

AI fakes are evolving fast. Your best tools: Pause. Compare. Verify.
Think before you share.

1. Try a quick detection scan

Use one or two detection tools (text, image or video).
Note what they say, but treat it as a clue, not proof.

Detectors are early warnings, not verdicts.

2. Check where it came from

Use reverse image or video search to find the first upload.
Search quotes or phrases in quotation marks ("like this").
Look for post date, source name and sharing pattern.

If the origin is unclear, dig deeper.

AI DETECTION CHECKLIST

AI detection isn't an exact science. Tools that once worked have grown less reliable as AI models evolve. Detection must be layered with tools, analysis, and verification skills.

3. Examine the content

Does the style or tone fit the source it claims to be from?
Are details vague, repetitive, or oddly generic?
For visuals, check lighting, backgrounds and metadata.

Compare with real posts from the same person or outlet.

6. Double-check with people

If still unsure, see if a fact-checking site or expert has addressed it.
Until confirmed, label it unverified and avoid sharing.

Skeptical ≠ cynical. It's responsible.

4. Verify the facts

Pull out names, places, or claims and search them separately.
Look for confirmation from reliable, independent sites.

If you can't find other sources, it's not verified.

5. Consider motive

Who benefits if people believe this?
Does it try to shock, anger or flatter you?

Emotional manipulation is a common AI tactic.

THINKING OF USING AI?

Before you hop online and start chatting with a bot, review these four key points to consider about engaging with AI technology.

1. PERMISSION

Verify acceptance: Is AI use allowed by your school or institution?

Review Policy: Read the AI tool's Terms of Service and Privacy Policy.

2. PRIVACY

Protect data: NEVER input confidential or personal information into public AI models.

Prompt carefully: Assume everything you type may be used to train the model later.

3. PROOF

Verify everything: AI hallucinates (makes things up). Verify all critical outputs independently.

Bias check: Review the output for unfair or stereotypical content.

4. PERSON

Human is primary: A person must review, edit and take final responsibility for the work.

Plan Citation: Know how you must attribute or disclose the AI in your final work.

CLARITY

Define the specific action and context.

What is the AI doing?

Define the Action: Use strong, single-action verbs.

- **Instead of:** "Talk about the history of cars."
- **Use:** "Summarize the three most significant breakthroughs in automotive history."

Provide Context: Include necessary research, background or specific data points.

Answer: What exactly do I want the AI to do?

ROLE

Assign a specific identity to control the tone and knowledge level.

Establish Expertise: "Act as a senior financial analyst."

Set Tone: "Respond as a friendly, concise travel blogger."

Focus the Knowledge: "You are an expert Python programmer writing code."

Answer: Who should the AI be while doing this task?

FORMAT

Dictate the exact layout for a predictable, reusable result.

Layout: Specify the type of structure required.

Examples: "Output as a table," "Use a numbered list," "Write a single-paragraph email."

Answer: How should the information be delivered to me?

PROMPT ENGINEERING

To get the best output from AI, you have to master the art of input. Learn how to tell AI tools exactly what you need.

CONSTRAINTS

Set the boundaries and limits for the output.

Length: Set hard limits: "Maximum 200 words," "Exactly 5 bullet points".

Exclusions: What not to include: "Do not use technical jargon," "Exclude any information about costs".

Audience: Specify the target reader: "Explain this to a 5th grader," "Write for an academic audience".

Answer: What are the non-negotiable rules for the output?

DEFEND YOUR DATA

Whenever you give information to an AI model, it's hard to tell exactly how secure that information is. Protect your data and your privacy when you use AI.

1. MINIMIZE DATA INPUT

Share only what is absolutely necessary. If an app asks for **irrelevant private data** (like your location or birthday), it's a red flag.

2. DEFAULT TO APPROVED TOOLS

Use AI tools that have been **checked and approved** by your institution. They are more likely to ensure your input **won't be used** for other purposes.

3. ANONYMIZE ALL INPUTS

If using a public tool, **remove all personal or private information**. Change names to "Person A" and ID numbers to "123."
Never upload raw documents.

4. USE PRIVACY CONTROLS

Actively look for and use **available "Opt-Out" options**. Prevent the platform from using your information for future model training.

5. ASSUME INPUT IS PUBLIC

Treat all input you give generative AI as if it were **permanent and public**. Do not paste **confidential or personal information**.

REPUTATION

Who built this, and is the company trustworthy?

Ask: Is the creator established and reputable? Do they offer clear guides and support if you run into problems?

NEED & COST

Can this tool actually help you, and is it affordable long-term?

Ask: Does it genuinely help solve a problem, or will it create more trouble? What is the cost of the tool, and is it within your budget? If the tool is free, what are you giving (data, privacy) in return?

QUALITY

Does it deliver high-quality, reliable results?

Ask: Can you try the tool for free on a small project first? Is the output consistently accurate and high quality?

IS IT WORTH IT?

Before you use a new AI tool, take some time to evaluate it and make sure it's worth the price and time you'll put into it.

PRIVACY

Will your personal information be used to train their AI?

Ask: Can you easily opt-out of having your inputs used? If the tool is paid, is it a secure version that promises not to use your data?

DANGEROUS ADVICE

AI chatbots can sound confident even **when they're wrong.**

Don't rely on AI for **mental health, medical or relationship** advice.

Always **check facts** with trusted human sources.

DIGITAL WELLNESS & AI

AI tools are powerful, but not harmless. They can help us learn, write and connect, or quietly shape how we think and feel. Stay aware of the risks and the healthy habits that protect you.

COGNITIVE OFFLOADING

When AI does all the thinking, **our own skills weaken.**

Over-reliance can erode **memory and problem-solving.**

Use AI to support, **not replace,** your brain.

THE COMPANION TRAP

Some AI companions are built to keep you engaged – **not to care for you.**

They can reinforce **unhealthy attachment** or isolation.

Real empathy and validation only come from **human connection.**