

Part 1. Read the four statements. Which sound like you? Which don't? Explain why.

"I ask ChatGPT before I Google anything now."	"I still don't fully trust AI-generated images."
"My phone's autocomplete knows me a bit too well."	"I've talked to a chatbot and genuinely forgotten it wasn't a person."

Part 2. Choose one option in each pair and explain your choice.

Asking a chatbot for advice	or	asking a friend?
Trusting an AI-generated photo	or	double-checking it first?
Letting an app choose your music	or	choosing it yourself?
A voice assistant that's always listening	or	one that's basically useless?
AI writing your emails for you	or	writing them yourself?
A world with more AI	or	a world with less AI?

Part 3. Read the statements. Which feel true for you? Explain.

- I use some kind of AI tool most days, even if I don't really think about it.
- I've caught myself trusting something just because "the AI said so."
- I get a bit uneasy when I can't tell if something online is AI-generated.
- I've used a chatbot for something more personal than I'd like to admit.
- I think my phone and apps understand me better than they probably should.
- I try to avoid AI where I can, on principle.

Part 4. Look at the expressions below, grouped by theme. They are all things people say about AI.

Using AI tools

- I asked a **chatbot** to help me write a difficult email, and it actually did a decent job.
- You have to **prompt** it properly, or the answer comes out useless.
- That video of the singer was **AI-generated** — she never actually said any of that.
- I ask my **voice assistant** to set timers more than I'd like to admit.

AI running quietly in the background

- The **algorithm** somehow knows what I want to watch before I do.
- **Predictive text** finished my sentence, and it wasn't even what I meant to say.
- I get so many **personalised recommendations** that I've stopped trusting my own taste.
- My phone unlocks with **facial recognition**, which still feels slightly futuristic.

The tricky side of AI

- There was a **deepfake** of a politician going round last week, and people believed it.
- It confidently gave me a fake source — that's what they call an **AI hallucination**.
- The clip **went viral** within hours, and half of it turned out to be fake.
- We've **automated** most of the boring parts of the job.

Part 5. Match each word or phrase to its meaning.

A. Chatbot	1. when a video or image has been faked to look real, often of a real person
B. Deepfake	2. to spread very quickly online, often shared by thousands of people
C. Algorithm	3. a program you can chat with, often used for questions or quick tasks
D. Predictive text	4. to make a process happen automatically, without a person doing it
E. Facial recognition	5. when AI gives you an answer that sounds confident but is completely made up
F. AI hallucination	6. software that decides what you see, based on your past behaviour
G. To go viral	7. technology that identifies a person from their face
H. To automate	8. the feature that guesses the next word as you type

Part 6. Discuss the following questions.

- How much AI do you think you actually use in a normal day?
- Is there anything AI does now that genuinely surprises you?
- Do you trust recommendations from an algorithm, or do you prefer to choose things yourself?
- Has AI ever got something wrong in a way that mattered?
- Do you think people rely on AI too much these days?

Part 7. Look at the areas of life below. How much has AI already changed each one? Rate them: not at all, a little, or a lot.

Shopping	Music and entertainment	Writing	Travel
Work	Photos and social media	Dating	News
Learning a language	Health	Home devices	Customer service

Part 8. Read the situations. Choose the response closest to how you'd actually feel or behave. Then discuss what your choice reveals.

You're scrolling and see a video of someone famous saying something shocking. Something about it feels slightly off.

1. *You share it straight away — it's too interesting not to.*
2. *You pause and check if it's real before doing anything.*
3. *You assume it's fake and scroll past.*
4. *You're not sure, and that uncertainty bothers you more than the video itself.*

You ask a chatbot a question, and the answer sounds completely confident — but something doesn't add up.

1. *You trust it. It sounded so sure of itself.*
2. *You double-check with another source before believing it.*
3. *You ask the chatbot again, hoping for a better answer.*
4. *You remember this happening before, and it makes you trust AI a little less.*

Part 9. Read the statements. Say whether you agree, disagree, or partly agree.

- AI will do more good than harm over the next 10 years.
- Most people can't tell AI-generated content from the real thing anymore.
- Using AI to help you write something is basically cheating.

- Algorithms understand our taste better than our friends do.
- AI should be regulated far more strictly than it is now.
- In a few years, we won't remember what life was like without it.

Part 10. Tell your partner about a time AI surprised you — in a good way or a bad way. Try to use at least six of today's words or phrases.

Think about:

- What happened, and which tool or app was involved
- Whether it impressed you, unsettled you, or both
- Whether it changed how much you trust AI now
- What you'd tell a friend who's never really thought about it

Reflection

Complete the sentences in your own words.

1. One way AI has quietly become part of my daily routine is...
2. Something I still don't trust AI to do properly is...
3. If I imagine my life with a lot more AI in five years, I feel...
4. One thing I'd want to ask an AI expert is...