

Using AI? Remember These 5 Tips

AI can do amazing things, but it's important to remember that it's still a tool. Knowing its strengths and limitations can help you make smart, healthy choices.



Start a family conversation:

- When would you use AI?
- What kinds of information should you never type into an AI tool?
- Which trusted sources would you use to check AI information?

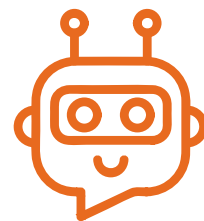
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1

AI isn't a real person

It can sound friendly and caring, but it doesn't have thoughts, feelings, or real-life experiences.



2

Don't mistake kindness for friendship

AI can mirror the way you talk and use encouraging language, but it's not a replacement for friends and family.



3

Check the facts

AI can make mistakes or give outdated or incorrect information. Always double-check facts with trusted sources.



4

Keep personal information private

AI is part of the internet, and anything you share could be used to cause damage.



5

Think for yourself

AI can help you learn but shouldn't think for you. Keep asking questions and using your own ideas.

