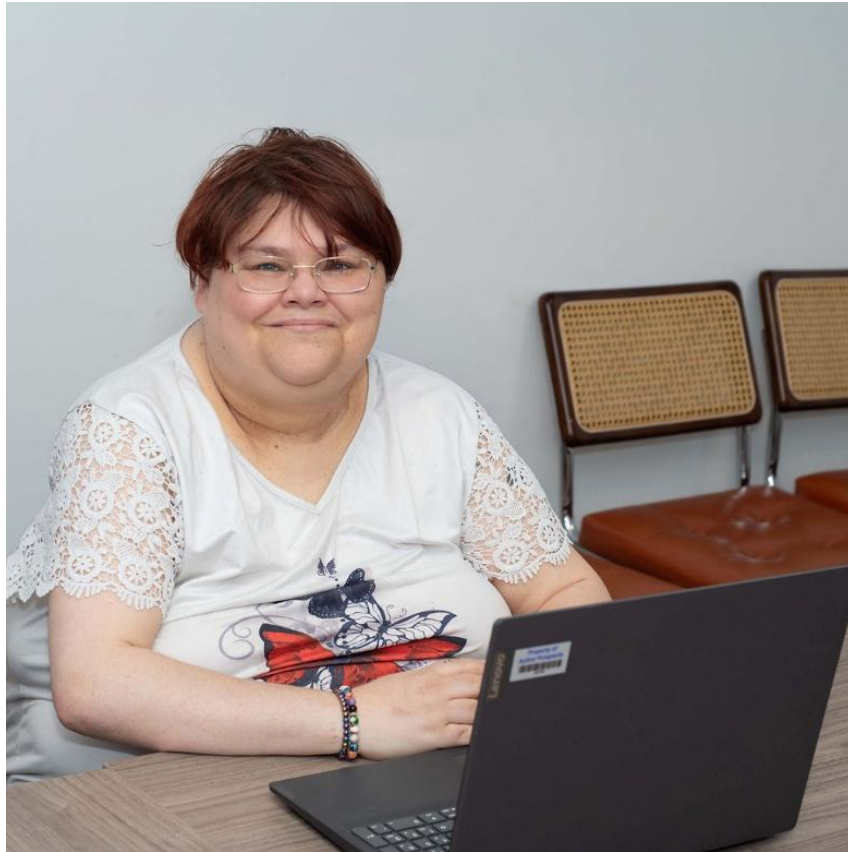








Safety Guidance to using AI tools









An Easy Read Safety Guide of using AI tools

- ✓ DOs — Safe and Helpful Things to Do
- ✗ DON'Ts — Things to Avoid



	Do ask questions. AI can explain things, give ideas and help you learn.
	Do keep your personal information private.
	Check with someone you trust if you are unsure. Talk to a support worker, friend, or family member if something feels confusing.
	Do use AI for fun and learning ask for help with anything.
	Be kind and respectful. AI responds best when you use friendly language.
	Think before you share. Make sure anything you share is safe and appropriate

	<p>Don't share private information.</p> <p>Keep your name, address, bank details, passwords, and medical information safe.</p>
	<p>Don't use AI in an emergency.</p> <p>If you need urgent help, speak to a real person or call emergency services.</p>
	<p>Don't believe everything.</p> <p>AI can make mistakes. Ask someone you trust if something sounds strange.</p>
	<p>Don't let AI make big decisions for you.</p> <p>Important choices should be made by you and the people who support you.</p>
	<p>Don't use AI to be unkind.</p> <p>AI should be used in positive, respectful ways.</p>
	<p>Don't assume AI knows you personally.</p> <p>AI only sees what you type. It is a computer not a person.</p>