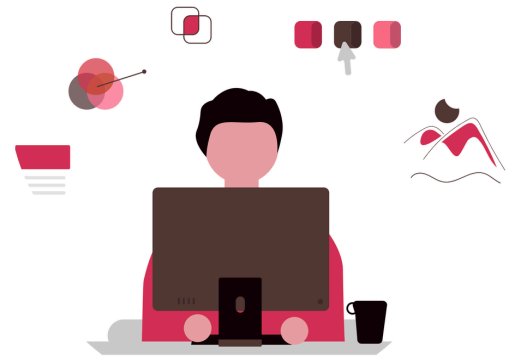


An introduction to AI

If you're struggling to understand artificial intelligence (also known as AI), and how quickly this technology is developing, **keep reading**.

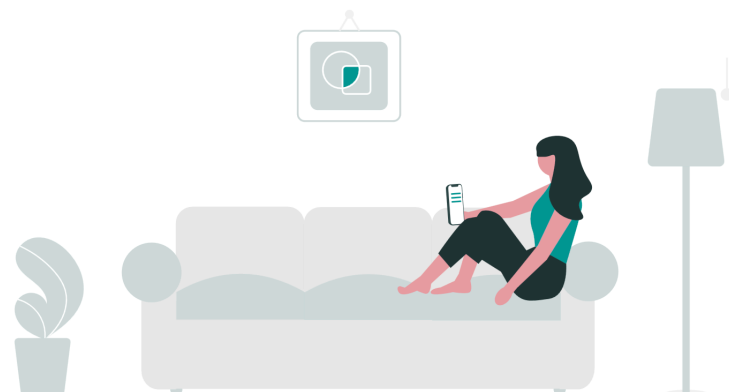
Learning how to get the most from AI can help **make your life a little easier**. And even **save you time**.



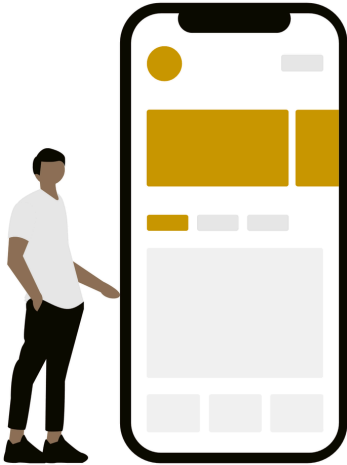
AI is a way of using computers to do things that usually need human intelligence. It can work with **lots of information** and **do complicated things very quickly**.

AI can replace, enhance or assist human decision-making. It does this by learning from data, spotting patterns and making predictions based on this.

Whether you need help making choices or starting a task, **AI can save you time and make things easier**. Letting you get on with more of the **things you enjoy**.



Everyday AI



It's likely that you're **already using AI** in many everyday tasks, without even noticing it.

Many digital services rely on AI to analyse data and respond in ways that are helpful and personalised.

When you go online, **AI can learn** from what you do. For example, when you're choosing what to watch, browsing the internet, shopping online, or using social media.

It tailors recommendations, search results, and content to suit **your preferences**. In doing this it shapes much of your everyday digital experience.

Generative AI

Generative AI is a type of artificial intelligence that can create new content, like text, images, music, or even computer code.

It's a **helpful tool for everyday tasks**. For example, drafting letters, practicing for an interview, or learning new skills. From creative projects to practical tasks, AI makes it easier to create, learn, and achieve more.



AI is a great way to get started. But just like humans, it can make mistakes. **Always check** that any important details are correct before you use them. And if you're not sure, ask someone to help.

AI limitations

Artificial intelligence is a helpful tool, but it has limitations. **Sometimes AI makes things up.** This is known as an AI hallucination.

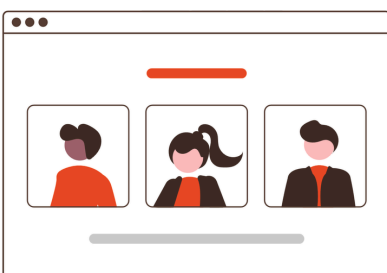
When asked about unfamiliar topics, the AI may fill in the gaps with answers that seem believable, but are actually wrong.

The AI might use patterns it's learned in ways that aren't correct, assuming connections that just don't exist.

You shouldn't assume something is correct just because an AI program or app says it. You should **always check** if the information is accurate and current.



Spotting fake AI images



AI can be used to create images and videos that seem real.

For example, putting people in situations that never happened. These are sometimes known as **deepfakes**.

Whilst there can be positive uses of deepfakes, they can also be used in scams, to cause harm and spread disinformation.

Fortunately there are some things you can do to check if a picture or video might be fake:

- Look for extra hands, fingers, or limbs in photos of people
- Look for any distortions or details that are off
- Look for blurred faces
- Check for repetition of items or things that shouldn't be there.

AI tools to get started

There are many AI tools available to help with different tasks. Here are a few examples of how you can use them:

To chat and create: Use ChatGPT to draft emails, find recipes, plan trips, or get help with technology questions.

- chatgpt.com

To help at home: Use voice assistants like Google Assistant or Amazon Alexa to set reminders, check the weather. You can also make hands-free calls just by speaking.

- assistant.google.com / alexa.amazon.co.uk

To see the world differently: The Be My Eyes app uses AI to help visually impaired users by describing objects or reading text aloud.

- bemyeyes.com

To translate languages: Use Google Translate to translate text or speech. You can even point your phone camera at a sign in another language to read it instantly.

- translate.google.co.uk

Learn more

The **free** websites below can help you find out more, and take your first steps safely and confidently.

AI Gateway

Learn more about AI and how to use it.

- learning.goodthingsfoundation.org/ai

Learn My Way

Gain basic digital skills to stay safe and connected.

- learnmyway.com

