Using AI Chatbots Safely

AI assistants can explain things, draft letters and answer questions. Use them wisely.

Good habits

- **Double-check important facts** about health, money and law with a trusted source or professional. AI can be confidently wrong.
- **Don't share private details**: passwords, Social Security, bank or card numbers, or medical records.
- Use the official app or website from the real company. Fake "AI" apps and browser add-ons can steal data.
- Check the privacy settings to control whether your chats are saved or used for training.

For families

- Talk with kids and teens about which AI tools they use and what they share.
- Remember an AI chatbot is not a person or a therapist. In a crisis, call or text **988**.
- Be skeptical of messages, photos or videos that could be AI-made. Check the source before you believe or share.

Questions about AI tools? Ask us at a free Netivo session: **(913) 349-3363**.