

SCAM OR SAFE?

Thumbs up if it's safe. Thumbs down if it's a scam.

Text message · Today 9:41 AM

Google Alert: Your free Gemini plan changes Oct 9. Tap now to keep your chats and photos →
g00gle-gemini.help

Reply



Safe



Scam

Count the hands. Then the answer.

Scam — and the headline under it is true



Fun fact

Google really did change the free Gemini plan on October 9 — free accounts moved to a smaller model.



Fine print

Real changes show up inside the app, or on a page you typed in yourself. A text with a link and a deadline is the shape of a scam — whether the news under it is true or not.

Scammers ride real news. Nothing about your Gemini changed because of a text — and nothing will.

What's All This Artificial Intelligence About?

**Week 2 · Trust it for words.
Check it for facts.**

Tuesday, October 13, 2026 · San Mateo Senior Center
Robert Sellers · safeai4seniors.com/start



Last week's homework: one real thing

1 What did you ask?

2 What did it get right?

3 What did you check — and where?

Each table: one win, one miss — two minutes. Then three volunteers, captains first if the room is shy. The wrong answers get the biggest applause.

“Just one more thing.”

The second question is where the value is.

Most people stop at one

You ask once



It answers



It's imperfect



"AI doesn't work."



The power is in talking back.

It never gets impatient.

It never judges your first draft.

The first answer is a draft.

The second question is the work.

Seven follow-ups worth memorising

“Make it shorter.” • “Warmer.” • “More formal.”

“You assumed _____. Actually, _____.”

“Give me three different options.”

“Ask me questions before you start.”

“What am I missing?”

“Now argue the other side.”

“What should I check before I rely on this?”

“Now argue the other side” is the best habit you'll ever have for a big decision — make it argue against its own answer.

Words vs. facts



Trust it for words

- Explaining
- Summarising
- Rewriting
- Drafting
- Organising
- Brainstorming
- Translating the jargon



Check it for facts

- Phone numbers & addresses
- Prices & fees
- Dates & deadlines
- Doses
- Laws & rules
- Names, quotes & statistics
- Anything you'll act on

Trust it for words. Check it for facts.

Where to check a fact: the source itself



The document itself



**The card in your
wallet**



**The paper
statement**



**A website you typed
in yourself**



Never a link or a phone number the AI hands you.

Tool number two: ChatGPT — same three moves



Type

Ask it in plain English



Talk

Tap the mic and just say it



Show

Photograph it and ask

Open it → flip the switch → type · talk · show. Exactly the way you met Gemini. By week four you'll do this with a tool nobody has heard of yet.

ChatGPT: fun fact / fine print



Fun fact

- Type to it all day — free
- Show it a photo or a document
- It can look things up on the web
- No account needed to try it today



Fine print

- Talking out loud has a cap on the free plan
- Its privacy switch is called “Improve the model for everyone” — we turn it off together
- A “Temporary” chat stays out of your history — OpenAI keeps a copy up to 30 days

Checked against OpenAI's own help pages, October 12, 2026 — tools change weekly.

FINE PRINT OF THE WEEK

Plans shrink. Names change. The moves don't.

Oct 9

Gemini's free plan moved to a smaller model.

July 16

NotebookLM became Gemini Notebook.
Same tool, same sign-in — the old address
still works.

That's why you leave this course knowing three tools, not one.



WATCH ME — STRONGER IN YOUR SEVENTIES

Same question. Two tools. Then the source.

- 1 Same question, two tools
- 2 The second question — three times
- 3 “Which numbers should I check?”
- 4 Open book: Gemini Notebook shows the passage

ChatGPT on the mirrored phone • Gemini and the Notebook on the laptop. Read two lines, then point at the number.

Beat 1 • Same question, two tools

"I'm 72 and haven't exercised regularly in years. Heart disease runs in my family. I want to get stronger, more flexible and better for my heart. Build me a four-week starter program I can do at home."

Gemini

Agree on the words: start slow • warm up • three kinds of exercise

Differ on the numbers: minutes a week • reps • "target heart rate"

ChatGPT

Agree on the words: start slow • warm up • three kinds of exercise

Differ on the numbers: minutes a week • reps • "target heart rate"

Two confident answers. Two different numbers. Neither of them knows — that's why we check.

Beat 2 · The second question, three times

- 1 *“Before you go further, ask me three questions that would change this plan.”*
- 2 *“You assumed I can get down on the floor. I can't. Fix the plan.”*
- 3 *“Now argue the other side — what's wrong with this plan for someone like me?”*

Beat 3 · *“Which numbers in this plan should I check against a real source before I rely on them?”*

Beat 4 • Open book

Gemini Notebook, loaded with the U.S. physical-activity guidelines, can only answer from what's in the folder — and it shows the passage.

1 Key Guidelines for Older Adults — Chapter 5, page 68

- 150 to 300 minutes a week of moderate activity
- Muscle-strengthening on 2 or more days a week
- Balance training as part of the week
- “Determine level of effort relative to level of fitness”
- With a health condition: “understand whether and how” it affects doing activity safely

An AI that shows its source beats one that doesn't.

HHS, *Physical Activity Guidelines for Americans*, 2nd ed. (2018).

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5 minutes

Stretch. Then —

ChatGPT already open on your phone — app or website? Hold up
your green card. You're a captain.

Get ChatGPT in your hand

- 1** **No account needed today.** Safari or Chrome → chatgpt.com → start typing.
- 2** **Want the app, or already have an account?** App Store / Play Store: “ChatGPT” by OpenAI. Sign in.
- 3** **Don't create an account under a clock.** If you want one, make it at home this week.
- 4** **Privacy switch** — we'll do it together in a minute.
- 5** **Find the microphone. Find the + for photos.** Then: green card up.

The privacy switch — ChatGPT

- 1 Tap your picture or initial → Settings → Data Controls
- 2 Find “Improve the model for everyone”. It says On.
- 3 Tap it — Off.
- 4 Not signed in? Open the menu on chatgpt.com — same switch. It remembers your choice in this browser.



Green card when you see Off

Also there: a “Temporary” chat for one-off questions — it stays out of your history (OpenAI keeps a copy up to 30 days). Path checked against OpenAI's help pages, Oct 12, 2026.

Pick a card

A

Understand something

a contract, warranty, letter, article or manual

B

Plan something

a trip, a dinner for ten, a garden, a move

C

Write something that matters

a hard email, a complaint, a toast, a thank-you

D

Learn something

a skill, a subject, phrases for a trip — “then quiz me”

10

minutes

The rule today: at least two follow-ups from page 1. Write what you got — and what you checked. Numbers covered.

Second card — or the level-up

8

Second card — in Gemini this time

Same question, other tool.
Do the numbers match?

If they don't — which one would you check, and where?

The level-up: Gemini Notebook

notebooklm.google.com — it may greet you as Gemini Notebook. Same Google sign-in.

- 1 New notebook
- 2 Add a source — paste a web address, or upload a document
- 3 Ask one question
- 4 Tap the little number — that's the passage it used

No document handy? Paste health.gov/paguidelines — or any article you've been meaning to read.

NOTICE

**Both tools sounded sure.
They gave you different numbers.
The source settled it.**

Trust it for words. Check it for facts.

Show and tell

1 What did you ask?

2 What was your second question?

3 What did you check — and where?

Three volunteers. The loudest applause goes to whoever caught a wrong number.

This week: one real task — with a follow-up



The task — and the follow-up I used



One fact I checked — and where I checked it



**Did I try the Notebook?
What happened?**

Something you actually needed to do. Workbook Week 2, page 5 — bring it back next Tuesday.

Next week: Claude — safety is a skill, not a fear



Tool number three: Claude

Its sign-up asks you to choose whether your chats train it. The live privacy lesson.



The clone comes back

You've met it once. Next week you'll hear what it could say to a family member.



Bring your phone — and one name

The one person in your family you'd agree a safe word with. We do it in the room.

No statistics. No fear. A four-move procedure you can run — and the one defence that beats a cloned voice.

SAY IT WITH ME

Useful AI, minimal exposure, human verification.

Trust it for words. Check it for facts.

An AI that shows its source beats one that doesn't.

Everything from today: **safeai4seniors.com/start**

all one word, with the number 4 — the ChatGPT steps, the switch, the Notebook steps, the cards

Thank the captains by name. Packets go home.