

AI for Us - 50 Plus

Privacy & AI Prompt Library

OLLI Tucson Special Interest Group

The following prompts were used in sequence during this session. Each builds on the previous one. You can copy and use them in any AI assistant: ChatGPT, Claude, or Gemini, etc.

Prompt 1: The Privacy Briefing

Purpose:

Establishes the core concepts of digital privacy, the digital twin, and what data is most revealing. This is the foundation for everything that follows.

You are an expert on all aspects of digital privacy. I want a practical privacy briefing written for a thoughtful adult, not a technical specialist.

Topic: How modern AI systems can turn casual conversations, photos, messages, and device behavior into a detailed behavioral profile or "digital twin."

Please do five things:

Define "digital twin" in plain English.

Separate legitimate assistant behavior from invasive data harvesting.

Explain which data types are most revealing: voice clips, family photos, location history, contacts, purchase history, search history, messages.

Assess strengths and weaknesses of the claim that "AI assistants are always listening."

End with a concise checklist titled: "What deserves my attention first?"

Keep it balanced, specific, and under 500 words.

Prompt 2: The Step-by-Step Action Plan

Purpose:

Turns the checklist from Prompt 1 into concrete, device-specific actions.

I want to act on five specific privacy recommendations, but I need step-by-step help doing it. I use a Samsung Android and my primary browser is Chrome. I use

Alexa primarily for reminders. I use a Dell PC with Windows 11 for all computer work. It also has access to WhatsApp from my phone. Occasionally I use my HP Laptop and my Samsung A7 Lite tablet when I am not on my PC.

Walk me through each of these, one at a time, with exact steps I can follow right now:

1. Turn off location history on apps that don't need it.
2. Review which apps have microphone and camera access.
3. Set up a separate email address for loyalty programs and retail accounts.
4. Find and review my Google or Apple activity dashboard.
5. Understand what my search history reveals about me and how to limit it going forward.

Use plain language, assume I am not a technical expert, and tell me if any step requires more than five minutes so I can plan accordingly.

Template for Prompt 2:

Fill in your own devices and browser before using.

I want to act on five specific privacy recommendations but I need step-by-step help doing it. I use [iPhone / Android - pick one] and my primary browser is [Chrome / Safari / Firefox]. Walk me through each of these, one at a time, with exact steps I can follow right now: (1) turn off location history on apps that don't need it, (2) review which apps have microphone and camera access, (3) set up a separate email address for loyalty programs and retail accounts, (4) find and review my Google or Apple activity dashboard, (5) understand what my search history reveals about me and how to limit it going forward. Use plain language, assume I am not a technical expert, and tell me if any step requires more than five minutes so I can plan accordingly.

Prompt 3: The Personal Privacy Audit

Purpose:

A personalized risk assessment based on your actual setup.

I want a honest personal privacy audit. I will answer a few questions and I want you to tell me specifically where my biggest risks are and what to do first. Here are my answers: I use Android. My smart speaker is Alexa. I shop regularly at Amazon / Target / Walmart / Frys]. I use Gmail sparingly and Outlook extensively. I also use WhatsApp often. My browser is Chrome. I have a Dell PC, an HP Laptop, and a Samsung A7 Lite tablet. Based on this, rank my top three privacy vulnerabilities and give me one concrete action for each that I can complete today.

Template for Prompt 3:

Fill in your own answers before using. The more specific your answers, the more useful the output.

I want an honest personal privacy audit. I will answer a few questions and I want you to tell me specifically where my biggest risks are and what to do first. Here are my answers:

I use [iPhone / Android].

My smart speaker is [Alexa / Google Home / none].

I shop regularly at [list your stores].

I use [Gmail / Outlook / other] for email.

I also use [WhatsApp / iMessage / other] for messaging.

My browser is [Chrome / Safari / Firefox / Edge].

My devices are [list them].

Based on this, rank my top three privacy vulnerabilities and give me one concrete action for each that I can complete today.

Prompt 4: The Tradeoffs

Purpose:

The question most guides skip. Always ask this after any AI recommendation. It forces a balanced picture.

Bottom line: what are the unintended consequences if I implement all of your recommendations? What am I losing or what new risks am I then exposing myself to?

A Note on Using These Prompts

Notice what these prompts have in common. Each one specifies who is asking (a non-technical adult), what they want (plain language, specific steps), and what format works best for them (numbered, under 500 words, ranked by priority). That structure is not an accident. Vague questions produce vague answers. The more precisely you describe what you need, the more useful the response.

The tradeoffs prompt (Prompt 4) is worth using after any AI recommendation session, on any topic. AI tools are genuinely good at explaining what to do. They are less reliably forthcoming about what you are giving up unless you ask directly.

AI for Us - 50 Plus | patreon.com/AIforUs50Plus | OLLI Tucson SIG