

ChatGPT by OpenAI

Same three moves, new tool.

1 Open it

1. **No account needed:** Safari or Chrome → chatgpt.com → start typing. That's the whole setup.
2. **The app:** App Store or Google Play → search **ChatGPT** — the one **by OpenAI**. Sign in if you have an account.
3. **Don't create an account under a clock.** If you want one, make it at home this week.

2 Flip the privacy switch (once)

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

Also there: a "Temporary" chat for one-off questions — it stays out of your history (OpenAI keeps a copy up to 30 days). Free plan: type all day; talking out loud has a cap. Checked against OpenAI's help pages, Oct 12, 2026.

3 Type · Talk · Show



Type

Ask it in plain English, like a friend.



Talk

Tap the microphone and just say it. Then: "Put that more simply."



Show

Tap + or the camera. Photograph it and ask: "What is this?"

The one rule: cover your numbers. Before you photograph or paste anything — account numbers, ID numbers, dates of birth. It never needs them to help you.

Trust it for words. Check it for facts.

Every step, every link, every handout: safeai4seniors.com/start — all one word, with the number 4.

