

Five rules that keep you safe with AI

Print this page and keep it beside your computer. If something you are doing is not on this list, you are almost certainly fine. If it is, stop and read the rule again.

1. Never share passwords or bank details

An AI does not need them and will never need them. Anyone who tells you otherwise — in a chat window, an email or on the phone — is trying to take something from you. There are no exceptions to this one.

2. AI is not your doctor

It can explain a word your doctor used or what a test result means in plain English. It cannot examine you and it does not know your history. Anything about your health, your medication or your symptoms goes to a real doctor.

3. Check anything that matters

AI is confident even when it is wrong. If it involves money, health, legal matters or travel dates, look it up somewhere else as well before you act on it. For a recipe or a birthday poem, no need.

4. You are always in control

You can close the window, stop the conversation, or ask it to start again at any moment. It only does what you ask. It is not watching you and it is not offended.

5. Real companies do not rush you

“Act now”, “your account will be closed today”, “do not tell anyone” — that is a scam every single time, whoever it claims to be. Put the phone down. Ring the company back on a number you found yourself, never one they gave you.

If you are ever unsure, ask a person

Ring a family member, or ring us. Nobody will think you are silly for asking — the people who get caught out are the ones who felt too embarrassed to check. **Asking first is the whole trick.**