



Gendered disinformation

A 45-minute course for Ugandan journalists

Spot it. Verify it. Report it responsibly.

Her Digital Rights

By the end of this course, you can

1. Recognise gendered disinformation and its four common tactics
2. Run a five-question check before you publish or share
3. Report on targeted women without amplifying the smear
4. Document and report abuse, and know where to find support

Part 1 • 5 minutes

A rumour reaches your WhatsApp

A doctored image and a rumour about a woman politician are spreading in group chats. *(A fictional example.)*

Would you share it? What would you do first?

Self-paced? Write your answers before you continue.

What is gendered disinformation?

False or misleading stories that target women because of their gender, to discredit or silence them.

Sexualised smears

Fake or doctored intimate images, including deepfakes, and rumours about her sex life.

Morality and family

Attacks on her character, marriage or motherhood instead of her work.

“Unfit” narratives

Claims that she is too emotional, too ambitious or not qualified to lead.

Pile-ons

Coordinated waves of abuse and false claims meant to make her go quiet.

Part 3 · 13 minutes

The five-question check

Source

Who posted it first?

Evidence

Can the image or claim be verified?

Motive

Who benefits if it spreads?

Gender lens

Would this be said about a man?

Harm

Does reporting it spread it further?

Activity: in groups, apply the check to a fictional case card. Self-paced? Apply it to the scenario in Part 1.

Rewrite it, do not repeat it

BEFORE (amplifies)

MP accused of affair as photos go viral

AFTER (informs)

Photos of MP are fake, fact-check finds: how the rumour spread

- Lead with the verified fact
- Do not repeat the smear in a headline or intro
- Do not republish the image
- On air, explain what was checked; do not read the claim out

Part 5 · 7 minutes

Protect yourself and your colleagues

1. Screenshot and save links, dates and usernames
2. Report to the platform and block
3. Secure your accounts: strong passwords and two-step verification
4. Tell your editor and follow a newsroom protocol
5. Look after your wellbeing and ask for support

[Read the Digital hygiene zine from Her Digital Rights.](#)

One action for next week

Write one thing you will do differently, and who you will tell.

- Take the short quiz [\[link\]](#)
- Keep the five-question check beside you
- Share this course with a colleague