Everyday AI lesson

What AI is, and what it is not

About 4 minutes to read | Full lesson: https://everydayai.careercalling.com.au/lessons/what-ai-is/

AI stands for artificial intelligence. It is a name for computer programs that do things we used to think only people could do, such as answering questions in full sentences, recognising a face in a photo or turning speech into text.

Remember

- AI is a name for programs that do tasks we used to think needed a person.
- Chatbots write answers by predicting likely words, one at a time.
- They sound confident even when they are wrong.
- AI is not a person, a doctor, a lawyer or an adviser.
- You stay in charge of every decision.

Try this

1. Think of three things you did this week on a phone or computer.
2. For each one, ask yourself: did a program guess, sort or suggest something for me? That was probably AI.
3. Notice how often it helps quietly in the background.

Safety tip. Because AI sounds sure of itself, it is easy to trust it too much. Treat it like a well-read stranger: often helpful, sometimes wrong, and never the final word.

Free help: Be Connected (beconnected.esafety.gov.au) for lessons on staying safe online. Scamwatch (scamwatch.gov.au) to check and report scams. If you have lost money, call your bank straight away.

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