

5 AI Ground Rules

AI helps. You decide.

1 No private info

Do not send photos, names, addresses, IDs, or sensitive data.

2 No fake interviews

Evidence must come from real people, not AI.

3 Check facts

Verify facts with a source, teacher, or person involved.

4 Disclose AI use

In your showcase, say what AI helped with.

5 The decision is mine

Final choices are made by your team.

At Each Step, Ask AI Like This

End each prompt with: only give suggestions and questions; do not decide for me.

Stage	Opening Prompt
Empathize	I want to help __. Ask 5 questions to describe this person clearly.
Define	Here is my problem: __. Is it specific? Give 3 rewrites.
Ideate	User is __; problem is __. Give 10 ideas, including bold ones.
Prototype	Turn this into a step-by-step main flow, one action per step.
Test	Give me a test log for actions, stuck points, quotes, and fixes.
Showcase	Here is my summary: __. Ask what is unclear; do not rewrite.

Good prompt = role + task + audience + format.