



Navigating Mis- and
Disinformation at an Older Age

LEARNING KIT

AI FOR BEGINNERS, AI-BASED SCAMS & SAFE PROMPTING SKILLS



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AI for Beginners, AI-Based Scams & Safe Prompting Skills

Target Group: Older adults (60+)

Total Duration: 6 × 45 minutes (4 hours 30 minutes)

1st Session (45 min): Introduction to Artificial Intelligence

Objective: Provide a simple and approachable introduction to how AI works and where we encounter it in daily life.

Content:

- Welcome and participant expectations
- What is AI? (clear, simple explanation)
- Types of AI tools (image generation, translation, chatbots)
- Everyday examples: facial recognition, navigation apps, smart assistants, spam filtering
- Live demos of simple AI tools (text and image generation)

Discussion: How could AI be helpful in my life?

2nd Session (45 min): Understanding AI Systems and their limitations

Objective: Help participants understand what AI can and cannot do to reduce unrealistic expectations and increase safety.

Content:

- How AI “learns” (basic explanation without technical jargon)
- Why AI sometimes makes mistakes
- Hallucinations: AI generating incorrect information
- Why AI does not “think” like a human
- Examples of correct and incorrect AI-generated content

Group exercise: Identify what the AI got wrong

3rd Session (45 min): AI Manipulation & Deepfakes

Objective: Introduce deepfakes, AI-manipulated audio/video, and explain why they are increasingly convincing.

Content:

- What is a deepfake (video, photo, audio)?

- Why do deepfakes look real
- Examples shown and discussed
- How AI voice cloning works
- Real-life cases: celebrity scams, “grandchild calling for help” scams

Discussion: What made the examples convincing?

4th Session (45 min): Recognizing AI-Based Scams

Objective: Develop practical skills for identifying fake content and scam attempts.

Content:

- Warning signs: irregular blinking, mismatched lips, odd shadows, unnatural background
- Warning signs in AI-generated audio (metallic tone, odd pauses)
- Scam patterns: urgency, emotional pressure, secrecy
- Worksheet: “Is this real or fake?” (participants evaluate scenarios)
- Safe decision-making checklist
- Group sharing: Have you encountered suspicious calls or messages?

5th Session (45 min): Prompting Basics — How to Talk to AI Safely and Effectively

Objective: Introduce prompting as a practical skill, allowing participants to use AI tools more confidently and safely.

Content:

- What is a prompt?
- Instructions or questions given to AI
- Clear prompts = better answers
- Basic prompting techniques:
 - Ask simple, direct questions
 - Provide context (who, what, when, why)
 - Break large tasks into smaller steps
 - Ask AI to simplify, summarize or clarify
- Safe prompting:
 - Never share personal or sensitive data
 - Avoid asking AI for medical, legal or financial decisions
 - Always verify important information

Practical exercise:

- **Participants write and test prompts such as:**

- “Explain Internet safety in simple terms.”
- “Write three tips for recognizing scams.”
- “Rewrite this message more clearly.”

Reflection: What made a prompt successful or unsuccessful?

6th Session (45 min): Prevention Strategies & Creating a Personal Safety Plan

Objective: Provide clear safety strategies and help participants build their own long-term digital protection plan.

Content:

- Golden rules for avoiding AI-driven scams
- How to verify suspicious messages
- When to ask a family member or trusted person for help
- Recognizing emotional manipulation
- Worksheet: “My Personal Safety Plan”
- FAQ: common fears and misunderstandings about AI
- Closing discussion: What did I learn and what will I apply?

Materials Provided

- PowerPoint slides
- Deepfake example clips

Worksheets, practical exercises, group works (PDF & Word):

- Identify What the AI Got Wrong
- Exercise „Real or fake?”
- Prompting practice
- Personal safety plan

Devices for prompting exercises (phones/tablets/laptops)

Recommended AI Tools for the Workshop (English Version)

Below is a list of simple, safe, beginner-friendly AI tools ideal for demonstrating AI, practicing prompting, and explaining AI-based scams.

Text & Conversation AI (for prompting practice)

1. ChatGPT (OpenAI)

- Very user-friendly and ideal for beginners.
- Great for practicing clear prompting.

Participants can try simple examples such as: “Explain what a deepfake is in simple words.”

Why it fits: Straightforward and forgiving — excellent for first-time AI users.

2. Google Gemini

- Works with a Google account (many older adults already use Gmail).
- Generates explanations, summaries, examples, and messages.
- Why it fits: Familiar environment, no additional setup.

3. Microsoft Copilot

- Integrated into many Windows computers.
- Provides safe and simple explanations and suggestions.
- Why it fits: Feels like a natural extension of participants’ computers.
- Image Generation AI (to show how visual AI works)

4. Copilot Image Creator (DALL·E)

- Generates simple images from text prompts.
- A safe way to show how AI creates visual content.
- Why does it fit? Does not require uploading personal images.

5. Canva AI Image Generator

- Very visual and extremely easy to use.
- Helps participants see how pictures are created instantly.
- Why it fits: Clear interface suitable for older adults.
- Voice & Audio AI (to demonstrate deepfake risks)

6. ElevenLabs (DEMO only)

- High-quality voice cloning (use only preset examples).
- Demonstrates how convincing synthetic voices can be.
- Important: Do NOT use participants’ voices — show only safe sample voices.

7. VoiceChanger.io

- Simple demonstration of how voice transformations work.
- Not a deepfake tool but useful for understanding manipulation.

8. Deepfake Demonstration Tools

- “Deepfake Detective” (YouTube educational videos)
- Safe and non-political examples of deepfakes.

- BBC / DW educational deepfake clips
- Trusted sources with clear explanations.
- Tools for Identifying Fake Content

9. Google Reverse Image Search

- Help participants check if an image is original or stolen.
- InVID Fake News Toolkit (Beginner Mode)
- Allows basic verification of videos and images.
- It is useful for explaining fact checking, even if used only by the trainer.

Group Exercise: “Identify What the AI Got Wrong”

Objective: To help participants recognize mistakes made by AI and understand why AI can sometimes produce incorrect answers.

Duration: 10–15 minutes

Materials:

- Printed or on-screen AI-generated answers, text
- Paper and pens for group notes

Exercise Instructions:

- Divide participants into small groups of 2–4 people.
- Each group receives an AI-generated text containing at least 2–3 mistakes (incorrect facts, inaccuracies, wrong word choice, exaggerations, etc.).
- The group’s task is to:
 - identify all parts where AI may be wrong or misleading;
 - write down what exactly is incorrect;
 - propose how the answer should have been written instead.
- Groups present their findings to the whole class.
- Discussion Questions:
 - How did you notice that the AI was wrong?
 - Did the answer sound confident even though it was incorrect?
 - Which parts should always be double-checked using other sources?

Learning Outcome: Participants learn to evaluate AI answers critically and recognize errors confidently.

Worksheet: Is This Real or Fake?

Read each scenario carefully. Decide whether it is real or fake and explain why you think so. Use the warning signs you learned in the workshop.

Scenario 1: The “Grandchild” Video Message

You receive a short video message on your phone. It shows your grandchild asking for help and saying they need money immediately to “fix a problem.” The voice sounds unusual and the background looks blurry.

Real or Fake? Real Fake

Why?

Scenario 2: Celebrity Investment Offer

On social media, you see a video of a famous actor explaining how to make money quickly through a new investment website. The offer seems too good to be true.

Real or Fake? Real Fake

Why?

Scenario 3: Urgent Email from Your Bank

You receive an email from your “bank” asking you to confirm your account details within 10 minutes or your account will be locked. The message contains a link.

Real or Fake? Real Fake

Why?

Scenario 4: Voice Message from a Friend

A voice message arrives from a close friend asking you to call back on a new number. The voice sounds familiar but slightly robotic, with strange pauses.

Real or Fake? Real Fake

Why?

Scenario 5: Doctor Recommends a “Miracle Cure”

A video shared online shows a well-known doctor promoting a special vitamin that “cures almost anything” and is available through a personal link.

Real or Fake? Real Fake

Why?

Practical Exercise: Creating and Testing Prompts

Objective: To help participants practice writing clear prompts and understanding how AI responds to different types of questions.

Instructions for Participants: Work individually or in pairs. Take a moment to think about what you want the AI to explain or help you with.

Write three simple prompts, using the examples below as inspiration:

- “Explain Internet safety in simple terms.”
- “Write three tips for recognizing scams.”
- “Rewrite this message more clearly.”

Enter each prompt into the AI tool (such as ChatGPT, Gemini, or Copilot).

Read the AI’s response carefully:

- Was the explanation clear?
- Was it too long or too short?
- Did it answer the question you asked?

Improve your prompts if necessary. Add details, context, or instructions to get a more useful answer. (Example: “Explain Internet safety in simple terms for an older adult.”)

Share your improved prompts and results with the group. Discuss what worked well and what could be improved.

Worksheet: My Personal Safety Plan

This worksheet helps you create your own personal plan for staying safe online. Take your time, read each question carefully, and write short, clear answers.

- **My Personal Safety Rules: Write three rules you will always follow to protect yourself online.**

1. _____

2. _____

3. _____

- **Things I Never Share Online: List three types of information you will not send through messages, email, or social media.**

1. _____

2. _____

3. _____

- **People I Trust and Can Ask for Help: Write down three people you can speak to if you receive a suspicious message or feel unsure.**

1. _____

2. _____

3. _____

- **My Plan for Verifying Suspicious Messages: Describe how you will check whether a message, phone call, or video is real.**

- **Warning Signs I Should Pay Attention To: List signs that tell you something might be a scam.**

- **My Emergency Steps - If I think I might be dealing with a scam, I will:**

1. Stop and take a moment to think

2. Not respond immediately
3. Ask someone I trust
4. Verify the message
5. Report it if needed

My reminder:
