



Recognise retouched or photoshopped content



A definition

Retouched or photoshopped content consists of modified images changed through programmes or filters which alter reality.



Why is this important?

Recognising retouched or photoshopped content is important for a few main reasons:

- To avoid fake news and misinformation.
- To avoid misleading in our judgments.
- To avoid impacts on our mental health linked to body image, catfishing, fraud and other forms of harassment involving faked content.



Tips and tricks

- ➔ Stop falling into the perfection trap: many images and pictures on social media are modified. They can lead to forms of depression, anxiety, body dysphoria and eating disorders, especially for the younger generations.
- ➔ You can identify if a picture is photoshopped by checking if the background is manipulated, if everything in the picture is in focus, if there are no lines or shadows on someone's face and if there are patterns in the picture (source: [How to Tell If a Picture Was Photoshopped \(insider.com\)](https://www.insider.com/how-to-tell-if-a-picture-was-photoshopped)).
- ➔ If your students have a low self-esteem or if you know of any bullying related to looks, it could be a good idea to show your students the importance of composition, make up, lighting, and posing in creating a 'perfect' picture.



Useful resources and tools



Adobe, [Adobe's new AI tool automatically spots Photoshopped faces - The Verge](https://www.theverge.com/2023/11/14/adobe-ai-tool-photoshopped-faces), prototypes a tool to automatically recognise photoshopped images.



Caitlin Flinn on Business Insider, [How Retouched Photos Impact Our Mental Health](https://www.businessinsider.com/how-retouched-photos-impact-mental-health), explains the relation between photoshopped images and mental health.



SAFETY RESOURCES



Anthony Enticknap on Makeuseof, [11 Ways to Easily Identify Manipulated Images](#), and Margaretha Rebbe on LinkedIn, [8 Tips on how to detect image manipulation](#), share additional tips to recognise retouched images.



[InVID project plugin](#) helps to debunk fake news and to verify videos and images.