

# AI Training Course Toolkit

This instructional Toolkit was created by the participants of the Training Course “Artificial Intelligence in Youth Work - Harnessing the Power of Technology for Positive Impact” (21-29.04.2024, Bitola, N. Macedonia)

## I. How to properly use AI tools to generate textual output:

### What is ChatGPT?

ChatGPT is an AI model designed to chat with people. It uses a lot of information and examples of how humans talk to learn how to respond in conversations. You can ask it questions, have discussions on various topics, or even get help with things like writing or homework. It tries to understand what you're saying and respond in a way that is helpful and makes sense. Think of it as a very advanced chat buddy that's there to help and chat whenever you need.

<https://chat.openai.com>

### ChatGPT 3.5 disadvantages and limitations:

#### 1. Reliance on Training Data:

ChatGPT responses are based on patterns it has learned from the training data up to a certain point in time. This means it might not have information on recent events or developments that occurred after its last update

#### 2. Lack of Access to Real-Time Information:

ChatGPT does not have the ability to access or retrieve real-time information. This can limit its effectiveness in answering questions about very recent events or changes.

#### 3. Potential for Biased Responses:

Because LLMs are trained on vast datasets that include text from the internet, they can learn and replicate biases present in the training data. This can affect the neutrality and fairness of responses, particularly in sensitive or controversial topics.



#### **4. Generation of Plausible but Incorrect Information:**

ChatGPT can sometimes generate responses that are coherent and plausible-sounding but factually incorrect or misleading. This is a phenomenon known as "hallucination" in natural language processing.

#### **5. Lack of understanding:**

Despite its sophisticated design, ChatGPT does not truly "understand" content in the way humans do. It processes text based on statistical correlations and patterns. As a result, it might miss context that would be obvious to a human reader.

#### **6. Inconsistent performance across different topics:**

ChatGPT's performance can vary significantly across different topics. It tends to perform better on more popular or frequently discussed topics than on obscure or highly specialized subjects.

#### **7. Struggling with math:**

ChatGPT can sometimes struggle with math because it processes text based on patterns it has learned from data, rather than actually understanding or calculating math like a calculator. This means it can make mistakes, especially with complex calculations.

#### **8. Dependency on Clear and Precise Prompts:**

The quality of ChatGPT's responses can greatly depend on how questions are phrased. Unclear questions can lead to unclear answers, so you might need to ask more specific questions to get the information you want.

#### **9. What is Perplexity.ai?**

We can use Perplexity.ai as a tool to check for possible relevant sources about any information (especially advisable if the information is provided by chat GPT)

You can find it here:

<https://www.perplexity.ai/>



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## Advantages of Perplexity.ai:

1. Perplexity.ai is designed to search the internet in real-time to answer queries. This allows it to provide potentially more accurate information based on the latest available data.
2. It aims to provide comprehensive answers by pulling information from multiple internet sources and providing the exact links.
3. Since it sources information directly from the internet, its accuracy is dependent on the reliability of the external sources it accesses. This means it can provide highly accurate information if reputable sources are available, but since it provides the exact links to the sources, you can check the reliability of the information additionally.

## Disadvantages and limitations of Perplexity.ai:

While capable of handling queries in a conversational format, its primary focus is to fetch and compile information rather than engage in dynamic, context-aware conversations. That is why it is a good combination with chat GPT.

## Is it possible to check if a content is AI-generated?

Yes, there are several methods to check if content is AI-generated, including:

- **Style Analysis:** AI-generated content may exhibit consistent patterns or language characteristics that differ from human writing.
- **Reverse Image Search:** If the content includes images, performing a reverse image search can reveal if they have been generated by AI.
- **Metadata Examination:** Checking metadata or source information can sometimes reveal AI involvement, especially in automated content generation platforms.

Here is a simple link where you can check if a text was written by artificial intelligence:

<https://copyleaks.com/ai-content-detector>

*(note that this site does not support all languages)*



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## What is a “prompt”?

A “prompt” is the input text provided by a user that the AI model responds to. It can be a question, a statement, a set of instructions, or any combination of text that you want the model to process and reply to. Prompts are crucial for guiding the model's output, as they set the direction and scope of the response.

## How to make your prompt better?

### 1. Be Specific

The more detailed your prompt, the better the model can tailor its response to meet your needs. Specify the type of information you're looking for, any particular details you need included, and the context or background necessary for the response.

**Example:** Instead of asking "Tell me about Tesla," ask "Can you explain how Tesla's innovations in battery technology have impacted the electric vehicle market since 2018?"

### 2. Use Clear and Direct Language

Be clear about what you're asking. Direct questions or instructions tend to yield more focused answers.

**Example:** Instead of saying "I'm curious about space," say "Please provide a detailed comparison of the Mars missions undertaken by NASA and SpaceX."

### 3. Set the Tone and Style

If you have a preference for the tone or style of the response, state it in your prompt. Whether you want a formal explanation, a casual discussion, or a technical analysis, making this clear will guide the model's output.

**Example:** "Could you give me a brief, casual summary of the main events in World War II?"

### 4. Request Step-by-Step Instructions or Explanations

If you're looking to understand a process or need instructions, prompt the model to break down the information into steps or stages.

**Example:** "Explain the steps involved in creating a neural network model for image recognition."



## 5. Use Scenarios or Hypotheticals

When exploring complex topics or brainstorming, presenting a hypothetical scenario can help refine the focus of the conversation and lead to more creative and relevant insights.

**Example:** "Imagine a small business struggling with inventory management. What AI solutions would you suggest to improve their operations?"

**You can even use AI tools to improve your text written by AI to make it more "human"!**

<https://aiseo.ai/AI-tools/humanize-ai-text.html?humanizeID=b06b6ea1-4bf2-4b92-b4cd-90a72cecb4a4>

<https://www.humanizeaitext.org/>

### **Summary:**

ChatGPT and perplexity are AI models that use databases to generate text.

The advantages of ChatGPT are that it doesn't require an account or internet connection, and it's fast. However, it doesn't provide any references. Perplexity, on the other hand, does require an account and internet connection, but it gives us references.

It is possible to determine whether content is AI-generated or not. However, this problem can be challenging to solve, and improvements can be made through new programs.

When using ChatGPT or perplexity, we should ask genuine questions and provide the necessary data. However, we should always verify the data we obtain from them.

**There are many different possibilities for working with text using AI. There are also tools that can check the correctness of the text, spelling and grammar.**

For example: <https://languagetool.org/pl>



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## II. How to use AI to generate images that could be useful in Youth Work

While there are many AIs that can generate text, not that many can generate images so we are making a guide on how to use them.

The best in our opinion that is still free is, Leonardo AI prompt redefining process examples:

<https://drive.google.com/file/d/1YN-PWehf24CNU5oraYtPnbgcl4-WxYEP/view?usp=drivesdk>

Images that resulted from the prompts: [https://drive.google.com/drive/folders/1-6DNdycdrT0\\_CkIKp7\\_sLtTzt0CRfP6Z?usp=drive\\_link](https://drive.google.com/drive/folders/1-6DNdycdrT0_CkIKp7_sLtTzt0CRfP6Z?usp=drive_link)

Basic YouTube tutorial: <https://youtu.be/DzJPO1-KZSE?si=kjdtqJjRY3NrhDhx>

Another one is Adobe.com firefly, here are a couple of examples of using it. Instructions can be applied for this one as much as I created a fake image of kids playing outside: <https://www.adobe.co/products/firefly.html>

Using AI-generated photos of (for example) children playing for marketing purposes has several advantages, particularly because the faces depicted are not of real individuals:

**Privacy and Ethics:** By using images of non-existent children, we can avoid the ethical and legal complications associated with using real children's images. There's no need for parental consent, and it sidesteps potential privacy violations or concerns about exploitation.



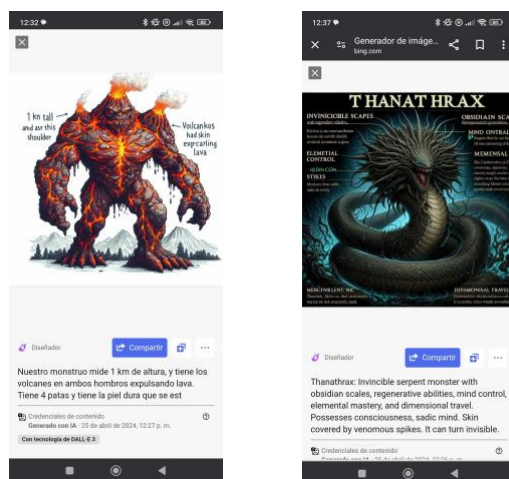
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**Customization:** We can create images that perfectly match the demographic, setting, or emotion they need for a campaign, without being limited by the availability of stock photos or the logistics of organizing a photo shoot.

**Cost-Effective:** Generating images through AI can be more cost-effective than traditional photo shoots, which often involve logistics like hiring photographers, models, obtaining permissions, and setting up the right environment.

**Avoiding Stereotypes:** AI-generated images can help in avoiding stereotypes by creating diverse and inclusive imagery that represents different ethnicities, abilities, and backgrounds in a balanced way, without resorting to clichés often found in stock photos.

We created some description of Monster and with that description we did some images.



“It is an aggressive monster the size of the Andromeda Galaxy, with its own gravity and atmosphere due to its size. It can regenerate when injured from any part, can teleport faster than the speed of light, and the laws of physics bend to its will. It is both material and immaterial at the same time; it can change from physical form to a formless entity and is immortal”

In terms of the text appearing in the images we couldn't do something about it. Best idea is to use less text in your prompt.

We managed to put less text in the description and the images were perfect



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## **We used AI generation from Microsoft for the Monster description**

<https://www.bing.com/images/create?FORM=GENILP>

Images AI generation is useful and can be used on a lot of commercial and in any type of work.

## **Midjourney**

<https://midjourney.co/generator>

It is an AI image generator that based on a prompt would produce 4 different images that you could use and also if you wanted to and also a possibility to enhance one of the current 4 images in order to create a different one. To all the newly created images you have the same 8 options as before for 3 times so that you could better get to what you wanted.

You could also change the prompt in order to be a more or less realistic. There were technical parameters that you could add to make the image more appropriate for what you wanted.

### **III. How to properly use AI tools to generate audio that could be useful in Youth Work:**

AI tools for generating voice, voice cloning, text to speech, creating music.

**Generative voice AI:** [IIElevenLabs: https://elevenlabs.io/](https://elevenlabs.io/)

This tool is an AI voice generator that you can use to convert text to audio in different languages, where you can choose the language, the length of the recording, you can choose different voices and different qualities. You can choose between 30 languages.

#### **In youth work, we can use it for:**

- Narrating an educational video, and translating it to different languages
- Explaining images or videos for people with visual impairments
- Help with the language barriers

- People with speech impairments can use it to generate a voice



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- Use the AI generator for people who prefer the audio type of learning more than the visual

### Step by step how to use IIElevenLabs:

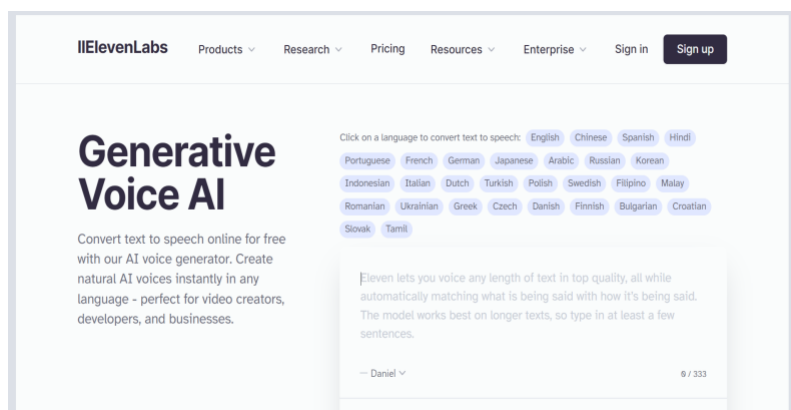
1. Open the following website: <https://elevenlabs.io/>
2. Choose your preferable language
3. Choose the type of voice you want
4. Start typing the text in the text box
5. Press “play” to hear the audio

### Make music from Suno: <https://suno.com/>

These tools can generate different styles of music, in different languages, with different sounds and instruments, and you can specify your own song by writing its description, put your songs/playlists in the library and download it.

### In youth work we can use it for:

- Generate relaxing music for the background during sessions
- Generate music for video presentations
- Generate songs for interactive videos
- Help young people to develop skills in areas such as composition, music production and sound mixing



### Step by step instructions how to use Suno



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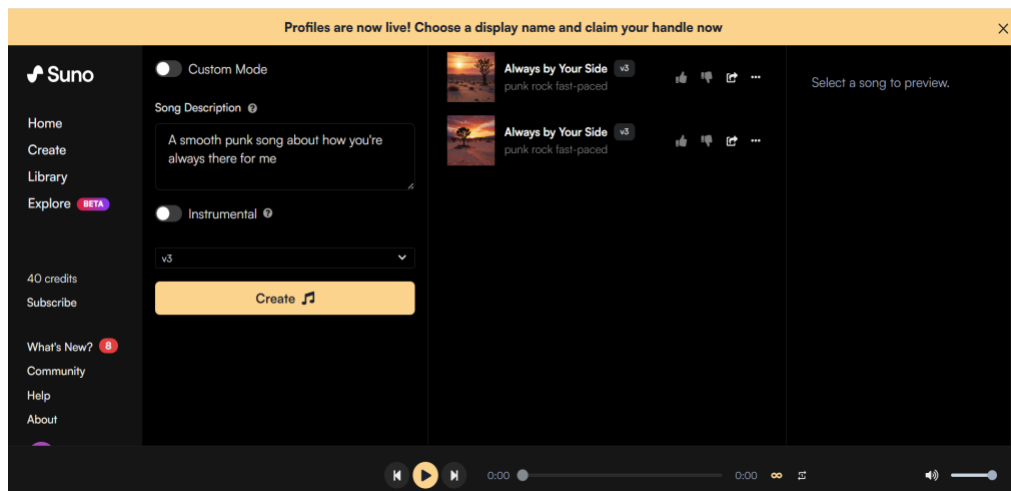
1. Open the following website: <https://suno.com/create>
2. Press the Custom Mode button
3. Read the instructions
4. Press get started
5. Write your lyrics or make a random one
6. Select the instrumental
7. Enter the Style of music, or choose a random one
8. Enter a title for your song
9. Press “Create”

### **TBG4 (The Best Group 4)** **The bests are Cristian, Lorenzo, Oliv(via+er)**

Video-generating AI at the moment is not really suitable to create videos to use in some youth work environments.

If you want to have fun with some AI video creators there is a few links:

- Pika: <https://pika.art/my-library>
- Invideo: <https://ai.invideo.io/>



With these links you can get trained for when AI will actually be useful and usable by everyone. Generally, you need to be very specific, entering in details and provide as many information as possible. We have generated videos like these:



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1. <https://pika.art/video/7d71f487-b08d-4bc2-b4be-a8512c9336ac>
2. <https://pika.art/video/6510e257-3967-4aed-ba3f-2bfd154b2205>
3. <https://pika.art/video/dd01559b-e898-4b46-afb1-3224701e9074>
4. <https://pika.art/video/0e192ca8-2918-4b82-91fb-1d8dfd4dc5b7>
5. <https://ai.invideo.io/watch/pUEXsRsQQHQ>
6. <https://ai.invideo.io/watch/nSH55FfWMTy>
7. <https://pika.art/video/466b4105-daea-40a9-bc6c-3cd79b025182>

## **Important ethical questions if you consider using AI tools in Youth Work**

**Privacy and data protection:** What data is being collected from young people? How is it being stored, processed, and used?

**Transparency:** Are the youths and their guardians fully aware of how their data is being used? Is consent being obtained in a transparent and understandable manner?

**Surveillance concerns:** How can you ensure that monitoring does not harm personal privacy or become too intrusive?

**Data use and access:** Who has access to the data collected for monitoring and evaluation? How can you ensure that this data is used ethically and responsibly?

**Accuracy of Predictions:** What is the accuracy of the AI in identifying youths who need support? What are the consequences of false positives or negatives?

## **How to protect your privacy while using the internet**

### **What are cookies?**

Cookies are small files stored on your computer by websites you visit. They are designed to hold a modest amount of data specific to you and the website, which can improve your browsing experience by keeping you logged in, remembering site preferences, and providing locally relevant content.

**Targeted advertising is directly connected with the cookies!**



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## What can you do?

### Regularly clear cookies:

Periodically clear cookies from your browser. This can prevent buildup of data about your browsing habits and personal information. Note that clearing cookies will log you out of most websites and may reset website preferences.

### Use incognito or private browsing mode:

When browsing in private or incognito mode, cookies are generally not saved between sessions. This can be useful for keeping your browsing history and especially sensitive private activities. Always read and understand the privacy policies of any AI tool you use. Look for how they collect, store, use, and share your data.

Try to use AI tools that only collect data necessary for their function. Be wary of tools that require excessive permissions or data access.

## What are excessive permissions and how to detect them?

If the permission doesn't seem relevant to the functionality of the app it might be excessive!

- **Location data**

### Appropriate (normal):

A navigation or weather app asking for your location to provide services.

### Excessive (suspicious):

An app for taking notes requesting continuous access to your location.

- **Microphone access**

### Appropriate (normal):



A voice assistant or speech-to-text tool requiring microphone access to function.

**Excessive (suspicious):**

A text-based AI writing tool requesting access to your microphone without offering any voice-to-text features.

- **Camera access**

**Appropriate (normal):**

An AI tool for camera filter experiences or photo editing asking for camera access.

**Excessive (suspicious):**

A document editing app that requests access to your camera (and does not feature any function like scanning documents using the camera).

- **Contact List Access**

**Appropriate (normal):**

A communication app that uses AI to suggest responses based on your contacts' previous interactions. (or simply – “Truecaller” app)

**Excessive (suspicious):**

A job search AI tool requesting access to your entire contact list.

- **Access to Other Accounts - suspicious**
- **File and Document Access - suspicious**
- **SMS and Call Log Access - suspicious**

**Is it safe to login with a Gmail account?**

**Advantages of logging in with Gmail:**



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You don't have to remember multiple usernames and passwords, which can reduce the risk of password fatigue and the likelihood of using weak passwords.

You don't have to share your password with third-party services, which can reduce the risk of your password being exposed in a data breach on less secure sites.

### **Disadvantages of logging in with Gmail:**

If your Google account is compromised (hacked), the attacker could potentially access all services where you've used Google to log in.

Using your Gmail account to log in allows the third-party service to access certain personal information associated with your Google account, such as your name, email address, and profile picture.

Logging in with Google could potentially make it easier for activities across multiple services to be linked to your identity, enhancing profiles used for targeted advertising.

### **How to protect your privacy while using the internet?**

1. Use strong, unique passwords
2. Two-Factor Authentication (2FA)
3. Regular software updates
4. Secure network connections
5. Beware of phishing and scams
6. Backup important data
7. Limit personal information sharing
8. Regularly clear your cookies
9. Use VPN for extra layer of security

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