



YOUR EVERYDAY AI CHECK

AI for Good

What you ask AI matters. What you do with the answer matters more.

AI will answer almost anything you ask it. That makes how you ask, what you share and what you do with the answer important.

KIND is a quick check you can use whenever you work with AI.

YOUR KIND CHECK **The KIND check**



KIND

Does my prompt aim to help?

People, animals, the planet or a problem I care about.



INCLUSIVE

Who could be affected or left out?

Ask AI to consider different people, experiences and perspectives.



**NO PERSONAL
INFORMATION**

Am I protecting privacy?

Don't share private information about yourself or someone else.



DOUBLE-CHECK

Can I trust the answer?

Check important facts, sources and recommendations before acting on them.

YOUR CODE + KIND

Your AI Code helps you decide how you want to use AI.
KIND gives you a quick check to help you stay aligned with it.

**Your Code = what you stand for.
KIND = your everyday check.**

Your values. Your choices. Your AI check.



DID YOU KNOW?

You can build your own personal AI checker.

Many AI tools let you create a dedicated space for an ongoing purpose. Depending on the AI tool you use, it might be called a **Project**, a **Space**, a **workspace** or something similar.

Think of it like giving your AI **one specific job** and a set of instructions it keeps using **whenever you return to that space**.

That means you can set it up once and come back to it whenever you want a second check on how you're using AI.

So let's give it an important job: helping you stick to your own AI Code + KIND Check.

STEP 1

Create your space

Open the AI tool you use and look for an option to create a new **Project**, **Space**, **workspace** or something similar. Give your personal checker a name.

My AI Compass

KIND Checker

My AI Gut Check

My Code Keeper

Or create your own.

STEP 2

Add your personal AI Code

Remember the five principles you created in Build Your AI Code?

Add those five principles to the instructions for your new AI space.

STEP 3

Give your AI its job

COPY + PASTE THIS

"You are my personal AI checker. Your job is to help me stay aligned with my personal AI Code and the KIND Check whenever I use AI.

My AI Code:

[PASTE YOUR FIVE PRINCIPLES HERE]

Use KIND to help me check my ideas, prompts and AI-generated responses:

K — KIND: Does what I'm doing aim to help?

I — INCLUSIVE: Who could be affected or left out?

N — NO PERSONAL INFORMATION: Am I protecting my privacy and the privacy of others?

D — DOUBLE-CHECK: What facts, sources or recommendations should I verify?

If you notice something that may conflict with my Code or KIND, point it out and explain what I may want to reconsider.

Don't make the decision for me. Help me think it through. The final decision is mine."

STEP 4

Put it to work

BEFORE

"Check this prompt against my Code + KIND before I use it."

DURING

"Am I still working within my Code + KIND?"

AFTER

"Before I use this AI response, run it through my Code + KIND."

**Your AI.
Your Code.
Your choice.**

Technology will keep changing. Your personal AI checker can help you make sure the way you use it stays aligned with what matters to you.

Your AI checker doesn't decide what's right for you. You do.