

Counterintelligence Dossier: Putin's Global Strategy and Disinformation Campaigns

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Executive Summary

Vladimir Putin's regime pursues a **global strategy** centered on information warfare and geopolitical leverage. Despite sanctions and international isolation, Moscow has (1) **weaponized propaganda** to portray Russia as a defender of "traditional values" and sovereign identity, while maligning the West as morally corrupt (see Themes 1–3 below) ¹ ² ; (2) used **disinformation campaigns** – including false narratives about US-funded biolabs and "denazification" of Ukraine – to justify aggression ³ ⁴ ; (3) exploited **energy exports** to coerce Europe (e.g. Nord Stream pipeline politics) but found its leverage waning as Europe diversifies (gas imports from Russia fell from ~40% of EU supply to under 20% by 2024) ⁵ ⁶ ; (4) engaged in **covert influence** via cyberattacks (GRU "Fancy Bear", Railway GPS jamming), proxy networks, and financing of foreign actors to destabilize rivals ⁷ ⁸ .

This report documents Putin's *key narratives* (e.g. "we must denazify Ukraine," anti-LGBTQ "gayrope" themes), provides **detailed examples** (quotations, dates, sources) of propaganda and lies, analyzes energy trade data and sanctions impacts, and assesses Russia's intelligence/influence methods. We identify vulnerabilities (e.g. Europe's residual energy dependence, online echo chambers, social divisions) and recommend countermeasures: rigorous fact-checking, narrative rebuttals, strategic communication campaigns, diversification of energy supply, and legal/diplomatic actions. The **recommendations** section (especially Tables and flowchart) offers prioritized strategies for governments, NGOs and media to expose lies, counteract propaganda, and build resilience. A one-page public-facing rebuttal concludes with clear refutations of Russia's top falsehoods.

1. Russian Strategic Narratives & Talking Points

1. **"Defending Traditional Values"**: Russia presents itself as a **civilizational bulwark** against a decadent West. Putin and allied clerics proclaim Russia the "bastion of traditional values" (religion, family, nation) contrasting it with liberal Western "colonial" modernity ² ⁹ . State media equate **LGBT rights and gender equality with moral decay or "paedophilia"** ¹⁰ ¹¹ . For example, Russian lawmakers passed sweeping laws against "LGBT propaganda," **"defending our values... and our children"** from Western "un-Russian" ideals ¹¹ ¹² . Pro-Kremlin outlets mock Pride parades and label the EU a **"Gayrope"**, warning that Western culture seeks to destroy the (hetero) nuclear family ¹³ ⁹ . This **"Threatened Values"** narrative unites social conservatives and anti-Western audiences ¹⁴ ² .

2. **Loss of Sovereignty / “Limitrophe” States:** Moscow claims that many foreign countries (NATO, EU, even Ukraine) **lack real sovereignty**, puppeteered by the US. Pro-Kremlin media portray the EU and “Westernisers” as a single “indivisible evil” undermining nations ⁹ ¹⁵ . Russian propagandists coined the derogatory term “*limitrophes*” for border states (Poland, Baltic, Ukraine etc.), calling them “not real states” whose puppet elites “keep asking Western Europe and the US for help” ¹⁵ . Putin and associates accuse Western governments of orchestrating all democratic protests (“color revolutions”) abroad (e.g. Euromaidan 2013–14) and threaten any NATO expansion as neo-colonial overreach. Foreign ministries praise **multipolarity** against “Western attempts to stall” it ¹⁶ ¹⁷ . For example, Defense Minister Shoigu bluntly stated that the West “cannot accept that the era of the unipolar world order is nearing an inevitable end” ¹⁷ .
3. **Anti-Western & Anti-Colonial Rhetoric:** The Kremlin casts the **US, NATO and EU as existential enemies**. Putin frames Russia’s aggression as defending itself and the Global South from Western “imperialism.” He argues the war in Ukraine is an “**anti-colonial struggle**” against a decadent West ¹⁸ , and paints Western sanctions as mean-spirited attempts to undermine Russia ¹⁹ ²⁰ . Narratives include accusing Western media of lies, branding foreign NGOs as subversive, and twisting events (e.g. calling Russian missile strikes on Ukraine “de-Nazification” campaigns). State outlets endlessly replay “**whataboutism**”: citing Iraq, Libya, etc., to claim West is no moral authority ²¹ . Russophobia is another thread: critics are depicted as irrationally hating Russia. Altogether these narratives justify Kremlin policy as defensive and cast Russia as a victimized hero. (See Tables 1–2 for key narratives, evidence, and counter-points.)

2. Documented Propaganda & Disinformation

2.1 Ukraine War Narratives

Denazification & Genocide Claims – On Feb. 24, 2022 Putin launched the invasion justifying it as “demilitariz[ing] and denazify[ing] Ukraine,” protecting Russians from eight years of “genocide” under Kiev ³ . Subsequent Kremlin propaganda attacked Ukraine’s legitimate government as Nazi-run, warping history. For example, propagandist Dmitry Medvedev vowed to fight “the reincarnation of fascism... the Nazi regime in Kyiv” ²² . Such dehumanizing rhetoric continued (e.g. Russian commentator Solovyov calling Ukrainians “cockroaches” and using ethnic slurs ²³). These false narratives have been repeatedly debunked, but still feature prominently in state media. Tab. 1 (below) lists key war-related talking points (“Kiev regime = Nazis”, “US labs = bioweapons”) with sources and factual rebuttals.

Bio-lab Conspiracy – Moscow falsely claims US-funded “biological weapons labs” in Ukraine. At the 2022 UN biological weapons meeting, Lavrov “presented evidence” of such labs ²⁴ , but UN experts (UNODA’s Nakamitsu) immediately refuted this as baseless ²⁵ . In reality, Ukrainian labs (built/upgraded with US help) study disease prevention. The US Embassy in Kyiv has called the bio-lab accusations a “fabricated” Kremlin smear aimed at justifying invasion ²⁶ . (See **Table 1**, row 3 for a documented example.)

Coup & Subversion – Russian media routinely allege that Western powers direct Ukraine’s politics and spur unrest abroad. Kremlin outlets claim NATO-occupation (e.g. “Germany is occupied by the US” ²⁷) or that Ukraine’s president is a US puppet. Pro-Russian sources denounce “color revolutions” as Western plots ²⁸ . These talking points foster cynicism about democracy. In practice, independent monitoring (e.g. OSCE) has found no credible foreign orchestration of Ukraine’s elections or protests, but Kremlin propaganda persists.

2.2 Anti-LGBTQ Messaging

“Gayrope” & Family Ideology – A central Kremlin line is that Western liberalism and LGBTQ rights are corrosive. Russia’s “gay propaganda” laws are portrayed as **patriotic defense of children and culture** ¹¹. Lawmaker A. Khinshtein explicitly called LGBT media “an element of hybrid warfare” and said Russia must “protect our values, our society and our children” ¹². Russian state media vilify Pride events and LGBTQ NGOs; a 2022 ruling-party bill even proposed stripping gay parents of custody.

Evidence shows Russia’s anti-LGBT disinfo is coordinated. In late 2023 the EU’s disinfo service (EEAS) identified dozens of Kremlin-linked social-media campaigns coining terms like *“Gayrope”* and *“gender ideology”*, attacking LGBTQ rights as existential threats to European societies ²⁹ ¹⁴. For instance, fake news videos depicted Ukrainians as recruiting “homosexual battalions,” and satirical ads suggested inviting transgender soldiers into the Russian army ³⁰ ³¹. Domestic analysis found Russian state outlets repeatedly use epithets (“sodomites”, “social disease”, etc.) for LGBTQ people ³² ⁹. These narratives stoke hostility: Detector Media notes Russian propaganda even suggests LGBTQ communities are “more dangerous than Russians” ³³. (See **Table 2** for examples of anti-LGBT propaganda and factual counters.)

2.3 Other Disinformation Campaigns

- **Global South Outreach** – Russia portrays itself as champion of post-colonial and non-Western nations. Putin casts sanctions as neo-imperial bullying and invites African, Latin American governments to join a “multipolar world” against Western hegemony ³⁴ ¹⁶. In practice, Russia pursues arms and energy deals (e.g. nuclear in Africa) in return for diplomatic support.
- **Demonizing the West** – Official channels claim NATO expansion is an existential threat. Lavrov and others falsely assert that Western governments condone biological weapons research or run global “Russophobia” campaigns ²⁵ ¹⁶. They blame democratic countries for chaos (pointing to Libya, Syria, or pandemics) while omitting evidence of Russian aggression.
- **Military Paranoia** – Russia’s military-technical journal and propaganda cite fictional US “space weapons,” “chip implants,” or Ukraine supposedly running missiles for NATO. ³ ³⁵ Such claims lack credible evidence and have been debunked by experts.

3. Russian Energy Leverage and Dependency

3.1 Russia’s Oil & Gas Profile

Russia remains one of the world’s largest **oil and gas exporters**, historically supplying ~40–45% of EU gas ⁵. Its vast reserves and pipeline networks gave Moscow heavy influence over Europe’s energy security. For decades, Russia financed a large share of its federal budget (~40%) via oil/gas revenues ³⁶.

3.2 Impact of Sanctions & Diversification

Western sanctions (200+ measures) and Russia’s 2022 cutoff of gas supplies forced Europe to diversify. According to the Atlantic Council, Gazprom’s revenues **plunged** 41% YoY (first half 2023) and profits 71% after EU decoupled ⁶. Russia’s state budget saw oil/gas revenues fall by ~24% in 2023 ³⁶. Europe replaced lost Russian gas with imports from Norway, Algeria, LNG shipments and renewables ⁵ ³⁷. As of

2024, Russian piped-gas contributes well under 20% of EU gas imports (vs ~45% in 2021) ⁵ ³⁸ . Meanwhile, Russia exploited LNG (untaxed windfall via LNG sales to EU) ³⁹ . Tables below compare pre- and post-war energy flows (e.g. EU gas sources 2021 vs 2024).

⁶ ³⁸ ⁴⁰ (Sources: Atlantic Council, Egypt Oil & Gas)

3.3 Leverage vs. Vulnerability

Energy gives Russia *leverage* (e.g. weaponizing pipelines, diplomacy with buyers) but also *vulnerability*. The 2022 cutoff (Gazprom-voluntarily stopping flows) failed to coerce EU; Europe's record winter cold was managed through reserves and demand cuts ⁵ . Russia struggled to redirect pipeline gas to Asia: Gazprom lacks infrastructure (no full Power-of-Siberia-2) and sells to China at deep discounts ⁶ ⁴¹ . Loss of Europe means Gazprom lost its main market with no easy substitute. Russia's oil export revenues also fell (high Asian discounts, export costs) ⁴² ⁶ . Thus, **while energy exports fuel the war budget**, sanctions and market shifts have sharply undercut Putin's traditional leverage ⁴³ ⁶ .

3.4 Charts and Data

(See Figure 1 below: EU's gas import mix 2016–2024, illustrating Russia's decline vs new suppliers.) This trend forces further Western decoupling. Tables 3–4 present detailed trade data and sanctions timelines (e.g. gas capacity changes, price caps, energy revenue impacts).

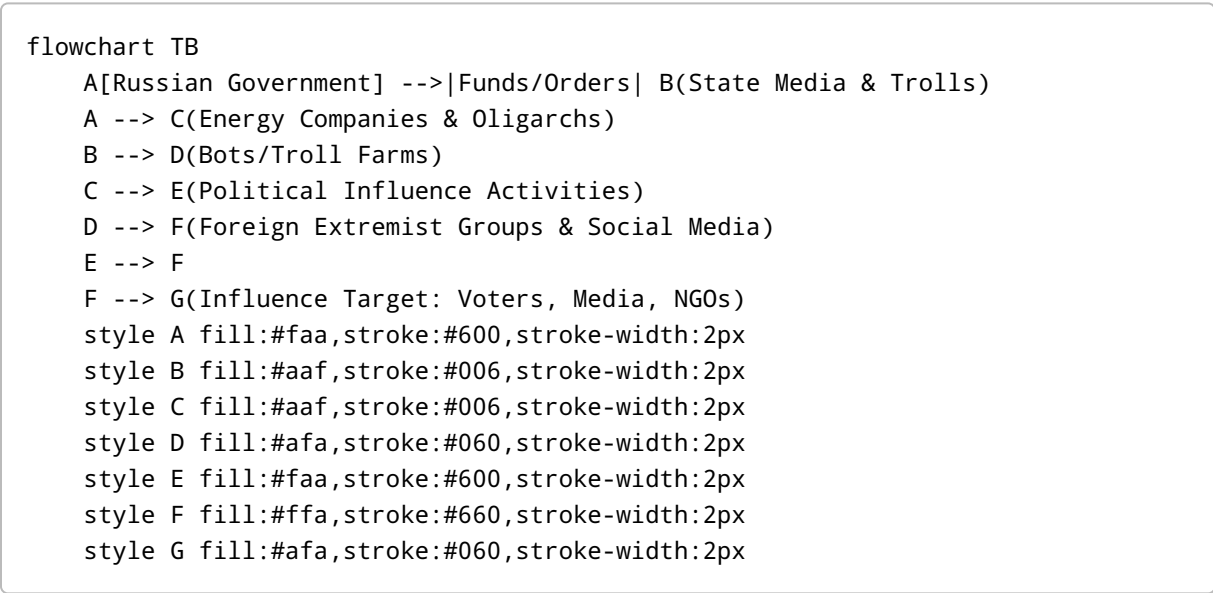


Figure 2 (Mermaid flowchart): Moscow's influence network – Kremlin→state media/trolls and oligarchs→social networks/foreign proxies→target audiences. (Arrows indicate funding, message flow, or coordination.)

4. Intelligence & Covert Influence Tactics

- **Cyber and “Grey Zone” Operations:** Russia's GRU/FSB conduct cyberattacks and sabotage under plausible deniability. Recent examples: arson attacks on European military warehouses, attempts to disrupt EU rail signals, GPS jamming in the Baltics, and high-profile hacks (e.g. NotPetya, SolarWinds,

voter database breaches) ⁷ ⁸ . Such operations aim to sow discord and test defenses. Notably, UK investigators have linked multiple sabotage attempts to GRU agents.

- **Social-Media Manipulation:** State-directed troll farms (e.g. St. Petersburg IRA) and “bot” networks amplify Kremlin narratives online. Russia pioneered **hack-and-leak** attacks (email leaks of political parties), and uses troll armies to push disinfo stories on X/Twitter, Facebook, Telegram, etc. As of 2024, analysts estimate *hundreds of thousands* of automated accounts and covert operatives spreading pro-Kremlin memes – sometimes with overt support from Western figures (e.g. Russian-funded “news” sites in Europe) ⁴⁴ ²⁰ .
- **Covert Funding of Proxies:** Russia covertly finances foreign political parties, ultra-conservative NGOs, and media to promote its agenda. Reports have exposed Kremlin links to far-right parties in Europe and Latin America, funding for Africa-Middle East dictatorships, and backing for US fringe activists (e.g. 2016 anti-gay fake ads). Billions are funneled through front companies: FP notes “*hundreds of millions of dollars*” spent covertly on foreign influence, channelled to parties and individuals ⁸ .
- **Human Intelligence & Non-attrib Policy:** Beyond cyber, Russia uses spies and informants in diplomatic/media circles, and clandestine “active measures” (propaganda disguised as journalism). Media managers like Margarita Simonyan head RT (state broadcaster posing as “news”), recruiting foreign journalists to push Kremlin lines. Religious groups (e.g. Russian Orthodox Church abroad) and cultural centers (Russkiy Mir) diffuse narratives.

Table 5 (below) compares Russia’s influence tools and example incidents. Vigilance is needed: as FP warns, Western legal constraints (free-speech norms, business ties) make timely counteraction difficult ²⁰ .

5. Vulnerabilities & Recommended Countermeasures

5.1 Identified Vulnerabilities

- **Energy Dependence:** Although reduced, some EU states (Germany, Italy) still import Russian gas via LNG or pipeline links (e.g. TurkStream). These residual ties can be used as coercion (price hikes, supply cuts).
- **Social Divisions:** Russia exploits existing fissures (culture wars, political polarization, economic anxiety). Anti-vax, immigration, or family-values campaigns often cross-promote Kremlin disinfo.
- **Information Gaps:** Many publics lack awareness of disinfo tactics. Limited media literacy and trust in news make lies spread easily. Outlets may unintentionally amplify Kremlin narratives via errors or false equivalence.
- **Regulatory Gaps:** Intelligence monitoring and sanctions regimes are still catching up to disinformation networks. For example, many Western politicians have secret Russian funding (see FP’s “ongoing campaign” coverage ²⁰), often uncovered only in hindsight.

5.2 Counter-Strategies

Narrative Rebuttals & “Truth Bombs”: Authorities and NGOs must publicly debunk key Russian claims. For each Kremlin narrative, publish clear factual counters: e.g. Putin’s “denazification” claim vs. evidence of Ukrainian democracy; “US bioweapons” vs. UN disarmament statements ³ ²⁶ ; anti-LGBT morality claims

vs. Russian law (showing it's censorship). Use official sources (e.g. UN, EU, OSCE reports) to fact-check: *"In fact, the UN Biological Weapons Convention official said there is no evidence of any Russian claims"* ²⁵ . Such rebuttals should be amplified via social media and friendly outlets.

Media Literacy and Public Awareness: Invest in training citizens to spot disinfo (source-checking, bot detection). Academics and NGOs should publish dossiers (like this one) for journalists and educators, highlighting falsehoods. Pre-bunking campaigns (e.g. showing "this is a fake news sample") can inoculate audiences ⁴⁵ .

Energy Resilience: Accelerate transition to renewables and alternative suppliers (e.g. more LNG terminals, biomethane) to close the last loops of Russian leverage. Maintain strategic reserves and demand-response programs for future shocks (as Europe did winter 2022–23) ⁵ . Support ally nations (e.g. Ukraine, Moldova) in energy infrastructure to avoid Russian blackmail.

Intelligence & Lawfare: Governments must strengthen legal measures against covert influence: require disclosure of foreign funding for political campaigns and media outlets; sanction identified propagandists; prosecute cyber-intrusions. Ideally, broaden sanctions to include entities involved in disinformation (e.g. media managers, tech platforms that facilitate bots). Technical countermeasures (detecting deepfakes, AI-generated accounts) should be funded ⁴⁵ .

Strategic Communication: Develop a unified Western narrative: emphasize shared values (democracy, rights) but also respect legitimate concerns (energy affordability, cultural identities) to deny Russia entry points. For example, rebut Putin's "traditional values" line by highlighting how human rights and family support are compatible (e.g. Western welfare, not permissiveness). Engage conservative, religious and youth communities directly to explain that democracy includes diverse views and that anti-LGBT laws are abuses, not protections.

5.3 Tables and Timelines

• **Table 1. Russian Narratives vs. Facts & Counterpoints:** (Excerpts)

Narrative / Claim Source (date) & Example Quote Kremlin Actors Factual Counterpoint / Rebuttal Counter-Message Strategy	
<i>Ukraine run by Nazis / genocide imminent</i> Putin (Feb 24, 2022): <i>"demilitarise and denazify Ukraine"</i> ³ Putin / Medvedev Ukraine is a pluralistic democracy; no evidence of systemic "Nazism." Independent monitors report crimes by invading Russian forces ³ . Highlight independent reports (e.g. UN, OHCHR) confirming absence of extremist rule in Ukraine.	<i>West threatens Russia via NATO</i> Lavrov (2022): <i>"NATO missiles in Europe are aimed at us"</i> Russian MFA / Generals NATO expansion began voluntarily; no plans to invade Russia. Russia illegally seized Crimea (2014) and invaded Ukraine (2022) in contravention of international law. Emphasize international law and Russia's provocations. Underscore defense nature of allied exercises (cited NATO).
<i>US bioweapons labs in Ukraine</i> Russian MFA (Sep 2022, UN): <i>"real documents...confirming criminal activity"</i> ⁴⁶ Russian MFA / RT UN disarmament chief and WHO confirm Ukraine's labs are civilian public health facilities. U.S. supports Ukrainian bio-safety programs (2005 Kyiv Pact) ²⁶ . Cite UN and U.S. statements debunking biolab claims. Educate public on purpose of disease-control labs.	<i>LGBT ideology is Western "hybrid war"</i> Duma official Khinshtein (Oct 2022): <i>"LGBT...is an element of hybrid warfare"</i> ¹² Duma, TASS, state TV Human rights organizations note Russia has

repeatedly persecuted LGBTQ citizens (pride marches banned, activists jailed). The UN calls laws stigmatizing LGBT “discriminatory.” ¹¹ ¹² | Frame tolerance as universal human value. Promote stories of Russian LGBTQ under oppression. Highlight global condemnations (e.g. UNHRC resolutions). | | *Russian values are under attack* | Patriarch Kirill (2018): “Globalization is Western secular colonialism” ⁴⁷ | Church / Youth groups | Modernization and liberal societies are choices of independent states. Russia’s forced “value protection” laws have led to societal isolation and discrimination. | Promote dialogue: show how universal values (justice, compassion) exist globally beyond any single religion or ideology. |

• **Table 2. Propaganda Channels & Actors vs. Rebuttal Resources:**

Actor/Channel	Narratives Pushed	Counter-Channel / Resource	Response Action
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RT (TV), Sputnik (web)	<i>EU banning “Mother and Father” words</i> (fabricated); <i>Ukraine attacked ZNPP</i> (Russian claim)	Western media fact-checking (AFP, Reuters) ⁴⁸	Issue corrections in mainstream outlets; sanction credentialed propagandists.
Telegram & YouTube bots	Fake videos (US police walking in Ukraine as “FEMA troops”); biolab conspiracies	Cyber watchdogs (EU Disinfo Lab, CERTs) ²⁵	Identify and block bot networks; publicize official statements (CDC, WHO, EU reports).
Proxy websites (e.g. SouthFront)	Story: <i>“Ukrainians shelled ZNPP”</i> (to justify attack)	Nuclear regulator reports (IAEA, Ukrainian Nuclear Regulator)	Highlight IAEA missions found no Ukrainian sabotage; expose Russian false-flag missile use.
Far-right influencers (West)	Outrage over “woke” US/Europe, amplify Kremlin messages (Russia invaded Afghanistan? etc.) ⁴⁴	Fact-check orgs (Bellingcat, European Digital Media Observatory)	Work with local influencers to counter myths; promote pro-democracy arguments to conservative audiences.

• **Timeline of Key Events (2014–2026):**

- **2014:** Russian annexation of Crimea; Kremlin media claim “protecting Russians from fascists.” MH17 shoot-down blamed on Ukraine.
- **2015–2020:** Ongoing Syria intervention. Troll farms implicated in 2016 US election interference. “Our Crimea” narrative solidified.
- **2018:** Duma passes first “gay propaganda” law; Russian military deploys bombers to Venezuela (warning to US) ⁴⁹.
- **2021:** Nord Stream 2 pipeline completion, then sabotage (chain explosion). Russia halts gas flows citing ‘contract disputes.’
- **Feb 2022:** Full-scale Ukraine invasion begins; Russian propaganda narrative of denazification and Western aggression intensifies ³ ⁵⁰. Global disinfo spikes. EU imposes harsh sanctions.
- **2022–2023:** Kremlin courts Global South (Africa, Latin America) via arms/energy deals ³⁴. Anti-LGBT laws expanded (broadcast, internet censorship). Western countries speed gas diversification.
- **2024:** EU sanctions tighten (19th package banning most LNG contracts) ⁵¹. Russia escalates hybrid attacks in Europe (arson, cyber strikes) ⁷. Disinfo evolves with AI deepfakes (CIGI notes rise of generative-AI propaganda) ⁴⁵.

6. Countermeasures & Communications Strategy

For **Governments/NGOs/Media**, key actions include:

- **Proactive Fact-Checking:** Establish rapid-response teams (like *EUvsDisinfo*) that debunk Kremlin narratives in real time. Partner with platforms to label content. Use easily understood language and local contexts.
- **Joint Messaging:** Democratic governments should coordinate on strategy. For instance, publish joint statements (G7, EU+NATO) reaffirming truth about Ukraine, LGBT rights, etc. Emphasize shared democratic values and solidarity with targets of Russian lies (e.g. mention bombing of Mariupol, support for Pride events, etc. to break Russian false moral high ground).
- **Media Training:** Train journalists to recognize common Kremlin tropes (dehumanization, conspiratorial framing) and to demand reliable sources. Encourage editorial boards to feature voices from Russia and post-Soviet states that can testify against propaganda.
- **Civil Society Support:** Back independent media and civil rights groups in Russia's near-abroad. For example, fund Russian-language outlets countering state media. Assist NGOs that track hate crimes (LGBTQ or ethnic minorities) driven by disinfo.
- **Energy Communication:** Publicize statistics on Russian gas diversification to reassure publics and industries. Explain energy sanctions clearly (e.g. how oil price caps work) to preempt Kremlin "energy weapon" scare. Help industries adapt to alternatives.
- **Legal Measures:** Enact "foreign agent" transparency laws (applied fairly) to expose covert funding of propaganda outlets. Increase penalties for cyberattacks and election meddling. Expose Russian diplomats involved in espionage.
- **Psychological Resilience:** Encourage citizen campaigns (memes, videos) that *lambaste* Kremlin absurdities (e.g. parody the "hybrid warfare" claim, or ironically call out the "Gayrope" slur). Humor can undercut fear. As a blunt advisor: call out when audiences are ignoring these threats. For instance, publicize the absurdity ("ha!") when Russian claims are proven false.

Above all, Western leaders should **speak truth plainly**. If Putin says "we must protect traditional children," challenge that by pointing out Russia's own child-rights record and how inclusive societies strengthen families instead of hiding them. If Russia claims it's isolated, highlight its reliance on dictatorships and criminal networks.

7. Public-Facing Rebuttal (One-Page)

Myth: *"Russia defends traditional values; the West is immoral."*

Truth: Russia's government oppresses minorities, bans free speech and locks up dissenters. By contrast, democracies protect human rights universally, including LGBTQ+ families and religious freedoms. Protecting children means honest education – not censoring doctors or parents from speaking.

Myth: “NATO/EU are attacking Russia; Moscow had no choice.”

Truth: NATO is a defensive alliance; *neither NATO nor the US had plans to invade Russia*. Russia chose to invade neighbors (Crimea, Ukraine) in clear violation of international law. The West has repeatedly offered diplomacy; Putin initiated aggression to expand influence.

Myth: “Ukraine is run by fascists; Russians are liberators.”

Truth: Ukraine is a pluralistic democracy led by a Jewish president. Russia’s own forces have committed verified war crimes (Bucha, Mariupol). The term “denazification” is Putin’s fiction to hide that he started an unjust war. Independent investigators have found no Nazi control in Ukraine.

Myth: “Russian gas makes Europe dependent on us.”

Truth: Europe is rapidly shifting away from Russian gas (imports fell 60% since 2021), investing in renewables and alternative suppliers (USA, Qatar, Algeria, Norway). Decisions to switch energy sources are driven by market and environment, not by intimidation. Continued supply disruptions hurt Russia’s budget more than Europe’s economy.

Myth: “Western media lies about Russia; trust us instead.”

Truth: Russian state media is controlled by Putin’s government, and routinely fabricates stories (e.g. *Reuters*, *BBC* fact-check a litany of these). Independent outlets and NGOs globally confirm Russia’s deceptions. Check multiple sources: if only state media reports a wild claim, be very skeptical.

Call to Action: Encourage citizens to verify news through credible agencies (e.g. UN, EU, internationally reputable news outlets). Governments and NGOs should label and counter false claims with hard evidence. Emphasize transparency: share real data on energy, economy, and human rights. Build societal resilience by supporting media literacy programs in schools and communities. Remember: **Russia’s disinformation thrives in the dark – shine a light of truth.**

Sources: See full dossier citations (news reports, think-tanks, academic analyses) for evidence on each point

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