

DAY 38 · Part 4 · What to Watch Out For

Is this video real? — Deepfakes

Five-Minute AI Lessons · Oct 14, 2026

Stare at the screen all you like, you won't see it — follow where it came from.

In a nutshell

- 1 Honestly? **You can't tell just by looking.** The old trick of counting fingers barely works anymore.
- 2 So change where you look. Instead of picking apart what's on the screen, follow **where it came from** — is it where it should be, and did anyone else film it too?
- 3 The people making this stuff are starting to label it too. Europe has put rules into law for planting **invisible marks** and for saying when AI made something, and other countries are working on their own.

Clues that stopped working vs clues that work now

Clues that don't work

- Count the fingers
- Check whether the eyes blink
- Low quality means it's fake



Clues that work now

- Is it where it should be?
- Did anyone else film it too?
- Is it rushing you for money or secrets?

Everything on the left looks inside the screen; everything on the right looks outside it. The inside of the screen gets more perfect every year.

Key idea: don't stare at the screen — trace it back to the source

Trust it or doubt it?

OK to trust

When this one fits

- ✓ A screenshot of a news story going ar...
- ✓ Photos from a school event. The schoo...
- ✓ A new video from a singer you like. I...

Be suspicious

When this one fits

- ✓ A short video of a famous person sayi...
- ✓ A voice message in your friend's voic...
- ✓ A 15-second video of someone saying t...

The rule

How to choose

- ✓ Trace it back to the source, look for...

Six situations. Don't judge how well it's made — read the clues that come with it.

Try it yourself in the web lesson · next-token.net/en/learn/day-38/

Just three questions

Q1

These days, what's the more reliable way to spot a deepfake?

- ① Count the fingers
- ② Check whether the picture quality is good
- ③ Trace back where it came from
- ④ See whether it's short

Q2

Your friend's voice asks you to send money, fast. What do you do?

- ① It's their voice, so send it
- ② Post it in the group chat first
- ③ Send just a little
- ④ Check it's really them some other way first

Q3

A video that says it was made with AI is...

- ① Not a trick if it says so
- ② Always a deepfake
- ③ Always illegal
- ④ Not allowed to be watched

Know the why, too

Q1

③

Tricks that look inside the screen fall apart as the tech gets better. A source is hard to make up, no matter how good the fake is.

Q2

④

A voice can be copied from a few seconds of recording. Don't do anything until you've checked it's really them another way — a call or in person.

Q3

①

The problem isn't that AI made it — it's the tricking. That's why the rules are heading toward 'say so,' not 'ban it.'

**Stare at the screen all you like, you won't see it —
follow where it came from.**



Tomorrow: Bias in AI — if the data it learned from leans one way, its answers lean the same way.