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.

In one picture

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

Experiment · Pick one

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.