Name _____ Class _____ Date _____

DAY 36

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

1 · Think first

Before the lesson, write down what you think the answer is.

2 · Experiment · Pick one

Try it — Is it OK to put this into AI?

What did you change in the experiment, and what happened?

3 · Quiz

Circle the right answer.

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

The takeaway in my own words

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

Rewrite this line in your own words.

Name _____ Class _____ Date _____

DAY 37

Why did the meaning of "copying" get shaky? — Copyright

1 · Think first

Before the lesson, write down what you think the answer is.

2 · Experiment · Before & after

Try it — What changed before and after AI?

What did you change in the experiment, and what happened?

3 · Quiz

Circle the right answer.

Q1 Before AI, how was "copying" judged?

① How much the results looked alike
② Who was more famous
③ Who posted first
④ How expensive it was

Q2 What question got added after AI?

① How many pictures it drew
② What it learned from before making it
③ How many colors it used
④ How many seconds it took

Q3 Where do fights over training data stand now?

① Ruled all illegal
② Ruled all legal
③ Varies by country; ongoing
④ Nobody's fighting

The takeaway in my own words

“We used to look only at the result, but now we ask what it learned from, too.”

Rewrite this line in your own words.

Name _____ Class _____ Date _____

DAY 38

Is this video real? — Deepfakes

1 · Think first

Before the lesson, write down what you think the answer is.

2 · Experiment · Pick one

Try it — Trust it or doubt it?

What did you change in the experiment, and what happened?

3 · Quiz

Circle the right answer.

Q1 These days, what's the more reliable way to spot a deepfake?

① Count the fingers ② Check whether the picture quality is good
③ Trace back where it came from ④ See whether it's short

Q2 Your friend's voice asks you to send money, fast. What do you do?

① It's their voice, so send it ② Post it in the group chat first
③ Send just a little ④ Check it's really them some other way first

Q3 A video that says it was made with AI is...

① Not a trick if it says so ② Always a deepfake
③ Always illegal ④ Not allowed to be watched

The takeaway in my own words

“Stare at the screen all you like, you won't see it — follow where it came from.”

Rewrite this line in your own words.

Name _____ Class _____ Date _____

DAY 39

Is someone missing from this answer? — Bias in AI

1 · Think first

Before the lesson, write down what you think the answer is.

2 · Experiment · Pick one

Try it — Is there bias in this answer?

What did you change in the experiment, and what happened?

3 · Quiz

Circle the right answer.

Q1 What's the biggest reason AI ends up biased?

① AI dislikes people
② The internet is slow
③ It's bad at math
④ The data it learned from leans one way

Q2 What did the 2018 face-photo study show?

① Most mistakes on darker-skinned women's faces
② The same mistakes on every face
③ Mistakes only on blurry photos
④ Always more accurate than people

Q3 Which question is most likely to get a biased answer?

① What's 3 times 7?
② Who'd make a good class rep?
③ Water's boiling point?
④ How do I change the wifi?

The takeaway in my own words

“AI doesn't hate anyone. It just leans toward what it saw most. When a question picks people, ask once more: 'What about other cases?'”

Rewrite this line in your own words.

Name _____ Class _____ Date _____

DAY 40

Where did I stop and AI start? — Saying when AI made it

1 · Think first

Before the lesson, write down what you think the answer is.

2 · Experiment · Split it up

Try it — Split the assignment into pieces and label them

What did you change in the experiment, and what happened?

3 · Quiz

Circle the right answer.

Q1 What's the biggest reason to say you used AI?

① To clearly protect the part I did ② To get in less trouble
③ Because the AI asks you to ④ To hit the word count

Q2 What easy way to disclose AI use did you learn today?

① Just write 'used AI' at the top ② Split the task into pieces and note each one
③ Change the text color ④ Make it shorter

Q3 What's an invisible mark put into a picture called?

① A bookmark ② A password ③ A watermark ④ A screenshot

The takeaway in my own words

“Saying so isn't confessing — it's a name tag. One line on which piece you got help with is enough.”

Rewrite this line in your own words.

Name _____ Class _____ Date _____

DAY 41

If AI does it all, what's left for you? — Homework and AI: where's the line

1 · Think first

Before the lesson, write down what you think the answer is.

2 · Experiment · Before & after

Try it — Handing it all over vs doing it together

What did you change in the experiment, and what happened?

3 · Quiz

Circle the right answer.

Q1 What decides whether it's OK to use AI on homework?

① Whether you get caught
② Whether something stays with you at the end
③ How much time it saves
④ Whether you hit the word count

Q2 What's the biggest problem with handing all your math homework to AI?

① The blanks don't get filled
② Your handwriting gets neater
③ You get stuck again on the same type
④ It takes longer

Q3 What's a better question when you're stuck?

① Just give me the answer
② Hand it in for me
③ Rewrite all of it
④ Show me where I got stuck

The takeaway in my own words

"What you hand to AI is the stuck spot, not the whole homework. If you can explain it in your own words at the end, you did it."

Rewrite this line in your own words.

Name _____ Class _____ Date _____

DAY 42

Can you trust this story? — Fake news

1 · Think first

Before the lesson, write down what you think the answer is.

2 · Experiment · Pick one

Try it — Can you trust this story?

What did you change in the experiment, and what happened?

3 · Quiz

Circle the right answer.

Q1 What are the three clues to check before you believe a story?

① Length, font, number of photos
② Headline, emoji, tone
③ Views, comments, likes
④ Source, date, cross-check

Q2 Because of AI, what can't you use as evidence anymore?

① It looks convincing
② There's a link to the original
③ It has a date on it
④ Several places ran it

Q3 Which of these is most trustworthy?

① Group-chat post, no source
② Notice with original link
③ Unnamed expert's claim
④ Photo from 3 years ago

The takeaway in my own words

“Looking convincing isn't evidence anymore. Source, date, somewhere else — judge by those three.”

Rewrite this line in your own words.

Name _____ Class _____ Date _____

DAY 43

What if a call comes in your family's voice? — AI scams

1 · Think first

Before the lesson, write down what you think the answer is.

2 · Experiment · Put it in order

Try it — The order of a scam, and the order for cutting it off

What did you change in the experiment, and what happened?

3 · Quiz

Circle the right answer.

Q1 What's the surest way to stop an AI scam call?

① Hang up and call back on a number you know
② Tell the real voice apart by ear
③ Stay on the call longer
④ Ask the caller their name

Q2 Why do scammers push 'it's urgent'?

① They really are out of time
② So you don't get time to check
③ To save on their phone bill
④ To be polite

Q3 A friend asks for an urgent favor from an unfamiliar account. You...

① Send it right away
② Ask that account back
③ Check via your usual contact
④ Tap the link to see

The takeaway in my own words

“A voice can be copied, but a call you make yourself can't.”

Rewrite this line in your own words.

Name _____ Class _____ Date _____

DAY 44

How much should you hand over? — Not leaning on it too much

1 · Think first

Before the lesson, write down what you think the answer is.

2 · Experiment · Probability slider

Try it — Turn up how much you hand over

What did you change in the experiment, and what happened?

3 · Quiz

Circle the right answer.

Q1 What does today's 'not leaning on it too much' mean?

① Never using AI at all
② Deciding for yourself how much to hand over
③ Using it only once a day
④ Handing over only the hard stuff

Q2 In the 2025 writing experiment, the people who handed more to AI...

① Wrote worse essays
② Took more time
③ Had trouble remembering their own sentences
④ Made spelling mistakes

Q3 How do you get more to stick, using the same tool?

① Ask over and over
② Hand it over from the start
③ Do it alone to the end
④ Try 5 min first, then ask

The takeaway in my own words

“Don't hand it all over, and don't skip it entirely. Give it 5 minutes with your own brain first — just changing the order changes what sticks.”

Rewrite this line in your own words.

Name _____ Class _____ Date _____

DAY 45

Does every AI follow the same rules? — AI has laws too

1 · Think first

Before the lesson, write down what you think the answer is.

2 · Experiment · Split it up

Try it — Same list, different boxes

What did you change in the experiment, and what happened?

3 · Quiz

Circle the right answer.

Q1 Which is closest to how AI laws set their rules?

① The same rules for every AI
② Ban all new AI
③ Different rules for different levels of risk
④ Let the makers decide

Q2 What happens to a use in the 'high-risk' box?

① It can't be used at all
② There are no rules
③ Just change its name
④ It must pass checks and run with human oversight

Q3 What rule applies to an AI-made video?

① Say AI made it
② It's banned
③ Lower its quality
④ Make it shorter

The takeaway in my own words

“The law doesn't block AI completely, and it doesn't leave it alone either. It sorts uses into boxes by risk and treats each one differently.”

Rewrite this line in your own words.

Answer key · Part 4: What to Watch Out For

DAY 36 · Is it OK to put this into AI? — Protecting your information

Q1 · Answer ④ Your password
You gain nothing by putting in a password, and you can only lose. No need to weigh the situation — it's a no.

Q2 · Answer ① When several pieces get combined
"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 · Answer ② No, it's their info
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.

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

DAY 37 · Why did the meaning of "copying" get shaky? — Copyright

Q1 · Answer ① How much the results looked alike
People put two works side by side and looked at how similar they were. It was a standard you could check by eye.

Q2 · Answer ② What it learned from before making it
Even when the results don't look alike, people argue over whether it's OK to have learned from other people's work. That's the training data debate.

Q3 · Answer ③ Varies by country; ongoing
Europe, Japan, the US and South Korea are moving differently, and the big court cases aren't over. Instead of memorizing an answer, know what the issue is.

Today in one line · We used to look only at the result, but now we ask what it learned from, too.

DAY 38 · Is this video real? — Deepfakes

Q1 · Answer ③ Trace back where it came from
Tricks that look inside the screen fall apart as the tech gets better. A source is hard to make up, no matter how good the fake is.

Q2 · Answer ④ Check it's really them some other way first
A voice can be copied from a few seconds of recording. Don't do anything until you've checked it's really them another way — a call or in person.

Q3 · Answer ① Not a trick if it says so
The problem isn't that AI made it — it's the tricking. That's why the rules are heading toward 'say so,' not 'ban it.'

Today in one line · Stare at the screen all you like, you won't see it — follow where it came from.

DAY 39 · Is someone missing from this answer? — Bias in AI

Q1 · Answer ④ The data it learned from leans one way
AI doesn't hate anyone. It just answers with what it saw most as the default — and that 'what it saw most' was already tilted.

Q2 · Answer ① Most mistakes on darker-skinned women's faces
Same program, but how often it was wrong depended on whose face it was. The photos used to train it were lopsided.

Q3 · Answer ② Who'd make a good class rep?
Questions that pick or sort people are the riskiest. A question with one fixed answer has almost no room to lean.

Today in one line · AI doesn't hate anyone. It just leans toward what it saw most. When a question picks people, ask once more: 'What about other cases?'

DAY 40 · Where did I stop and AI start? — Saying when AI made it

Q1 · Answer ① To clearly protect the part I did

If you don't say it, even the parts you did well get doubted. That one line isn't a confession — it's a fence that protects your share.

Q2 · Answer ② Split the task into pieces and note each one

Split it into topic, sources, draft, polish and fact-check, and you can say exactly which piece you got help with in one line.

Q3 · Answer ③ A watermark

It's a mark people can't see but machines can read. The European Union is also preparing rules that require marks like this.

Today in one line · Saying so isn't confessing — it's a name tag. One line on which piece you got help with is enough.

DAY 41 · If AI does it all, what's left for you? — Homework and AI: where's the line

Q1 · Answer ② Whether something stays with you at the end

No need to memorize a rulebook. If you can explain it in your own words when you're done, something stayed; if you can't, nothing did.

Q2 · Answer ③ You get stuck again on the same type

The blanks get filled, but the spot where you were stuck stays stuck. Your hand moved, but your brain didn't.

Q3 · Answer ④ Show me where I got stuck

Ask for a hint and exactly that gap gets filled. That's how you keep both the work and the skill.

Today in one line · What you hand to AI is the stuck spot, not the whole homework. If you can explain it in your own words at the end, you did it.

DAY 42 · Can you trust this story? — Fake news

Q1 · Answer ④ Source, date, cross-check

Who said it first, when it happened, and whether it's anywhere else. Those three filter out most of it.

Q2 · Answer ① It looks convincing

AI can make real-looking text and photos in seconds, so looking convincing isn't proof of anything anymore.

Q3 · Answer ② Notice with original link

If you can open the original yourself, source and date get sorted out in one go. That's why a link beats a screenshot.

Today in one line · Looking convincing isn't evidence anymore. Source, date, somewhere else — judge by those three.

DAY 43 · What if a call comes in your family's voice? — AI scams

Q1 · Answer ① Hang up and call back on a number you know

Voices are hard to tell apart by ear now. But if you change who's calling whom, the copy is useless.

Q2 · Answer ② So you don't get time to check

The whole thing falls apart once you check, so they don't give you time to. That's why the more urgent it feels, the more you pause.

Q3 · Answer ③ Check via your usual contact

If you ask that account, the scammer is the one who answers. Checking only means something through the contact you already used.

Today in one line · A voice can be copied, but a call you make yourself can't.

DAY 44 · How much should you hand over? — Not leaning on it too much

Q1 · Answer ② Deciding for yourself how much to hand over

Zero isn't the answer and neither is 100. The test is whether you're the one deciding how far to hand things over.

Q2 · Answer ③ Had trouble remembering their own sentences

The writing was fine, but they couldn't recall sentences they had just written. It's a preliminary study still under review, but it's worth thinking about.

Q3 · Answer ④ Try 5 min first, then ask

It's the order, not the share. When you wrestle with it first and then hand it over, you know exactly where you're stuck when you ask.

Today in one line · Don't hand it all over, and don't skip it entirely. Give it 5 minutes with your own brain first — just changing the order changes what sticks.

DAY 45 · Does every AI follow the same rules? — AI has laws too

Q1 · Answer ③ Different rules for different levels of risk

One rule for everything would be too loose on risky uses and too tight on safe ones. So the uses are sorted into boxes by risk, and each box gets its own rules.

Q2 · Answer ④ It must pass checks and run with human oversight

High-risk doesn't mean banned. It's for places where people's lives are on the line, like admissions, grades or finding what's wrong when you're sick, so it's allowed on condition of advance checks and people watching over it.

Q3 · Answer ① Say AI made it

The problem is that people can be fooled, so instead of banning it, the rule is to say 'AI made this.' The same goes for chats that pretend to be a person: they have to say they're AI.

Today in one line · The law doesn't block AI completely, and it doesn't leave it alone either. It sorts uses into boxes by risk and treats each one differently.