehensive debunking sites for internet rumors, viral posts, and urban legends.  <https://www.snopes.com> ↗



* I am aware of the kerfuffle at Snopes—One of the founders was caught plagiarizing to boost rankings. They discovered it, retracted the posts, and he is not allowed to publish anything anymore. If you heard something else, e.g., if you heard that he made things up to find rumors incorrectly true or false, I'm afraid you got bunked. Snopes is still widely considered to be a reliable general purpose debunking site.




Viral Myths & Rumors

Truth or Fiction — Specialized in debunking copy-and-paste posts, “share if you agree” content, chain emails, and long-circulating hoaxes.  <https://www.truthorfiction.com> ↗

Hoaxy — Visualizes how claims spread across social platforms, showing how misinformation gains traction (useful for seeing echo-chambers and copy-paste networks).

 <https://hoaxy.osome.iu.edu> ↗

Media Bias/Fact Check — Not a fact-checker; helps you quickly gauge a source's reliability and political bias before you trust or share it.  <https://mediabiasfactcheck.com> ↗



Sam's Tips

If you haven't verified it, don't amplify it. Most false claims spread because people share first and check later.



General Debunking & Myth Busting



Search the exact claim in quotes. If only one site is saying it — or many sites repeat the same wording — treat it as unverified.

Cross-check independently. Look for confirmation from multiple, unrelated outlets. Convergence = confidence.

Watch the wording. Sensational headlines, all-caps warnings, “secret cure,” “they don’t want you to know,” “one weird trick,” and similar phrases are classic red flags.

Prefer vetted sources. When possible, start with ✓IFCN-Verified fact-checkers for higher trust and clear sourcing.