

# AI FOR SENIORS: A RESEARCH GUIDE FOR SAFE, PRACTICAL USE

Prepared as a teaching and reference guide. Sources verified against official or primary pages on June 10, 2026. This guide is written for seniors, caregivers, discussion leaders, and residents who want practical information without hype, fear, or sales language.

Sources verified June 10, 2026: OpenAI Data Controls FAQ, <https://help.openai.com/en/articles/7730893-data-controls-faq>; Microsoft Support, Turn off Copilot in Microsoft 365 apps, <https://support.microsoft.com/en-us/privacy/turn-off-copilot-in-microsoft-365-apps>; Google Search Help, AI Overviews, <https://support.google.com/websearch/answer/14901683>

## Purpose of This Guide

This guide explains artificial intelligence in plain language for older adults and for anyone teaching or helping them. It does not recommend that every senior use AI. It explains what AI can do, what it cannot do, what privacy questions to ask, how to verify information, and how to reduce unwanted AI features such as Microsoft Copilot or Google AI Overviews when possible.

Sources verified June 10, 2026: OpenAI Consumer Privacy, <https://openai.com/consumer-privacy/>; FTC Scams page, <https://consumer.ftc.gov/scams>

## The Most Important Warning

AI is not human. AI is not your friend, pastor, doctor, lawyer, financial advisor, or family member. It may speak with warmth, patience, and respect, but it does not have a soul, conscience, lived wisdom, moral judgment, or personal relationship with you. AI can sound confident even when it is wrong. That is why important answers must be verified with reliable sources.

Sources verified June 10, 2026: OpenAI Help Center, Data Controls FAQ, <https://help.openai.com/en/articles/7730893-data-controls-faq>; FTC, AI chatbot inquiry, <https://www.ftc.gov/news-events/news/press-releases/2025/09/ftc-launches-inquiry-ai-chatbots-acting-companions>

## Why AI Sounds So Certain Even When It Is Wrong

AI systems are designed to produce likely answers based on patterns in data and instructions. They do not know truth the way a human person knows truth. They can summarize accurately, but they can also make mistakes, leave out context, invent details, or sound certain when the evidence is weak. This is sometimes called a hallucination. A confident tone is not proof that an answer is correct.

Sources verified June 10, 2026: OpenAI Help Center, Deep Research in ChatGPT, <https://help.openai.com/en/articles/10500283-deep-research-in-chatgpt>; FTC, deceptive AI claims, <https://www.ftc.gov/news-events/news/press-releases/2024/09/ftc-announces-crackdown-deceptive-ai-claims-schemes>

## The Verification Rule

For everyday questions, AI can be very helpful. For anything important, ask for sources and check them yourself. If the subject is medical, legal, financial, political, historical, religious, or safety-related, verify the answer with official, primary, or trusted sources. A good habit is to ask: What are your sources? How current is this? Is there another viewpoint? What does the official source say?

Sources verified June 10, 2026: OpenAI, Research with ChatGPT, <https://openai.com/academy/search-and-deep-research/>; OpenAI Help Center, Deep Research in ChatGPT, <https://help.openai.com/en/articles/10500283-deep-research-in-chatgpt>

## What AI Can Do Well for Seniors

AI can help answer everyday questions, explain confusing information, summarize long documents, compare options, write letters, find recipes, explain Bible passages, help prepare questions for a doctor, organize study notes, simplify instructions, and help someone think through ordinary tasks. It is often easier than a search engine because a person can ask a question in normal speech and ask follow-up questions.

Sources verified June 10, 2026: OpenAI, Research with ChatGPT, <https://openai.com/academy/search-and-deep-research/>; Perplexity Hub, <https://www.perplexity.ai/hub>

## What AI Should Not Replace

AI should not replace a doctor, emergency services, a lawyer, a priest or pastor, a financial advisor, a trusted family member, or official government information. It can help prepare questions or explain terms, but it should not be treated as the final authority on health, law, money, salvation, or safety.

Sources verified June 10, 2026: FTC Scams page, <https://consumer.ftc.gov/scams>; OpenAI Help Center, Data Controls FAQ, <https://help.openai.com/en/articles/7730893-data-controls-faq>

## **Good Everyday Questions for AI**

Good uses include: Who won the Diamondbacks game last night? What are the symptoms of dehydration? What are some soft foods after dental work? Where can I find a teal Arizona Diamondbacks shirt? What does this Bible verse mean? Can you help me write a polite email? Can you make this easier to understand? For current items such as sports scores, store hours, prices, laws, or product availability, ask the AI to check current sources.

Sources verified June 10, 2026: OpenAI Help Center, Deep Research in ChatGPT, <https://help.openai.com/en/articles/10500283-deep-research-in-chatgpt>; Perplexity Hub, <https://www.perplexity.ai/hub>

## **Questions That Require Extra Care**

Use extra caution with medical symptoms, medications, legal documents, investments, taxes, scams, politics, product purchases, and historical claims. AI can help you understand possibilities, but the answer should be checked against official or professional sources. For emergency symptoms, call 911 or local emergency services rather than asking AI.

Sources verified June 10, 2026: FTC Scams page, <https://consumer.ftc.gov/scams>; FBI IC3 Public Service Announcement, <https://www.ic3.gov/PSA/2025/PSA250515>

Sources verified June 10, 2026: Primary, Official, and Trusted

Primary sources are closest to the original information. Examples include government agencies, official company support pages, published Church documents, Bible text, medical organizations, court or county websites, and original historical documents. Secondary sources explain or summarize. AI summaries can be useful, but the primary source should be checked when accuracy matters.

Sources verified June 10, 2026: OpenAI, Research with ChatGPT, <https://openai.com/academy/search-and-deep-research/>; Google Search Help, AI Overviews, <https://support.google.com/websearch/answer/14901683>

## **ChatGPT: What It Is Useful For**

ChatGPT is useful for conversation, writing, study, explanations, planning, document drafting, Bible study, health question preparation, and long projects. It is especially helpful when a person wants continuity, wants to ask follow-up questions, or wants help organizing information. It can also search current information when browsing or research tools are available.

Sources verified June 10, 2026: OpenAI Consumer Privacy, <https://openai.com/consumer-privacy/>; OpenAI Data Controls FAQ, <https://help.openai.com/en/articles/7730893-data-controls-faq>; OpenAI Deep Research, <https://help.openai.com/en/articles/10500283-deep-research-in-chatgpt>

## **ChatGPT: Privacy, Memory, and Temporary Chats**

OpenAI says users have data controls that allow them to choose whether conversations help improve models. OpenAI also describes memory controls, including the ability to turn memory off, review or delete saved memories, and use Temporary Chat. Temporary Chats do not appear in history and are not used to improve models, but OpenAI says a copy may still be kept for safety purposes for up to 30 days. Therefore, temporary does not mean the words never pass through a server.

Sources verified June 10, 2026: OpenAI Data Controls FAQ, <https://help.openai.com/en/articles/7730893-data-controls-faq>; OpenAI Memory FAQ, <https://help.openai.com/en/articles/8590148-memory-faq>; OpenAI Temporary Chat FAQ, <https://help.openai.com/en/articles/8914046-temporary-chat-faq>

## **ChatGPT: Deep Research and Current Information**

For research that needs current information, ask for current sources or ask for a deep research style answer when available. Deep research is designed to search, reason, and synthesize information into a documented report. Even then, the reader should open and verify important sources, especially for laws, medical issues, prices, safety, product availability, or claims that may have changed recently.

Sources verified June 10, 2026: OpenAI Help Center, Deep Research in ChatGPT, <https://help.openai.com/en/articles/10500283-deep-research-in-chatgpt>; OpenAI Academy, Research with ChatGPT, <https://openai.com/academy/search-and-deep-research/>

## **Perplexity: What It Is Useful For**

Perplexity is often useful as an AI-powered answer and search tool. Its main advantage is that answers commonly include sources or citations, making it easier to check where the answer came from. This can be helpful for sports scores, current events, store information, product searching, and quick fact checking. Sources still need to be opened and verified.

Sources verified June 10, 2026: Perplexity Hub, <https://www.perplexity.ai/hub>; Perplexity Help Center, <https://www.perplexity.ai/help-center/en/index.html>

### **Perplexity: Privacy Caution**

Perplexity is useful, but seniors should still avoid entering private information. Perplexity states that its answers are grounded in real-time web sources and carry inline citations. Perplexity also states that Pro and Enterprise queries are not used to train third-party models, but users should read the current privacy policy and settings for their own account before entering sensitive information.

Sources verified June 10, 2026: Perplexity Hub, <https://www.perplexity.ai/hub>; Perplexity API Privacy and Security, <https://docs.perplexity.ai/docs/resources/privacy-security>

### **Chatbox AI: What It Is**

Chatbox AI is generally not a separate AI model like ChatGPT or Claude. It is an AI client or interface that can connect to different AI services. It may be useful for people who want one place to use several AI systems or for a family member who can set it up for a senior. For many seniors, it may be more complicated than necessary.

Sources verified June 10, 2026: Chatbox AI official site, <https://chatboxai.app/en>; Chatbox GitHub, <https://github.com/chatboxai/chatbox>

### **Chatbox AI: Storage and Privacy**

Chatbox says it stores personal chat data locally on the device, which is why some users may say their conversations are not stored. However, when a user sends a message to an AI model service, the message must be transmitted to that service to generate an answer. Chatbox says its own AI service may temporarily store data to speed responses and does not permanently store it or use it for advertising or model training. If third-party model services are used, their privacy policies apply.

Sources verified June 10, 2026: Chatbox Privacy Policy, <https://chatboxai.app/en/privacy>; Chatbox AI Service FAQ, <https://chatboxai.app/en/help-center/chatbox-ai-service-faqs>; Chatbox official site, <https://chatboxai.app/en>

### **Claude: What It Is**

Claude is an AI assistant made by Anthropic. It is often praised for careful writing, summarizing, and reasoning. It may be useful for drafting, explaining, and document work. Like all AI systems, it should be verified and should not receive sensitive personal information unless the user understands the privacy settings and risks.

Sources verified June 10, 2026: Anthropic Privacy Center, <https://privacy.claude.com/en/>; Anthropic data retention article, <https://privacy.claude.com/en/articles/10023548-how-long-do-you-store-my-data>

### **Claude: Data Retention Caution**

Anthropic states that it retains personal data as reasonably necessary under its privacy policy. Anthropic also announced changes to consumer terms and privacy settings in 2025, including longer retention if users allow data to be used for model training. Users should review Claude privacy settings before entering private information.

Sources verified June 10, 2026: Anthropic Privacy Center, <https://privacy.claude.com/en/>; Anthropic update to Consumer Terms and Privacy Policy, <https://www.anthropic.com/news/updates-to-our-consumer-terms>; Anthropic data retention article, <https://privacy.claude.com/en/articles/10023548-how-long-do-you-store-my-data>

### **Google Gemini**

Google Gemini is Google's AI assistant. Because it is tied to the Google ecosystem, users should understand Gemini activity settings and Google privacy settings. Google states that if Gemini Apps Activity is on, chats and shared content may be saved in Activity and used to provide, improve, and develop Google services, including generative AI models, with human review in some cases.

Sources verified June 10, 2026: Google Gemini Apps Privacy Hub, <https://support.google.com/gemini/answer/13594961>; Google Privacy Policy, <https://policies.google.com/privacy>

### **Google AI Overviews**

Google AI Overviews are AI-generated summaries that may appear in Google Search results. Google says AI Overviews are a core Search feature and cannot be turned off. Google says users can select the Web filter after searching to display only text-based links without features like AI Overviews. For people who dislike AI summaries, using the Web filter or another search approach may reduce frustration.

Sources verified June 10, 2026: Google Search Help, AI Overviews, <https://support.google.com/websearch/answer/14901683>

## **Microsoft Copilot**

Microsoft Copilot is Microsoft's AI assistant and is increasingly built into Microsoft 365, Windows, Edge, and other Microsoft products. Some people like its writing and productivity help. Others dislike having AI appear inside Word, Excel, Outlook, or Windows. Microsoft's settings differ by app, device, account type, and software version.

Sources verified June 10, 2026: Microsoft Support, Turn off Copilot in Microsoft 365 apps, <https://support.microsoft.com/en-us/privacy/turn-off-copilot-in-microsoft-365-apps>; Microsoft Learn, Manage Windows Copilot, <https://learn.microsoft.com/en-us/windows/client-management/manage-windows-copilot>

### **How to Reduce or Turn Off Copilot in Word on a Lenovo Windows Computer**

On a Windows computer using Microsoft 365 apps, Microsoft says to open the app, such as Word, then go to File > Options > Copilot, clear the Enable Copilot checkbox, select OK, close the app, and restart it. If the checkbox is not present, update the Microsoft 365 app. If the checkbox is still not available, Microsoft says Copilot can also be turned off by changing account privacy settings, but that may also turn off other connected features such as suggested replies, text predictions, Designer, or automatic alt text.

Sources verified June 10, 2026: Microsoft Support, Turn off Copilot in Microsoft 365 apps, <https://support.microsoft.com/en-us/privacy/turn-off-copilot-in-microsoft-365-apps>

### **How to Reduce Copilot in Word on iPhone**

Microsoft currently says Copilot cannot be turned off directly in the iOS, Android, or web versions of Word, Excel, or PowerPoint. This means an iPhone Word user may not see the same Enable Copilot checkbox available on Windows or Mac. Microsoft says users can change privacy settings to turn off Copilot, but settings and labels can vary by app version and account. Look in the Word app for account/profile settings, privacy settings, or connected experiences. If available, turn off experiences that analyze your content. Be aware this may also disable other helpful features.

Sources verified June 10, 2026: Microsoft Support, Turn off Copilot in Microsoft 365 apps, <https://support.microsoft.com/en-us/privacy/turn-off-copilot-in-microsoft-365-apps>

## **Microsoft Edge and Windows Copilot Notes**

Copilot may also appear in Microsoft Edge or Windows apart from Word. Controls change frequently. Microsoft documents Edge policies for organizations, and some Edge settings allow eligible users to control Copilot features. For a personal computer, users should check Edge Settings and Windows Settings after updates because Microsoft may move or rename options.

Sources verified June 10, 2026: Microsoft Edge policy for Copilot, <https://learn.microsoft.com/en-us/deployedge/microsoft-edge-policies/edgecopilotenabled>; Microsoft Windows Copilot management, <https://learn.microsoft.com/en-us/windows/client-management/manage-windows-copilot>

## **Apple Intelligence**

Apple Intelligence is Apple's AI system built into supported iPhones, iPads, and Macs. Apple emphasizes on-device processing and Private Cloud Compute for more complex requests. Apple says data sent to Private Cloud Compute is not stored and is used only to fulfill the request. Apple Intelligence is not available on all devices, in all languages, or in all regions.

Sources verified June 10, 2026: Apple Support, Apple Intelligence and privacy on iPhone, <https://support.apple.com/guide/iphone/apple-intelligence-and-privacy-iphe3f499e0e/ios>; Apple Private Cloud Compute blog, <https://security.apple.com/blog/private-cloud-compute/>; Apple Privacy, <https://www.apple.com/privacy/>

## **What Not Stored Really Means**

When someone says a conversation is not stored, ask: not stored where? It may mean it is not saved in the user's visible history. It may mean it is stored only on the device. It may mean it is temporarily stored on a server. It may mean it is not used for training. These are different claims. Seniors should not assume that disappearing from the screen means no company ever processed or temporarily retained it.

Sources verified June 10, 2026: OpenAI Temporary Chat FAQ, <https://help.openai.com/en/articles/8914046-temporary-chat-faq>; Chatbox AI Service FAQ, <https://chatboxai.app/en/help-center/chatbox-ai-service-faq>; Apple Intelligence and privacy on iPhone, <https://support.apple.com/guide/iphone/apple-intelligence-and-privacy-iphe3f499e0e/ios>

### **Scams, Voice Cloning, and Seniors**

AI can be used by criminals to make scams more believable. A scammer may clone a loved one's voice from a short audio clip and make an emergency call sound real. The FTC warns that voice cloning can make family emergency scams sound convincing. The FBI has also warned about AI-generated voice messages and malicious text messages used for impersonation.

Sources verified June 10, 2026: FTC, Scammers use AI to enhance family emergency schemes, <https://consumer.ftc.gov/consumer-alerts/2023/03/scammers-use-ai-enhance-their-family-emergency-schemes>; FTC Voice Cloning Challenge, <https://consumer.ftc.gov/consumer-alerts/2023/11/announcing-ftcs-voice-cloning-challenge>; FBI IC3, <https://www.ic3.gov/PSA/2025/PSA250515>

### **Family Safety Rule for Voice Cloning**

Families should create a private code word or verification question that a scammer would not know. If someone calls in distress asking for money, hang up and call the person back using a trusted phone number. Do not send money, gift cards, cryptocurrency, or account information because a voice sounds familiar.

Sources verified June 10, 2026: FTC, Scammers use AI to enhance family emergency schemes, <https://consumer.ftc.gov/consumer-alerts/2023/03/scammers-use-ai-enhance-their-family-emergency-schemes>; FTC Scams page, <https://consumer.ftc.gov/scams>

### **AI and Bible Study**

AI can help organize notes, explain historical background, compare translations, summarize a passage, locate Church Fathers, and create study questions. However, Scripture itself remains primary. For Catholic study, verify claims through the Bible, the Catechism, Church documents, trusted Catholic commentaries, early Church sources, and primary texts when possible.

Sources verified June 10, 2026: OpenAI Research with ChatGPT, <https://openai.com/academy/search-and-deep-research/>; OpenAI Deep Research, <https://help.openai.com/en/articles/10500283-deep-research-in-chatgpt>

### **AI and Medical Questions**

AI can help prepare questions for a doctor, explain common terms, or organize symptoms. It should not diagnose, replace a clinician, or delay urgent care. For medication questions, symptoms that may be serious, or emergency situations, consult a doctor, pharmacist, nurse line, urgent care, or emergency services.

Sources verified June 10, 2026: FTC Scams page, <https://consumer.ftc.gov/scams>; OpenAI Help Center, Data Controls FAQ, <https://help.openai.com/en/articles/7730893-data-controls-faq>

### **AI and Shopping**

AI can help compare product types, explain features, identify questions to ask, and locate places where an item may be sold. For purchases, verify directly with the retailer. Check return policies, shipping costs, seller reputation, official team stores, and whether the site is legitimate. Do not give payment information through a chatbot.

Sources verified June 10, 2026: FTC Scams page, <https://consumer.ftc.gov/scams>; Google Search Help, AI Overviews, <https://support.google.com/websearch/answer/14901683>

### **AI and Sports, Store Hours, and Current Information**

AI is often faster than searching through many websites, but current information can change quickly. For sports scores, ask for current results and sources. For store hours, call the store or check the official store page if the trip matters. For events, prices, laws, and appointments, verify with the official source.

Sources verified June 10, 2026: OpenAI Deep Research, <https://help.openai.com/en/articles/10500283-deep-research-in-chatgpt>; Perplexity Hub, <https://www.perplexity.ai/hub>

## **Choosing Between ChatGPT, Perplexity, Chatbox AI, Gemini, Claude, Copilot, and Apple Intelligence**

Choose based on the job. ChatGPT is strong for conversation, writing, project continuity, and complex explanations. Perplexity is strong for quick sourced search-style answers. Chatbox AI may be useful when a technically skilled family member wants to configure one interface. Gemini is tied to Google services. Claude is strong for writing and document reasoning. Copilot is tied to Microsoft products. Apple Intelligence is built into supported Apple devices with Apple's privacy architecture.

Sources verified June 10, 2026: OpenAI Consumer Privacy, <https://openai.com/consumer-privacy/>; Perplexity Hub, <https://www.perplexity.ai/hub>; Chatbox AI, <https://chatboxai.app/en/>; Anthropic Privacy Center, <https://privacy.claude.com/en/>; Google Gemini Privacy Hub, <https://support.google.com/gemini/answer/13594961>; Microsoft Support, <https://support.microsoft.com/en-us/privacy/turn-off-copilot-in-microsoft-365-apps>; Apple Support, <https://support.apple.com/guide/iphone/apple-intelligence-and-privacy-iphe3f499e0e/ios>

## **Simple Recommendation Language for a Class**

The safest way to teach seniors is not to say one product is perfect. Instead say: Use AI for help, not final authority. Do not share private information. Ask for sources. Verify important claims. Use official sources when possible. If an app is confusing, do not use it. Simpler is better.

Sources verified June 10, 2026: FTC Scams page, <https://consumer.ftc.gov/scams>; OpenAI Data Controls FAQ, <https://help.openai.com/en/articles/7730893-data-controls-faq>

## **Questions to Ask Any AI**

Ask: What are your sources? How recent is this information? Is this from an official source? Are there other viewpoints? What should I verify myself? Could this information have changed? Is this medical, legal, financial, or safety-related? What source should I open first?

Sources verified June 10, 2026: OpenAI Research with ChatGPT, <https://openai.com/academy/search-and-deep-research/>; OpenAI Deep Research, <https://help.openai.com/en/articles/10500283-deep-research-in-chatgpt>

## **Information Seniors Should Never Put Into AI**

Do not put Social Security numbers, Medicare numbers, bank account numbers, credit card numbers, passwords, security codes, full birthdates with identifying information, private medical records, legal documents with identifying details, or anything that would be dangerous if copied or forwarded.

Sources verified June 10, 2026: FTC Scams page, <https://consumer.ftc.gov/scams>; OpenAI Data Controls FAQ, <https://help.openai.com/en/articles/7730893-data-controls-faq>

## **How to Teach AI to Seniors Without Scaring Them**

Start with normal questions: weather, recipes, sports, Bible passages, letters, and definitions. Then teach caution: AI is helpful but not human. AI can be wrong. AI should not receive private numbers or passwords. AI answers should be verified when they matter. This balanced approach avoids both fear and blind trust.

Sources verified June 10, 2026: FTC Scams page, <https://consumer.ftc.gov/scams>; OpenAI Research with ChatGPT, <https://openai.com/academy/search-and-deep-research/>

## **Sample Class Demonstration**

A good demonstration is to ask three questions. First, ask an everyday question such as a recipe or sports score. Second, ask a research question and request sources. Third, ask a question that requires caution, such as a medical symptom, and show that the proper response is to use AI only to prepare questions for a professional.

Sources verified June 10, 2026: OpenAI Deep Research, <https://help.openai.com/en/articles/10500283-deep-research-in-chatgpt>; FTC Scams page, <https://consumer.ftc.gov/scams>

## **Discussion Questions for Residents**

What would you use AI for? What information would you never put into AI? How would you verify an answer? What makes a source trustworthy? How could a scammer use AI to fool someone? What should you do if a voice on the phone sounds like a loved one asking for money?

Sources verified June 10, 2026: FTC, Scammers use AI to enhance family emergency schemes, <https://consumer.ftc.gov/consumer-alerts/2023/03/scammers-use-ai-enhance-their-family-emergency-schemes>; FBI IC3 Public Service Announcement, <https://www.ic3.gov/PSA/2025/PSA250515>

## Quick Safety Checklist

Use AI for help, not authority. Never give private numbers. Ask for sources. Verify important information. Use official websites. Be suspicious of urgent requests for money. Create a family code word. Turn off AI features you do not want when possible. Remember that AI is not human and not your friend, even when it sounds kind.

Sources verified June 10, 2026: FTC Scams page, <https://consumer.ftc.gov/scams>; FTC Voice Cloning Challenge, <https://consumer.ftc.gov/consumer-alerts/2023/11/announcing-ftcs-voice-cloning-challenge>; OpenAI Temporary Chat FAQ, <https://help.openai.com/en/articles/8914046-temporary-chat-faq>

## Final Teaching Summary

AI can be useful, especially for seniors who want quick explanations instead of digging through confusing search results. But AI must be used wisely. The safest approach is to treat it as a helpful assistant, not a human being and not a final authority. Ask for sources, verify important answers, protect personal information, and use common sense.

Sources verified June 10, 2026: OpenAI Consumer Privacy, <https://openai.com/consumer-privacy/>; Microsoft Support, <https://support.microsoft.com/en-us/privacy/turn-off-copilot-in-microsoft-365-apps>; Google Search Help, <https://support.google.com/websearch/answer/14901683>; FTC Scams page, <https://consumer.ftc.gov/scams>

## Appendix: Source Links to Check Again Later

OpenAI Data Controls FAQ - <https://help.openai.com/en/articles/7730893-data-controls-faq>

OpenAI Temporary Chat FAQ - <https://help.openai.com/en/articles/8914046-temporary-chat-faq>

OpenAI Memory FAQ - <https://help.openai.com/en/articles/8590148-memory-faq>

OpenAI Deep Research - <https://help.openai.com/en/articles/10500283-deep-research-in-chatgpt>

Microsoft Turn Off Copilot - <https://support.microsoft.com/en-us/privacy/turn-off-copilot-in-microsoft-365-apps>

Google AI Overviews Help - <https://support.google.com/websearch/answer/14901683>

Google Gemini Privacy Hub - <https://support.google.com/gemini/answer/13594961>

Chatbox AI Privacy - <https://chatboxai.app/en/privacy>

Chatbox AI FAQ - <https://chatboxai.app/en/help-center/chatbox-ai-service-faqs>

Anthropic Privacy Center - <https://privacy.claude.com/en/>

Apple Intelligence and Privacy - <https://support.apple.com/guide/iphone/apple-intelligence-and-privacy-iphe3f499e0e/ios>

FTC Scams - <https://consumer.ftc.gov/scams>

FTC AI Family Emergency Scams - <https://consumer.ftc.gov/consumer-alerts/2023/03/scammers-use-ai-enhance-their-family-emergency-schemes>

FBI IC3 AI Voice/Text Impersonation Warning - <https://www.ic3.gov/PSA/2025/PSA250515>

## Source Verification Note

The sources in this document were checked against official company, government, or primary documentation where available on June 10, 2026. Technology settings change often, especially for Microsoft Copilot, Google AI features, Gemini, and mobile apps. Before teaching from this document, re-open the source links under the relevant section to confirm the current menu names and available settings.

Key items verified: Microsoft says Copilot can be turned off in supported Windows and Mac Microsoft 365 apps with an Enable Copilot checkbox, but cannot be turned off directly in the iOS, Android, or web versions of Word, Excel, or PowerPoint. Google says AI Overviews are a core Search feature and cannot be turned off, but users can choose the Web filter after searching. Chatbox states local chat history is stored on the device, but use of third-party AI services is still subject to those services policies. OpenAI states Temporary Chats are deleted after 30 days and are not used to train models, but may be reviewed for abuse monitoring. Apple states Private Cloud Compute is designed so data is not stored and is used only to fulfill the request.