# AI: Your Choice

## Why you might want to limit AI:

- **Privacy:** What you type into AI tools may be stored or used to improve the system.
- **Accuracy:** AI can sound confident and still be wrong, which matters for health, legal, financial, and other types of questions.
- **Authenticity:** Fake images, cloned voices, and AI-written scams are getting harder to spot.
- **Skills and creativity:** Doing your own writing, research, and problem-solving keeps those skills sharp.
- **Control:** Some people simply want to decide when and whether AI is part of their day.
- **Data use:** Your posts, photos, and writing may be used to train AI unless you opt out.

## How to avoid or limit AI:

- **Turn off AI features** in your search engine, email, phone, and apps (look in Settings for "AI," "assistant," or "smart" options).
- **Skip the AI summary:** Scroll past AI answers in search results, or use a search engine that lets you switch them off. Visit www.tenbluelinks.org for instructions on removing AI summaries from Google.
- **Opt out of data training** where a platform offers it, usually under privacy or data settings.
- **Limit what you share:** Photos, voice recordings, and posts are common training material.
- **Pause before you trust:** Verify surprising videos, images, or voice messages, especially ones asking for money or information.

**Want to learn more? Ask library staff, email digitalservices@wblib.org, attend a tech workshop, or schedule a tech tutoring session.**


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