

Tips to Stay Safe with AI



Check the source

- AI Chatbots generate responses based on patterns in data and might generate incorrect responses
- Always ask: Where is this information from?
- Look for named sources, links or references
- Cross-check with trusted websites or experts



Look for balance

- AI can reflect bias in the data it was trained on
- Ask for multiples perspectives
- Use questions/prompts like: "Give me pros and cons" and "What are other viewpoints?"
- Be cautious with sensitive or controversial topics



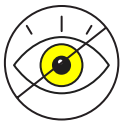
Use your judgement

- AI is a tool, not a decision-maker
- Don't rely on it for medical, legal, or financial advice
- Think critically about what it tells you
- Ask yourself: Does this make sense? Is it helpful?



Calibrate your questions/prompts

- The quality of the response depends on how you ask
- Be specific: "Summarise this article in 3 bullet points"
- Add context: "I am a nurse, how can AI help me?"
- Try again if needed: "Can you explain that more simply?"



Protect your privacy

- Never share personal details: this is a key way to keep safe with AI
- Keep conversations task-focussed
- Use anonymous or fictional examples if needed



Know the limits

- AI doesn't know things, it predicts likely responses
- It can make mistakes or sound confident when wrong
- It doesn't have feelings, opinions, or lived experience
- Use it as a helper or coach, not a truth machine



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