COLOR OF CHANGE
DIGITAL DEFENSE GUIDE

HOW DO YOU USE A.I. SAFELY?

Color Of Change Best Practices to Protect Yourself Online

Artificial Intelligence (AI) tools like ChatGPT, Claude, Gemini or Grok, can help with everyday tasks such as writing emails, learning new skills, and brainstorming ideas. But these tools can expose you to risks that hit Black communities harder because we're watched more and the tech misreads us more often, which fuels data exploitation, identity theft, discrimination, and misuse of our creativity and culture. As a part of our Black Tech Agenda, Color Of Change believes that Black people must have individual control over their digital lives.

SAFE WAYS TO USE AI

General questions:

- Ask about topics anyone could ask
"How do I fix a leaky faucet?"

- Learning and education
"Explain how photosynthesis works"

- Creative brainstorming with non-personal ideas
- Professional tasks using made-up examples, not real client data
- Recipe suggestions and everyday tips

Smart Protection Moves:

- Use fake names and details when giving examples
- Log out when you're done
- Delete conversations regularly (check settings)
- Turn off "memory" features if available

NEVER SHARE

Personal Information:

- Social Security numbers, bank details, passwords
- Your real address, phone number, or workplace
- Health conditions or medical information
- Family members' names or details
- Financial situation or debts
- Personal legal issues or court cases

Creative & Professional Work:

- Original music, art, or writing you haven't copyrighted
- Business ideas you haven't protected
- Client information or work secrets
- Photos of yourself or family
- Your voice for "training" any AI system

THE 4 GOLDEN RULES

1. If you wouldn't post it on social media, don't tell AI
2. Always assume someone could read your conversation
3. Generalize your questions ("If someone...," instead of "I...")
4. If it feels wrong, stop

REMEMBER:

AI IS A TOOL, NOT YOUR FRIEND

- AI doesn't "know" you.
- AI copies patterns from what other people have said before.
- AI can be wrong, biased, or manipulated. But it might try to convince you it's correct.
- AI companies profit from whatever information you and others provide it.
- Don't overshare!

For more information visit coc.is/digitaldefenseguide