

# How can humans use AI effectively without endangering themselves or others?

The short answer:

**Use AI as a partner—but remain the responsible decision-maker.**

Everything else flows from that.

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## 1. Keep humans in the loop where it matters

AI can assist, suggest, generate—but it does not:

- bear consequences
- understand real-world stakes
- take responsibility

So:

- use AI to **expand thinking**
- not to **replace judgment**

Especially in areas like:

- health
  - finance
  - security
  - relationships
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## 2. Treat AI output as *provisional*, not authoritative

AI can sound confident even when wrong.

So:

- verify important facts
- cross-check critical decisions
- question outputs that seem too neat

A good habit:

“What could be wrong about this?”

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### **3. Be mindful of over-reliance**

The danger is not just bad answers—it’s **losing your own thinking habits**.

Use AI to:

- explore alternatives
- challenge assumptions

But avoid:

- accepting first answers
  - outsourcing understanding
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### **4. Protect sensitive information**

Don’t casually share:

- personal data
- confidential business info
- anything you wouldn’t want exposed

Even trusted systems are not private in the human sense.

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### **5. Understand where AI is weak**

AI struggles with:

- real-world context
- emotional nuance
- long-term consequences
- ethical responsibility

So keep humans central in:

- decisions affecting people
- situations involving trust
- ambiguous moral choices

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## 6. Use AI to *augment*, not flatten, human differences

AI can average things out.

But value comes from:

- individual perspective
- lived experience
- domain expertise

Use AI to support those—not erase them.

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## 7. Stay aware of the broader impact

At scale, AI affects:

- jobs
- information ecosystems
- decision-making power

So ask:

“If everyone used this this way, what would happen?”

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## A simple guiding principle

**Let AI help you think—but not decide who you are or what you stand for.**

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## In your terms (very concise version for the talk)

You might say:

“The safest and most effective way to use AI is as a thinking partner—not a decision-maker. Let it expand your possibilities, but keep responsibility, judgment, and accountability firmly in human hands.”