



Using AI Tools Safely — One Page

A free Lumaset Foundation cheat sheet · keep this by your computer

Start with one habit

Never type a password, Social Security number, or full account number into an AI chat. If you would not post it publicly, do not type it to an AI tool either.

Good free tools to start with

ChatGPT (chatgpt.com) · Google Gemini (gemini.google.com) · Microsoft Copilot (copilot.microsoft.com) · or your phone's built-in voice assistant (Siri, Google Assistant).

Never, for any reason

Trust an AI's answer on anything involving money, health, or legal decisions without double-checking. Assume a voice or video is real just because it sounds or looks right, AI can now clone both convincingly.

Do this instead

Use AI to explain something confusing in plain language, draft a note, or answer a question patiently, as many times as you need. Then confirm anything important a second way.

Watch for AI in scams

A cloned voice can now sound exactly like a family member. Agree on a family safe word, and always hang up and call back on a number you already have, never one given to you in the moment.