🖱️ Click Restraint Checklist

Pause. Scan. Choose wisely. Before you click on a search result, run through this checklist.

✅ Step 1: Don't Click Yet

☐ I stopped myself from clicking the first result.
☐ I scanned **at least 3–5 results** on the page.
☐ I skipped any results labeled **Ad** or **Sponsored**.

✅ Step 2: Read the Title Carefully

☐ The title clearly connects to my research question.
☐ The title does **not** sound extreme, emotional, or clickbait.
☐ The title suggests information (not just opinion or entertainment).

Ask yourself: *Does this title promise useful evidence, or just a strong opinion?*

✅ Step 3: Look at the URL

☐ I recognize the organization or publisher in the URL.
☐ I did **not** assume a site is trustworthy just because it ends in .org, .com, or .edu.
☐ I considered whether the site might have a **bias or vested interest** in the topic.

Reminder: Anyone can create almost any kind of website.

✅ Step 4: Scan the Snippet

☐ The snippet shows the page actually addresses my topic.
☐ The snippet suggests evidence, research, or explanation—not just persuasion.
☐ The snippet sounds balanced or informative (not one-sided).

✅ Step 5: Compare to the "Best Possible" Source

☐ This result seems **reliable** (from a credible organization or author).
☐ This result seems **relevant** to what I'm researching.
☐ This result might offer **multiple perspectives** or solid evidence.

Ask yourself: *Is this close to the ideal source I imagined before searching?*

✅ Step 6: Make a Thoughtful Choice

☐ I can explain **why** I chose this result over others.
☐ I understand that my first click might not be perfect—and that's okay.

🧠 Final Reminder

Click restraint doesn't mean you'll always choose the perfect site.
It means you're **thinking before clicking** and that makes you a smarter, more confident researcher.