Using AI Safely

Nine simple ways to protect yourself and your family

01 — PRIVACY

Turn off history and training

In your AI tool's Settings, look under **Privacy**, **Data controls** or **Activity**.

02 — PRIVACY

Use a temporary chat

For health, money or family questions, start a **Temporary chat**.

03 — ACCURACY

Double-check what AI says

Open its sources and check dates. Confirm health, money and legal answers with a person.

04 — PRIVACY

Keep private details out

No Social Security, Medicare, bank or card numbers. Never share passwords or codes.

05 — CONNECTIONS

Connect carefully

Get AI apps only from the official store. Remove connections you don't use.

06 — ACCOUNTS

Use two-step sign-in

Email first, then bank and AI accounts. Keep the **backup codes** somewhere safe.

07 — PHONE

Lock your phone number

Call your carrier and ask for **number lock** and an account PIN.

08 — SCAM CALLS

Family code word

Agree on one in person. No word on an urgent money call? Hang up and call back.

09 — FAKES

Spot fakes, share less

Confirm big news with a source you trust. Post trips **after** you're home.

WHEN SOMETHING FEELS URGENT

Stop → Think → Check → Act

Banks and police never ask for gift cards. Call back on a number you already have.

Questions? We're happy to help.
Take the 5-question quiz too: rabenit.com/ai-safety

480-453-9935

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