

Using AI safely

AI can be incredibly useful without needing **personal information**. Safe things to ask about include:



Recipes and meal planning



General information and learning



Gardening advice



Technology help



Travel ideas



Gift suggestions



A SIMPLE RULE

You wouldn't give your bank details to a stranger. The same principle applies when using AI.



Do's and don'ts



Do:

- Ask general questions
- Use AI for ideas and learning
- Check important information independently
- Be cautious when discussing personal matters
- Use strong passwords on your devices

Don't:

- Share passwords
- Share bank account details
- Share credit card information
- Upload identification documents
- Share Medicare or health record numbers
- Share sensitive information about yourself or others



STAY ALERT FOR SCAMS

Scammers may use AI to create convincing emails, messages, or phone calls.

If something feels unusual:

- Stop
- Verify the information
- Contact the organisation directly using trusted contact details