

Week 2 take-home: the second question, words vs. facts, and the fine print

What's All This Artificial Intelligence About? · Tuesday, October 13, 2026 · safeai4seniors.com/start

Everything on this page was checked against the company's own help pages, or the original document, on Monday, October 12, 2026. Tools change weekly — if a menu on your phone looks different from what's written here, the menu is right and the page is out of date. Tell Robert.

The second question is where the value is

Most people type one thing, get something imperfect, and decide AI doesn't work. The first answer is a draft. The second question is the work. It never gets impatient and it never judges your first draft.

Say this	When
"Make it shorter." · "Warmer." · "More formal."	The answer is right but the tone or length is wrong
"You assumed . Actually , "	It guessed something about you — it always does
"Give me three different options."	You want to choose, not be told
"Ask me questions before you start."	A plan, a letter, a program — anything that depends on <i>you</i>
"What am I missing?"	Before you act on anything
"Now argue the other side."	The best habit for any big decision — make it argue against its own answer
"What should I check before I rely on this?"	It will tell you which parts are facts

Words vs. facts

Trust it for words: explaining, summarising, rewriting, drafting, organising, brainstorming, translating the jargon.

Check it for facts: phone numbers and addresses, prices and fees, dates and deadlines, doses, laws and rules, names, quotes and statistics — anything you'll act on.

Where to check a fact: the source itself. The document. 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** — that is the one line to remember when it sounds most sure.

Tool number two: ChatGPT — fun fact / fine print

Same three moves as Gemini: open it → flip the privacy switch – type · talk · show.

Fun fact	Fine print
Type to it all day, free. Text chats on the free plan are "unlimited, subject to abuse-prevention safeguards."	Talking out loud has a cap. Voice, photo and file uploads have separate limits on the free plan; the app tells you when a limit resets.
Show it a photo or a document, and it can look things up on the web. Both are on the free plan.	The privacy switch is called "Improve the model for everyone." Picture or initial – Settings – Data Controls – turn it off.
No account needed to try it. Open chatgpt.com in Safari or Chrome and start typing.	Not signed in? The same switch is in the menu on chatgpt.com — "your choice is saved in that browser."
A "Temporary" chat stays out of your history and isn't used to improve the model.	...but it isn't invisible. "OpenAI may keep a copy of a temporary chat for up to 30 days for safety purposes."

Sources: OpenAI Help Center — "ChatGPT Free Tier FAQ," "Data controls in ChatGPT," and "Temporary chat in ChatGPT," all read October 12, 2026. The app: "ChatGPT" by OpenAI in the App Store or Google Play; the website is chatgpt.com.

Don't create an account under a clock — if you want one, make it at home.

The fine print of the week: plans shrink, names change, the moves don't

Gemini's free plan got smaller on October 9. Accounts without a Google AI subscription now use Google's smaller "Flash-Lite" model; the mid-size and top models need a paid plan. Nothing you set up last week changed, and no text message was involved. — Google support page as reported by TechRepublic, Oct 6, 2026.

NotebookLM is now called Gemini Notebook. Google renamed it on July 16, 2026. Same tool, same Google sign-in; the old address (notebooklm.google.com) still works — "automatic redirects will ensure existing shared notebooks and user links continue to work." Free use runs on a usage budget that refreshes every five hours. — Google blog and Google Workspace Updates, July 16, 2026; Gemini Notebook Help, "Manage your usage limits."

Why it matters: the tools will keep changing. The three moves won't. That's why you leave this course knowing three tools, not one.

The level-up: an AI that shows its source

Open **notebooklm.google.com** (it may greet you as Gemini Notebook). **1** New notebook. **2** Add a source — paste a web address, or upload a document (a contract, a manual, a policy, an article). **3** Ask one question. **4** Tap the little number — it shows you the exact passage it used. It answers only from what you gave it. *An AI that shows its source beats one that doesn't.*

What we loaded in class — and what it said. Two public documents: the U.S. Department of Health and Human Services *Physical Activity Guidelines for Americans, 2nd edition* (2018) and its Executive Summary. Asked what they say for adults over 65, the Notebook pointed to Chapter 5, "Key Guidelines for Older Adults" (page 68): at least 150 to 300 minutes a week of moderate-intensity activity, spread through the week · muscle-strengthening on 2 or more days a week · "multicomponent physical activity that includes balance training" · "older adults should determine their level of effort for physical activity relative to their level of fitness" · and, for anyone with a chronic condition, "understand whether and how their conditions affect their ability to do regular physical activity safely." When 150 minutes isn't possible, "be as physically active as their abilities and conditions allow."

That last line is why "talk to your doctor" isn't the AI being timid — it's in the source. **The AI writes the questions; your doctor gives the answers.** Both PDFs are free at health.gov/paguidelines.

This week's homework (workbook Week 2, page 5)

One real task with AI — something you actually needed to do — using at least one follow-up from the table above. One fact you checked, and where you checked it. If you're ready: try the Notebook with one document of your own (numbers covered). Bring the page back next Tuesday.

Next week: tool number three, Claude — *Safety is a skill, not a fear*. Bring your phone, and think about which one person in your family you'd agree a safe word with.

Useful AI, minimal exposure, human verification. · Trust it for words. Check it for facts. · Same three moves, new tool. · An AI that shows its source beats one that doesn't.