

# My Responsible AI Use Checklist

## Before I Use AI:

- Do I understand the assignment fully without AI's help?
- Have I checked the AI tool's privacy policy (or asked an adult about it)?
- Am I using this AI tool to *enhance* my learning, not replace it?

## While I'm Using AI:

- Am I using AI to brainstorm ideas or get explanations, not just generate final answers?
- Am I focusing on critical thinking, and not just accepting AI's output without thought?
- Am I protecting my personal or sensitive data? (Never share my name, address, phone number, etc.)

## After I've Used AI:

- Did I verify AI-generated information with reliable sources (like my textbook, trusted websites, or a teacher)?
- Did I put the ideas into my *own* words to avoid plagiarism?
- Did I acknowledge AI's contribution where appropriate (if my teacher expects it)?
- Did I limit my AI use today to make time for real-world connections and human interactions?

## Bonus: My AI Ground Rules

- (Write down rules discussed with parents/teachers, e.g., "Only use AI for school during homework time.")

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