

DAY 36 · Part 4 · What to Watch Out For

# Is it OK to put this into AI? — Protecting your information

Five-Minute AI Lessons · Oct 12, 2026

---

Once you type it in, it's out of your hands, and pieces point to you when they're combined.

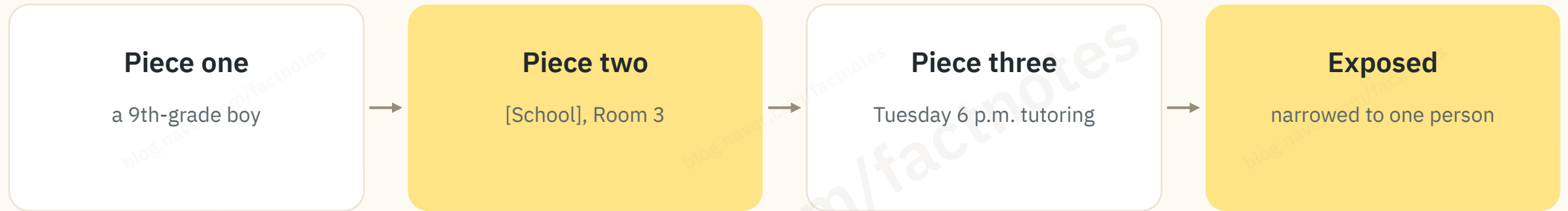
# In a nutshell

1 Starting today, the story changes a bit. So far it was "What It Can Do"; from here on it's "What to Watch Out For." And the first answer is this — put things in assuming that **once you type it in, it's out of your hands.**

2 Leave out things that **can pinpoint you**, like your name, address, phone number or passwords, and then ask. Keep only what you're asking about, and the answer comes out the same.

3 Be even more careful with info that isn't yours. Where **your friend's face or contact info** ends up isn't your call to make.

# Pieces point to you when they're combined



"A 9th-grade boy" could be hundreds of thousands of people. Add a school and homeroom and it's thirty; add tutoring times and it's one.

**Key idea: personal information isn't one lump — it's pieces that add up**

# Is it OK to put this into AI?

## OK to put in

### When this one fits

- ✓ Snapping a page of your math workbook...
- ✓ Pasting in a whole draft of your book...
- ✓ You don't know the way to tutoring, s...

## Don't put it in

### When this one fits

- ✓ Asking it to polish your personal sta...
- ✓ You can't remember your school accoun...
- ✓ Uploading a photo of a friend's face...

## The rule

### How to choose

- ✓ If it can pick you out, leave it out
- ✓ If it isn't yours, don't ask at all
- ✓ Passwords: never, no matter what

Here are six situations. Before you put something in, think just once: is it OK if this stays in someone else's...

Try it yourself in the web lesson · [next-token.net/en/learn/day-36/](https://next-token.net/en/learn/day-36/)

# Just three questions

Q1

**What's the clearest example of something you should never put into AI?**

- ① A photo of a math problem
- ② The title of a book you read
- ③ Your favorite color
- ④ Your password

Q2

**When do small pieces of information become dangerous?**

- ① When several pieces get combined
- ② When there are lots of words
- ③ When you ask at night
- ④ When you ask in another language

Q3

**Uploading a photo of your friend's face?**

- ① Fine, it's my info
- ② No, it's their info
- ③ Photos don't matter
- ④ Just remove the background

# Know the why, too

Q1

④

You gain nothing by putting in a password, and you can only lose. No need to weigh the situation — it's a no.

Q2

①

"9th grade" alone can't find anyone. Add the school, homeroom and tutoring time and it narrows to one person. That's why you have to be careful piece by piece.

Q3

②

Being on your phone doesn't make it your info. Your friend's face belongs to your friend, and where it gets uploaded is their call.

**Once you type it in, it's out of your hands,  
and pieces point to you when they're combined.**



Tomorrow: Copyright — with AI making pictures and writing, how the line for "copying" got shaky.