



AI and You

Practical AI for Safer, Smarter Independent Living

Understanding artificial intelligence — without the hype.

“Useful AI · minimal exposure · human verification.”

INTRODUCTION

Why We're Here



Skepticism is your superpower

We aren't here to talk you out of your caution. Your skepticism is a strength — we'll aim it in the right direction.



You are not behind

Most of your peers have already tried these tools. You're joining the conversation, not catching up.



Our goal

Grab real, everyday value from AI — without ever turning yourself into a target.

8 in 10

adults 50+ have already used
some form of AI.

Source: AARP, 2025

THE PLAN

The 4-Week Game Plan

1

WEEK

AI Without the Hype

What it is — and what it isn't.

2

WEEK

Daily Life & Health

Using AI as a helpful general assistant.

3

WEEK

Scams & Self-Defense

Spotting modern, AI-powered fraud.

4

WEEK

Your Safety Plan

Confident use, fully on your terms.

The classroom rhythm: 60 minutes — open with a quick game, close with your take-home guide.

What is AI, in Plain English?

The technical truth: it's a pattern-matching, predictive-text tool — not an all-knowing wizard.



Meet your new digital intern

- Very well-read — it has skimmed much of the public web.
- Speaks with total confidence, even when making things up.
- Eager and fast, but needs your supervision.



The Golden Rule

It should never hold your wallet or read your medical files.



The “Confidently Wrong” Award

“**Hallucination**” means: the AI doesn't know what's true — it just guesses the next likely word.

AI Chat

Who invented the microwave oven?

George Washington invented the microwave to pop popcorn at Valley Forge in 1778.
(Completely false — but it sounds so sure!)

Takeaway: AI makes answers SOUND confident — but confidence is not truth.