

AI Safety Reminders

A printable page for staying calm, private, and in control when using ChatGPT.

The Pause Rule

Pause before sharing names, addresses, passwords, account numbers, medical record numbers, or payment details.

If money, health, legal rights, or account access is involved, use AI for preparation only.

Go directly to the official website, official app, phone number on your card, or a trusted professional.

When to Ask a Person

Money	Banking, investments, taxes, refunds, and suspicious charges.
Health	Symptoms, medication changes, test results, and urgent concerns.
Legal	Contracts, benefits, wills, housing, and official notices.
Scams	Threatening messages, surprise prizes, urgent payments, or remote computer access.

Reminder: AI can help you prepare, organize, and practice. It should not replace a qualified professional for medical, legal, financial, or emergency decisions.