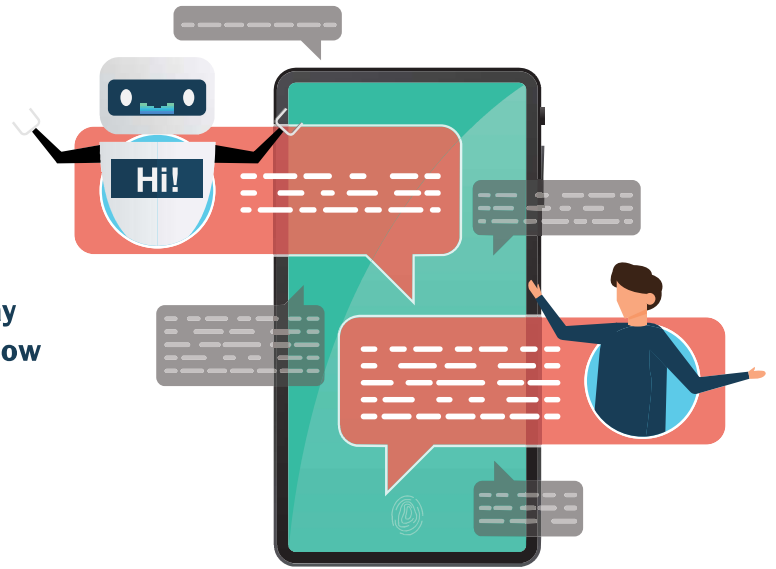


Using AI Chatbots: For Self-Advocates

This resource has information about artificial intelligence, or AI, and why a self-advocate may want to use it. There are also general tips on how to use AI in a helpful and safer way.



Key Words to Know



Artificial intelligence (AI) is when computers use information to find patterns, make choices, and do jobs that usually need people to think.

Chatbots are computer programs that talk with people by using text or voice, like a conversation.

A **Hallucination** is when AI gives an answer that sounds true but is actually wrong.

A **large language model (LLM)** is a computer program that learns by reading a lot of text. It helps the computer rewrite words, answer questions, and even make computer code.

Reasons to Use AI Chatbots

- ▶ Chatbots act like people. They can help you with communication and social skills in a relaxed way.
- ▶ Chatbots can help people who communicate in different ways.
- ▶ Chatbots can be used at any time of the day or night.
- ▶ Some popular chatbots, like Claude, ChatGPT, and Replika, can make pictures, answer questions, and talk with people.
- ▶ Some websites have chatbots that help you find and use information on the site.
- ▶ Chatbots can help you learn new things.
- ▶ Chatbots can also help you with daily tasks.



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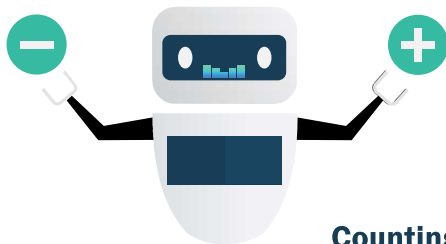
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Risks of AI Chatbots

Wrong Information

- ▶ AI can sometimes give answers that sound right but are actually wrong.
- ▶ AI can say false or unkind things about certain groups of people. This can include people of color and people with disabilities.

Counting on AI Too Much

- ▶ It can be easy to use AI to make pictures and get answers. It can also be easy to forget to check if they are true.
- ▶ Using AI too much can become a habit. This can make it harder to think on your own or create your own work.
- ▶ If you talk with AI a lot, you may start to feel like it is your only friend. You may spend less time with real people. Be careful not to ignore people in your real life.



Important Rules to Remember

- ▶ Talk to a trusted person if you start to feel nervous when you are not using AI. You should also share if it feels like the chatbot understands you more than other people do.
- ▶ If you ever feel unsafe or think about hurting yourself, stop talking to the chatbot and ask a trusted adult or professional for help.