My Safer AI Checklist

Before I Start

- ☐ I know what I want help with.
- ☐ I am using AI for ideas, learning, planning, or practice.
- ☐ I checked if a real person would be better to talk to first.
- ☐ I left out my full name, address, passwords, school login, private messages, and other people's info.
- ☐ I removed anything that could identify me or someone else.

While I Am Talking to AI

- ☐ I said clearly what I need help with.
- ☐ I only shared what the AI needs to know.
- ☐ I asked for plain, easy-to-follow answers when needed.
- ☐ I asked why the AI gave its answer and what it might be unsure about.
- ☐ I asked for more than one viewpoint.
- ☐ I noticed if it was just agreeing with me to be nice.
- ☐ I remembered AI can sound sure of itself and still be wrong.
- ☐ I kept in mind that AI is not a friend, therapist, doctor, or trusted adult.
- ☐ I did not let AI make a big decision for me.

Quick prompt example: "Explain this in simple words, give me two different viewpoints, tell me what you're unsure about, and don't just agree with me."

After the Reply

- ☐ I checked key facts with a reliable source or a trusted adult.
- ☐ I wrote down my own thoughts before asking for more ideas.
- ☐ I decided for myself what actually made sense and what to skip.
- ☐ I stopped chatting if it made me feel worse, pressured, watched, or too reliant on it.
- ☐ I did not keep chatting just because the bot told me to.

Casual Chats

Casual chats are fine for low-stakes stuff like:

- ☐ Brainstorming a story
- ☐ Practising a language
- ☐ Getting help with a school topic or study notes
- ☐ Planning a hobby, game, or recipe

Even in casual chats, I still keep my private info out and double-check important facts.

When to Talk to a Real Person

I will reach out to a real person if:

- ☐ I feel unsafe.
- ☐ Someone is threatening, bullying, or hurting me.
- ☐ Someone wants me to keep a harmful secret.
- ☐ I am worried about hurting myself or someone else.
- ☐ I need medical, legal, or emergency help.
- ☐ I feel pressured to share private info.
- ☐ I feel too dependent on the chat.
- ☐ The situation feels too heavy to handle alone.

People I Can Contact

- ☐ Parent or carer
- ☐ Teacher or tutor
- ☐ School counsellor or student support lead
- ☐ Doctor or health worker
- ☐ Youth worker or local support service
- ☐ Emergency services if someone is in immediate danger

My Support Plan

- **First person I can talk to: _____**
- **Another person I can talk to: _____**
- **A safe place I can go: _____**
- **Support service I can use: _____**