

ABF

ELECTION KIT · 2026

Argue

more!

Practising democratic resilience

ABF · SWEDISH WORKERS' EDUCATIONAL ASSOCIATION

ELECTION 13 SEPTEMBER 2026

ABF

ABOUT THE CARDS

Conversation cards for practising democratic dialogue — on disinformation, influence operations, AI and online hate.

Democracy does not run by itself. It lives through people talking, testing their arguments and daring to change their minds. Use the cards in a study circle, at work, in your association or on your own. There are no right or wrong answers, only stronger conversations. Published in Swedish as “Argumentera mera!”.

Politically non-partisan. Produced within non-formal adult education.

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DEMOCRACY & ELECTIONS

QUESTION

?

What can you do to keep the conversation open, inclusive and respectful — so that more people want to and dare to take part?

TALK · ARGUE

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1 DISINFORMATION

CONCEPTS

Three terms to keep apart

Not all false or misleading content is the same:

Misinformation

False content spread by mistake, with no intent to harm. The person sharing it believes it is true.

Disinformation

False content spread deliberately in order to deceive or cause harm.

Mal-information

True content used to cause harm: leaked private data, or facts stripped of their context.

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1 DISINFORMATION

THEME

What is disinformation?

False or misleading information spread deliberately in order to harm, or to shape how we think, feel and vote.

The trick is usually to get us to pass it on — without realising that we have become part of the spread.

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1 DISINFORMATION

DEMOCRACY

...AND DEMOCRACY

Disinformation and democracy

The risk is that we make decisions on false grounds. In election years such attempts increase.

The aim is rarely to convince you of one particular thing. More often it is to create worry, distrust and division, so that we stop trusting each other and our institutions.

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1 DISINFORMATION

FACTS

3 in 4

young people in Europe believe they have come across disinformation or false and misleading news in the past week.

Source: European Parliament Youth Survey, 2024

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DISINFORMATION

QUESTION

?

Have you, or someone you know, shared something that turned out to be false? What can that lead to?

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1 DISINFORMATION

PRACTICAL TIPS

Basic source checking

Four questions before you believe something:

✓ Who?

Who is behind the source?

✓ What?

Does the content seem reasonable — are different perspectives weighed against each other?

✓ Why?

For what purpose was it published, and who is it aimed at?

✓ When?

Is the information current?

And: can you find the same information in several independent sources?

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What is influence?

Propaganda is messaging that wants you to change your opinion or behaviour. Some of it is open and lawful: advertising, party politics.

Information influence operations are something else: misleading messages using dishonest methods — fake senders, manipulated content — often from a foreign state. The EU calls this FIMI: foreign information manipulation and interference.

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What kinds of influence do you think may occur ahead of the 2026 election? How would you notice it?

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Influence and democracy

Foreign election interference has two goals: to reduce your trust that the election is conducted properly, and to interfere with your free formation of opinion.

It usually begins long before election day — to shift, quietly, where we stand.

Source: Swedish Psychological Defence Agency, 2025

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Think before you share

- ✓ Anyone offering simple solutions deserves extra scrutiny.
- ✓ If something seems too good — or too outrageous — to be true, it usually is.
- ✓ Who benefits from you passing this on?
- ✓ Wait to share until you have checked. Not sharing is also a choice.

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In 2025 Russia was the leading state actor behind information influence operations directed at Sweden.

84 %

of Swedes see Russia as a threat to peace and security.

Source: Swedish Psychological Defence Agency, Opinions 2026

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What is a deepfake?

AI-generated images, video and voices that look and sound real — but are not.

Today almost anyone can create convincing false content, quickly and cheaply. A public figure can be made to say things they never said.

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Have you seen content you suspected was AI-generated? How did you notice — and what did you do next?

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AI and democracy

AI makes it easier to mass-produce credible disinformation and to impersonate other people.

At the same time, several platforms are stepping back from fact-checking. The responsibility to stop and think falls more and more on us.

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Swedish Radio P4 Uppland exposed

4 TikTok accounts

posing as Swedish teenage girls. All were AI-generated, had thousands of followers and spread political extremism.

Source: Sveriges Radio P4 Uppland / Swedish Internet Foundation, 2026

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Checking AI content

- ✓ Look at the details: hands, text, ears, shadows and backgrounds that do not add up.
- ✓ Where was it published first? Trace the original source.
- ✓ Use reverse image search to find where an image comes from.
- ✓ Trusting a chatbot? Ask it something you already know — then ask “are you sure?”. Answers often sound right and are still wrong.

Tips from the Swedish Internet Foundation

What is online hate?

Hateful, threatening or degrading comments online, including hate speech.

Some of it is unlawful — unlawful threats, defamation, harassment. Some of it is not. But the harm can cut deep whatever the law says.

...AND DEMOCRACY

Online hate and democracy

When people fall silent out of fear, voices disappear from public debate.

It hits young people, women and minorities hardest. Fewer people daring to speak their mind is a direct threat to democracy.

One in four

elected representatives in Sweden were subjected to threats, harassment or violence during 2024. The youngest are most exposed.

One in four of those affected have considered leaving all their political posts.

Source: Brå, Politicians' Safety Survey 2025

Among journalists,

39 %

report practising self-censorship, and 48 % say they have adapted their reporting — to avoid hate and threats.

Source: Swedish Union of Journalists



Have you seen or experienced online hate? What did it do to your own or others' willingness to speak up?

If you see online hate

- ✓ Post a supportive comment for the person targeted.
- ✓ Get in touch and offer your help.
- ✓ Report the post to the platform.
- ✓ Report it to the police if you suspect a crime has been committed.
- ✓ If you are young — talk to an adult you trust.

Read more: nathatshjalpen.se

Emotions drive what we share

Our own feelings mislead us:

- we look for confirmation of what we already believe
- we hold the opinions held in the groups we belong to
- we think we are right more often than we are
- we are triggered by the spectacular and the outrageous

Algorithms amplify exactly what stirs strong emotion.

More than

one third

of the young people who consider themselves good at source criticism have still been fooled by false posts.

Do not lower your guard — nobody is immune.

Source: Swedish Internet Foundation, Source Criticism in Sweden 2025



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EMOTIONS & ALGORITHMS

QUESTION



When do you share things quickly? What is it that makes you press “share”?

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EMOTIONS & ALGORITHMS

PRACTICAL TIPS

Pause the emotion

Feeling angry or elated? That is usually when we spread things uncritically.

✓

Take three breaths.

✓

Check the source.

✓

Then share — or don’t.

That small pause is your strongest form of resilience.

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WHERE TO TURN

You are not alone

Many organisations work for a public conversation marked by accuracy, openness and respect. Some that can help you further:

Swedish Agency for the Media

media & information literacy

mediemedveten.se

Swedish Internet Foundation

source criticism & digital habits

internetstiftelsen.se

Swedish Psychological Defence Agency

psychological defence

mpf.se

Näthatshjälpen (Make Equal)

support for targets of online hate

nathatshjalpen.se

Swedish Crime Victim Authority

“Don’t stay silent”

brottsoffermyndigheten.se

ABF · election kit

materials & conversation cards

abf.se

And non-formal adult education — for the conversation itself.

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END WITH ACTION



How to vote

Democratic conversation leads somewhere: to your vote. There are three ways to vote in Sweden, and it is simpler than many think.

1

Vote early anywhere in the country, in the weeks before election day.

2

Vote on election day at your polling station on 13 September.

3

Mobile voting if you cannot get to a polling station — contact your municipality.

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HOW TO VOTE



Who can vote?

In the election to the Swedish parliament you may vote if you:

●

turn 18 no later than election day,

●

are a Swedish citizen, and

●

are or have been registered as resident in Sweden.

In municipal and regional elections many foreign citizens may also vote. Your voting card shows which elections you may vote in.

Source: val.se

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HOW TO VOTE



Early voting

Want to vote in good time?

●

Early voting opens about three weeks before election day.

●

You can vote early at any early voting station in the country — for example at a library.

●

Bring photo ID. If your voting card has arrived, bring it too — it is quicker.

Dates and locations are published at val.se

Source: val.se

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HOW TO VOTE



On election day

Sunday 13 September 2026:

●

Polling stations are open during the day — the hours are printed on your voting card.

●

You vote at the polling station stated on your voting card.

●

Bring photo ID. If you cannot identify yourself, another person can vouch for who you are.

You do not need to have decided beforehand — the ballot papers are there at the station.

Source: val.se

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UNSURE? GOT QUESTIONS?



Everything at val.se

All you need to know about voting — times, locations, ID requirements and what applies to you — is gathered by the Swedish Election Authority.



val.se

Scan the code or search for val.se

Vote on 13 September

Democracy needs your vote — whoever you vote for.

These conversation cards were produced by ABF as part of an election kit for the Swedish general election on 13 September 2026.

Download or print your own cards: www.abf.se

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