

Safe Prompt Starters

Copy-ready prompts you can try without sharing private information.

Everyday Help

Email	Help me write a short email to [person] about [topic]. Keep it kind and clear.
Checklist	Make a simple checklist for [task]. Keep it to 6 steps or fewer.
Explain	Explain [topic] in plain English, as if you are helping a beginner.
Compare	Compare [choice A] and [choice B] in a simple table. Include pros and cons.

Safety-Smart Prompts

Scam check	This message sounds suspicious. List warning signs I should look for without clicking links.
Privacy check	Tell me what private details I should remove before asking for help with this situation.
Doctor visit prep	Help me organize questions for my doctor visit. Do not diagnose me.
Bill explainer	Explain common terms on a bill. Do not ask for account numbers.

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