AI GAPS · Student worksheet

My AI Check-In

AI can be really useful, but it also has GAPS. Use this page to think about how you use it. There are no wrong answers.

Name (optional)

1. How do I use AI?

Check all that apply.

- ☐ Homework or studying
- ☐ Questions about health or my body
- ☐ Chatting when I'm bored or lonely
- ☐ Games or just for fun
- ☐ I don't use AI
- ☐ Writing or ideas
- ☐ When I'm worried or stressed
- ☐ Advice about friends or relationships
- ☐ Other

On a typical day, I chat with AI for about…

☐ Less than 30 minutes ☐ 30 minutes to 1 hour ☐ 1 to 2 hours ☐ More than 2 hours

2. AI has GAPS: what do I think?

G **It Guesses.** Its answers are guesses, based on patterns from millions of people, not on you.

What's something about you that AI could never guess?

A **Agrees too easily.** It tells you what you want to hear, not always what's right for you.

Can you think of a time a "yes" wasn't what you needed?

P **Private? Not really.** What you share can be saved and seen.

What would you never want a stranger to read?

S **Sucks you in.** It's built to keep you chatting. Asking about the same worry again and again can make it worse, not better.

How do you know when it's time to stop the chat?

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3. When it matters, talk to someone who knows you

AI knows a lot about the world, but not a lot about you. Write down people you could go to.

Someone at home

Someone at school

Someone else I trust

Need to talk to someone right now? Call or text **988**, or chat at **988lifeline.org**. Real people are there any time, day or night.

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