

5 Quick Checks for Spotting Deepfakes

Simple visual guide to identify manipulated videos and audio with your child

Children learn faster when they spot mistakes themselves. Use these five checks together when watching a suspicious video or listening to questionable audio. Pause, observe, and discuss what you notice.



Check 1: Watch the Lighting

Does the lighting stay consistent when the face moves?

What to look for: Pause the video and watch for shadows that don't match head movements. Deepfakes often fail to track lighting changes naturally. Real videos show shadows moving with the face.



Check 2: Look at Small Details

Are teeth, earrings, or background patterns blurred or distorted?

What to look for: AI struggles with fine details. Look for jewellery that seems fuzzy, teeth that look odd or blurred, or backgrounds that shimmer unnaturally when the person moves.



Check 3: Listen to the Voice

Does the voice sound too flat or do emotions feel mismatched?

What to look for: Cloned voices often lack natural variation. Listen for robotic pacing, breathing that sounds artificial, or emotions that don't match the facial expressions you see.



Check 4: Check the Source

Is the clip appearing first on an unknown or new account?

What to look for: Check the poster's profile. Brand-new accounts with no other content, accounts with random names or numbers, or profiles that only share suspicious content are red flags.



Check 5: Find the Original

Can you trace it back to an original source?

What to look for: Legitimate content has a traceable origin. Ask: where did this first appear? Can anyone link to the original post? If no one can point to the source, treat it as suspicious.

Practice Together

Run through these checks once with a real example. Make it a game, not a test. Kids learn faster when they spot the mistakes themselves rather than being told what to think.

More resources from Digital Safety Squad™ :

- What If My Child Is Deepfaked? A Parent's Response Guide
- How to Talk to Your Kids About Deepfakes
- What Is a Deepfake? How AI Voice and Video Scams Work
- Bark Review (2025): Parental Control App for Safety and Privacy

Digital Safety Squad™

digitalsafetysquad.com/family_safety/parent-deepfake-guidance