

LESSON 5 / KEEP PRACTICING

My Seven-Day Practice Plan

Spend about 10 minutes at a time. You can repeat a day or go more slowly. Each activity pairs a useful skill with a safety habit.

- ☐ Day 1: Pick an everyday task. Remove details the AI does not need.
- ☐ Day 2: Try a prompt card. Read the answer before using it.
- ☐ Day 3: Ask for a clearer answer. Check one factual claim.
- ☐ Day 4: Make your family callback plan. Agree on the code word privately.
- ☐ Day 5: Practice an urgent-call scenario. Use a pretend phrase.
- ☐ Day 6: Create a useful note, checklist, or plan. Correct any mistakes.
- ☐ Day 7: Show a trusted person your result and explain one safety precaution.

The useful result I created

What I checked and the precaution I took

Someone I can ask for help
