DAY 36 · Part 4 · What to Watch Out For

Is it OK to put this into AI? — Protecting your information

Five-Minute AI Lessons · Oct 12, 2026

Once you type it in, it's out of your hands, and pieces point to you when they're combined.

In a nutshell

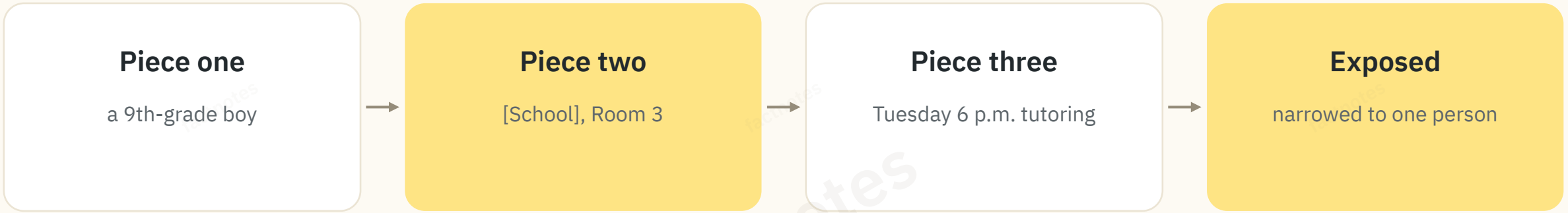
1. Starting today, the story changes a bit. So far it was "What It Can Do"; from here on it's "What to Watch Out For." And the first answer is this — put things in assuming that **once you type it in, it's out of your hands**.

2. Leave out things that **can pinpoint you**, like your name, address, phone number or passwords, and then ask. Keep only what you're asking about, and the answer comes out the same.

3. Be even more careful with info that isn't yours. Where **your friend's face or contact info** ends up isn't your call to make.

In one picture

Pieces point to you when they're combined



"A 9th-grade boy" could be hundreds of thousands of people. Add a school and homeroom and it's thirty; add tutoring times and it's one.

Key idea: personal information isn't one lump — it's pieces that add up

Experiment · Pick one

Is it OK to put this into AI?

OK to put in

When this one fits

- ✓ Snapping a page of your math workbook...
- ✓ Pasting in a whole draft of your book...
- ✓ You don't know the way to tutoring, s...

Don't put it in

When this one fits

- ✓ Asking it to polish your personal sta...
- ✓ You can't remember your school accoun...
- ✓ Uploading a photo of a friend's face...

The rule

How to choose

- ✓ If it can pick you out, leave it out
- ✓ If it isn't yours, don't ask at all
- ✓ Passwords: never, no matter what

Here are six situations. Before you put something in, think just once: is it OK if this stays in someone else's...

Try it yourself in the web lesson · next-token.net/en/learn/day-36/

Quick check

Just three questions

Q1

What's the clearest example of something you should never put into AI?

① A photo of a math problem
② The title of a book you read
③ Your favorite color
④ Your password

Q2

When do small pieces of information become dangerous?

① When several pieces get combined
② When there are lots of words
③ When you ask at night
④ When you ask in another language

Q3

Uploading a photo of your friend's face?

① Fine, it's my info
② No, it's their info
③ Photos don't matter
④ Just remove the background

Know the why, too

Q1

④

You gain nothing by putting in a password, and you can only lose. No need to weigh the situation — it's a no.

Q2

①

"9th grade" alone can't find anyone. Add the school, homeroom and tutoring time and it narrows to one person. That's why you have to be careful piece by piece.

Q3

②

Being on your phone doesn't make it your info. Your friend's face belongs to your friend, and where it gets uploaded is their call.

Once you type it in, it's out of your hands,
and pieces point to you when they're combined.



Tomorrow: Copyright — with AI making pictures and writing, how the line for "copying" got shaky.