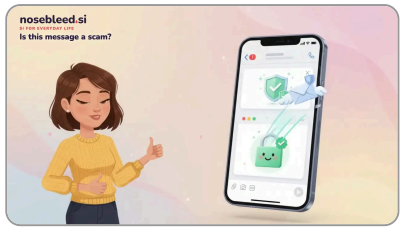
Is this message a scam?

Get a calm second opinion from AI before you click anything.



By the end, you'll be able to:

- spot the warning signs of a scam text or message
- ask AI for a second opinion, safely
- know what to do if you're unsure, or if you've already clicked

Warm-up Has a message ever made you suspicious?

Talk about it with your group: what was it, and what made you wonder?

1 Be the detective

Read these three made-up messages. Then tick the warning signs you can see in each one.

A **TEXT MESSAGE · FROM "SWIFTPARCEL"**
SwiftParcel: We couldn't deliver your parcel today. To arrange redelivery, pay the £1.45 fee within 24 hours: swft-parcel-redeliver.example.org/pay

B **WHATSAPP · FROM AN UNKNOWN NUMBER**
Hi Mum, it's me. I dropped my phone in the sink so this is my new number. Can you do me a favour? I need to pay a bill today and my banking app won't work on the new phone. I'll pay you back tomorrow x

C **TEXT MESSAGE · FROM "ELM ROAD SURGERY"**
Elm Road Surgery: A reminder of your appointment with the practice nurse on Tuesday 4 March at 10.20am. If you can no longer come, please call the surgery.

Warning sign	A	B	C
It's unexpected			
It rushes you, or sets a deadline			
It asks for money, or bank or card details			
It has a link to click			
It's from a new or unknown number			
It has an odd web address or spelling			
It plays on your feelings			

Part 1, continued: which messages would you treat as a scam? _____

2 Ask AI for a second opinion

If you have a phone, tablet or computer, open an AI chat app, start a new chat, and type this prompt. Choose message A or B, and type its words after the prompt.

TRY THIS PROMPT

I've received this text message, which says it's from a parcel delivery company. I haven't clicked anything. Does it have the warning signs of a scam? Please explain the signs in plain English, and tell me a safe way to check whether it's genuine.

Write down two warning signs that AI pointed out:

Did it spot anything you missed?

> **No device?** Work with a partner. One of you reads a message aloud; the other plays "the AI" and explains the warning signs.

3 The golden rules

Fill in the gaps, using the words in the box.

bank · click · promise · safe account · scam · 159

1. Don't _____ links in a message you're unsure about.
2. Your bank will never ask you to move money to a "_____".
3. If in doubt, treat it as a _____.
4. If you've already paid or shared details, call your _____ straight away, on the number on your card.
5. In the UK, you can call _____ to reach most banks.
6. AI can help you spot a scam, but it can't _____ that a message is safe.

4 What would you do?

You've just clicked the link in message A, and typed in your card details. What should you do first? And who else could you tell?

5 Check it the safe way

Message C might be genuine. If you weren't sure, how could you check, without using anything in the message itself?

> **Remember:** scammers are professionals, and anyone can be fooled. A genuine company won't mind you checking.

Find out more: watch the 10-second video and read the full step-by-step guide, free, at
nosebleed.si/ideas/is-this-message-a-scam

Teacher notes: Is this message a scam?

Time: 45 to 60 minutes

Level: beginners; no AI experience needed

Group: any size; works well in pairs

You'll need: a copy per learner; phones or tablets with an AI chat app (optional)

Before the session

Try the prompt yourself in the app your group will use. Answers vary, but should name similar warning signs. All three messages are made up (example.org can never be a real site).

Running order

5 min	**Warm-up.** Share experiences. Keep it light and blame-free: scams are designed by professionals, and anyone can be caught out.
15 min	**Part 1.** Pairs read the messages and tick the grid. Go through the answers together.
15 min	**Part 2.** With devices: learners try the prompt on message A or B. Without: the role-play. Compare what AI found with the grid.
10 min	**Parts 3 to 5.** The golden rules, then the "what would you do?" questions, discussed as a group.
5 min	**Wrap-up.** Each learner says one thing they'll do differently. Point them to the QR code for the video and full guide.

Answers: Part 1

A: treat as a scam. Unexpected, a 24-hour deadline, asks for money, a link, an odd web address. Real delivery firms do send texts, so check through the firm's own app or website, typed in yourself.

B: treat as a scam. The "Hi Mum" scam: an unknown number, plays on feelings, rushes you ("today"), asks for money. Check by phoning your son or daughter on the number you already have.

C: no obvious warning signs. No link, asks for nothing, and tells you to call the surgery. Some learners may tick "unexpected": a good discussion point. If unsure, call the surgery on a number you already have.

Answers: Parts 3 to 5

Part 3: 1 click · 2 safe account · 3 scam · 4 bank · 5 159 · 6 promise.

Part 4: call the bank straight away, using the number on the back of the card (in the UK, 159). Then report it, and tell someone you trust. No need to feel embarrassed.

Part 5: phone the surgery on a number you already have, such as from an old letter, their website (typed in yourself) or the phone book. Never a number in the message.

Reporting (UK)

Forward scam texts to 7726 (free). Forward scam emails to report@phishing.gov.uk. Elsewhere: your mobile network or national fraud service.

Safety notes

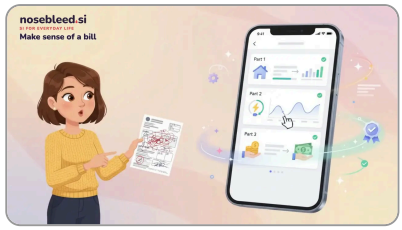
- Learners shouldn't paste in real messages that show their name, address or account numbers. A screenshot, with those covered, is fine.
- Never click a link in a real scam message to "test" it.
- AI can be wrong both ways: it may miss a scam, or worry about a genuine message. It's a second opinion, not a guarantee.

Adapting it

Large print: enlarge to A3. **Extension:** learners write a made-up scam and swap with a partner, or ask AI: "How would the real company contact me?"

© FirstM Ltd 2026

Make sense of a confusing letter



Use AI to turn a letter full of jargon into a short, plain summary.

By the end, you'll be able to:

- find the key facts in a letter
- keep your personal details private when using AI
- check AI's summary against the letter

Warm-up Which letters do you find hardest to follow?

Tick any that apply, then talk about it with your group.

☐ Bills ☐ Bank ☐ Council ☐ Health ☐ Tax ☐ Pension ☐ Other: _____

1 Find the key facts

Read the sample letter on the next page. It's from a made-up energy company. Then answer these questions.

What's changing? _____

By how much? _____

From when? _____

Do you have to do anything? If so, by when? _____

2 Keep it private

Before you share a letter with AI, cover up your personal details. On the sample letter, **circle everything you'd cover up**.

How many did you find? _____

> **Remember:** AI explains; it doesn't advise. Always check its summary against the letter. If something matters, ask the company.

Brightwell Energy
brightwell-energy.example.org · 01632 960 123

20 January 2027
Account number: 7700 1234 5678

Mrs Margaret Hill
12 Example Street
Anytown
ZZ1 1ZZ

Your Direct Debit is changing

Dear Mrs Hill,

We review Direct Debits regularly, to make sure you pay the right amount through the year. Based on your estimated annual consumption, and our current unit rates and standing charges, we need to increase your monthly payment.

Your current Direct Debit	**£96.00 a month**
Your new Direct Debit	**£112.00 a month**
First payment at the new amount	**1 March 2027**

Why is it changing? Your estimated annual consumption has gone up, based on your recent meter readings, and our unit rates changed on 1 January. Your account is also £34.50 in debit, which we have spread across your next 12 payments.

What do you need to do? Nothing, if you're happy with the new amount. If you'd like to discuss it, or send us a meter reading, please contact us by 14 February 2027.

Yours sincerely,

Customer Accounts Team
Brightwell Energy

SAMPLE

Brightwell Energy is a made-up company, and this letter is a sample for practice only. The web address and phone number can't be real: example.org is reserved for examples, and 01632 960 numbers are reserved for drama.

3 Ask AI to explain it

If you have a device, open an AI chat app and start a new chat. Type this prompt, then type out the main parts of the letter (or take a photo of it, with the personal details covered).

TRY THIS PROMPT

Please help me understand this letter from my energy company. I've covered up my personal details. In plain English, please tell me: what it's about; the key amounts and dates; whether I need to do anything, and by when; and what any jargon means. If you can't read part of it clearly, say so rather than guessing.

Talk about it: which word or phrase did AI explain that you found most useful?

4 Spot the mistake

Here's a summary an AI assistant might give. It has **one mistake**. Check it against the letter, and find it.

EXAMPLE SUMMARY

This letter is from Brightwell Energy. Your monthly Direct Debit is going up from £96 to £112, starting on 1 March. This is because your estimated yearly use has gone up and prices have changed, and because you owe £34.50, which will be spread over the next year. You don't have to do anything if you're happy. If you'd like to change the amount, contact them by 28 March.

The mistake is:

Talk about it: why might a mistake like this matter?

5 Your questions

Write two questions you could ask the energy company. For example: "Why has my estimated use gone up?"

Find out more: watch the 10-second video and read the full step-by-step guide, free, at
nosebleed.si/ideas/make-sense-of-a-bill

Teacher notes: Make sense of a confusing letter

Time: 45 to 60 minutes

Level: beginners; no AI experience needed

Group: any size; works well in pairs

You'll need: a copy per learner; highlighters; phones or tablets with an AI chat app (optional)

Before the session

Try the prompt yourself with the sample letter. Learners should use the sample, never their own letters, in class. The company, address, web address and phone number are all made up.

Running order

5 min	**Warm-up.** Which letters people dread, and why. Reassure them: these letters are often hard to follow, even for confident readers.
15 min	**Parts 1 and 2.** Pairs read the letter, answer the questions and circle the personal details.
15 min	**Part 3.** With devices: try the prompt. Without: the teacher reads out an AI answer, or the group explains the jargon together.
10 min	**Parts 4 and 5.** Spot the mistake, then write questions.
5 min	**Wrap-up.** The golden habit: always check the summary against the letter.

Answers: Parts 1 and 2

What's changing? The monthly Direct Debit.
By how much? £16 a month, from £96 to £112.
From when? 1 March 2027.
Anything to do? No, unless you want to discuss it or send a meter reading: by 14 February 2027.

Part 2: four places: the name (in the address and in "Dear Mrs Hill"), the address, and the account number. A good discussion: the date and company name are fine to share.

Answer: Part 4

The deadline is **14 February**, not 28 March. Relying on the summary, you'd miss the chance to send a meter reading or discuss the new amount. AI can misread dates and numbers, especially from a photo.

Jargon in the letter

Estimated annual consumption: how much energy the company expects you to use in a year.
Unit rate: the price for each unit (kWh) of energy you use.
Standing charge: a fixed daily charge, however much you use.
In debit: you owe the company money.

Discussion points

- Sending an actual meter reading can make the estimate more accurate.
- AI explains what a letter says; it can't say whether the company is right.
- In the UK, Citizens Advice can help with energy bills. If a complaint isn't sorted out, the Energy Ombudsman can look at it.

Safety notes

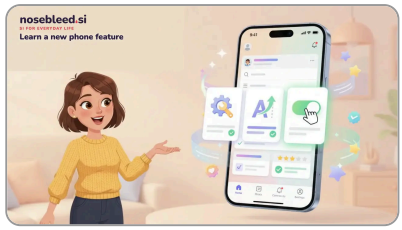
- Outside class, learners should cover their name, address and account numbers before sharing a real letter with AI.
- Contact companies using the number on the letter, or on their official website, never a number from an unexpected text or email.

Adapting it

Large print: enlarge to A3. **Extension:** ask AI to write a short, polite email asking the company to explain the new amount, then check it before "sending".

© FirstM Ltd 2026

Your first chat: ask AI a clear question



Learn what an AI chat assistant is, and how a clear question gets a much better answer.

By the end, you'll be able to:

- say what an AI chat assistant can and can't do
- write a clear question, with the details AI needs
- ask a follow-up to improve an answer

Warm-up What have you heard about AI?

Tick the ones you've heard. Then talk about it: which do you think are true?

	Heard it	True?
It can write things for you		
It's always right		
It's only for young people		
It knows all about me		
It can explain things in plain English		

1 Vague or clear?

Read these two questions. Which would get the more useful answer?

A Dinner ideas?

B Please suggest three easy dinners for two people that take under 30 minutes, using chicken and rice. We don't like spicy food.

Part 1, continued: what does question B tell the AI that question A doesn't?

2 The four ingredients of a clear question

1. **What you want:**
   "Please suggest...", "Please explain...", "Please help me write..."
2. **The background:**
   who it's for, and what you already have or know.
3. **Any limits:**
   time, money, likes and dislikes.
4. **How you'd like the answer:**
   short, a list, or in plain English.

Choose one of these vague questions, and write a clearer version using the four ingredients.

☐ "Tell me about trains." ☐ "Help with a letter." ☐ "Birthday present?"

3 Try it, then ask a follow-up

If you have a phone, tablet or computer, open an AI chat app and start a new chat. Type your clearer question from Part 2. Then try one of these follow-ups:

FOLLOW-UPS TO TRY

"Please make that shorter." · "Please explain that more simply." · "Can you give me three more ideas?"

What changed after your follow-up?

> **No device?** Work with a partner. One of you asks a question out loud; the other plays "the AI", and asks for any details that are missing.

4 Good habits

- Start a **new chat** for each new topic.
- Never type **passwords, bank details** or anything private.
- AI can make mistakes, so **check anything important**.
- You **don't need to pay**: free versions handle everyday tasks.

Find out more: read the free step-by-step guide at **nosebleed.si/basics/get-started**

Teacher notes: Your first chat: ask AI a clear question

Time: 45 to 60 minutes

Level: beginners; no AI experience needed

Group: any size; works well in pairs

You'll need: a copy per learner; phones or tablets with an AI chat app (optional)

Before the session

Decide which AI chat app (or apps) the group will use, and try the activities yourself. Some learners may need help installing an app: only install from the official app store, and check the maker's name, as there are copycat apps. Free versions are fine.

Running order

5 min	**Warm-up.** Clear up myths, kindly. Many people are nervous, so keep it light.
10 min	**Part 1.** Compare the two questions together.
15 min	**Part 2.** Go through the four ingredients, then pairs improve a vague question.
15 min	**Part 3.** Learners try their question and a follow-up, or do the role-play.
5 min	**Wrap-up.** The good habits in Part 4.

Answers: warm-up

True: it can write things, and explain things in plain English.
Not true: it's not always right; it's for everyone; and it only knows what you tell it in the chat. (Apps may keep your chats, so it's worth checking the privacy settings.)

Answer: Part 1

B says how many people, the time limit, the ingredients, what they don't like, and how many ideas they want.

Part 2: example answers

"Please help me plan a train journey from Leeds to London next Saturday. I'm over 60 and want the cheapest ticket. Please explain it in plain English."

"Please help me write a short, polite letter to my council about a broken streetlight outside my house. It's been broken for two weeks."

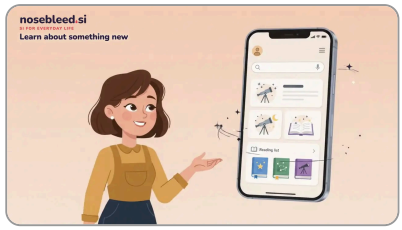
"Please suggest five birthday presents under £20 for my 10-year-old granddaughter, who loves drawing and animals."

Safety notes

- No personal details in the chat: no full names, addresses, passwords or account numbers.
- Many AI chat apps have a minimum age, often 13 and sometimes 18. For younger groups, use the role-play, or demonstrate on a screen.

© FirstM Ltd 2026

Fact or made up? Checking what AI tells you



AI can be brilliant, but it can sound sure of itself even when it's wrong. Learn when and how to check.

By the end, you'll be able to:

- explain why AI answers sometimes need checking
- spot the kinds of answer that need checking
- use simple ways to check

Warm-up Has someone ever told you something with great confidence, and been wrong?

Talk about it with your group. How did you find out?

1 Trust it, check it, or ask a person?

Here are seven things an AI might say. For each one, tick what you'd do.

	Fine	Check it	Ask a person
a. To remember to water your plants, set a weekly reminder on your phone.			
b. Your train leaves from platform 4 at 10.15 today.			
c. It's fine to take ibuprofen with your blood pressure tablets.			
d. The Battle of Hastings was in 1066.			
e. You'll enjoy the novel *The Clockmaker's Garden* by Ellen Marsh.			
f. Your energy company owes you £120.			
g. Mix bleach and vinegar to make a stronger cleaner.			

2 Warning signs

Tick the signs that tell you an answer needs checking.

☐ Exact numbers, dates or amounts

☐ Health, money or legal matters

☐ Today's times, prices or news

☐ Names of books, websites or people

☐ Anything to do with safety

☐ It sounds too good to be true

3 Ways to check

- Ask the AI: *"How sure are you? Which parts should I double-check?"*
- Look it up on an official website, such as your train company or the NHS.
- Search your library's catalogue for a book.
- Ask a real person: a pharmacist, your GP, your bank or the company.

Choose two of the statements from Part 1 (b, c, e, f or g). How would you check each one?

4 Test it on something you know

If you have a device, ask an AI chat app about something you know a lot about: your home town, a hobby, or your old job. Then ask:

FOLLOW-UP TO TRY

How sure are you about that? Which parts should I double-check?

Did it get anything wrong, or leave anything out?

No device? In pairs, one of you tells the other three "facts" about your home town, with one of them made up. Can your partner spot the made-up one?

Remember: AI is a good place to start, but not the last word. For anything that matters, check it.

Find out more: read the free step-by-step guide, with a 10-second video, at **nosebleed.si/ideas/learn-about-something-new**

Teacher notes: Fact or made up? Checking what AI tells you

Time: 45 to 60 minutes

Level: beginners; no AI experience needed

Group: any size; works well in pairs

You'll need: a copy per learner; phones or tablets with an AI chat app (optional)

Before the session

Try Part 4 yourself first, on a topic you know well. Most AI answers are mostly right, which is exactly why mistakes are easy to miss. Some people call made-up AI answers "hallucinations".

Running order

5 min	**Warm-up.** Confident isn't the same as correct.
15 min	**Part 1.** Pairs sort the statements, then compare as a group.
15 min	**Parts 2 and 3.** Warning signs, then how to check two statements.
10 min	**Part 4.** Test an AI on a familiar topic, or the pairs game.
5 min	**Wrap-up.** One kind of answer each learner will always check from now on.

Answers: Part 1

a. Fine. Low stakes, and good advice.
b. Check it. AI may not know today's times or platforms. Check the departure boards or the train company.
c. Ask a person: a pharmacist or GP. Never rely on AI for medicines.
d. Fine (it's correct), but check it if it really matters.
e. Check it. This book was made up for the worksheet. AI sometimes invents books and authors.
f. Check it with the company. AI can't see your account.
g. Ask a person, and never do it. Mixing bleach with other cleaners can give off dangerous gas. Follow the product label.

Answers: Part 2

All six are warning signs.

Discussion points

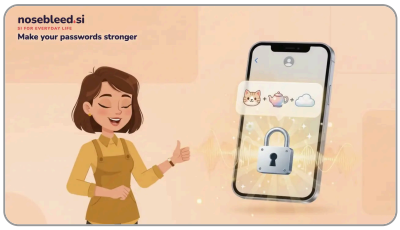
- AI writes in a confident, friendly way whether it's right or wrong.
- Some AI apps can look things up online and some can't, and even those that can sometimes get details wrong.
- Asking "How sure are you?" often helps, but the AI can be wrong about that too.

Safety notes

- Health, money, legal and safety questions always need a trusted source or a real person.
- For younger groups without devices, use the pairs game in Part 4.

© FirstM Ltd 2026

Make your passwords stronger



Use AI to learn a simple way to make strong passwords, without ever typing your real ones into the chat.

By the end, you'll be able to:

- tell a weak password from a strong one
- make a strong password using three random words
- follow the golden rule: never share a password with AI, or anyone

Warm-up How many passwords do you think you have?

Talk about it: how do you remember them all? **Don't write any real passwords on this sheet.**

1 Weak or strong?

These passwords are all made up. Tick whether each one is weak or strong.

	Weak	Strong
password123		
Fluffy2015 (a pet's name and a year)		
123456		
kettle giraffe umbrella		
Qwerty!		
teacake orbit socks		

What do the strong ones have in common?

2 The three random words method

1. Think of **three random words** that don't go together (not "fish and chips").
2. Put them together, for example: *lampPebbleTrumpet*.
3. If a website asks for a number or symbol, add one, for example: *lampPebbleTrumpet7!*
4. Use a **different password** for your email than for anything else.

Practise by making a password from these made-up words. Never use it for real.

window · carrot · violin · harbour · slipper · comet

3 Ask AI to explain

If you have a device, open an AI chat app, start a new chat and type this prompt. Notice that it doesn't contain any passwords.

TRY THIS PROMPT

I'd like to make my accounts safer. I won't share any passwords with you. Please explain, in plain English: how to make a strong password using three random words, with made-up examples; which accounts I should change first; and what two-step verification is.

In your own words, what is two-step verification?

4 True or false?

	True	False
It's fine to type your password into an AI chat to ask if it's strong enough.		
Use a different password for your email than for everything else.		
Your bank may phone and ask for your password, to check your account.		
Two-step verification adds an extra check, like a code sent to your phone.		
It's a good idea to use the example words from an AI chat as your password.		

5 Which first?

Number these from 1 to 3: which would you make safer first?

☐ Online shopping ☐ Email ☐ Online banking

> **The golden rule:** never type your real passwords into an AI chat. AI explains the method; you make the password yourself, away from the chat.

Find out more: read the free step-by-step guide, with a 10-second video, at **nosebleed.si/ideas/make-your-passwords-stronger**

Teacher notes: Make your passwords stronger

Time: 45 to 60 minutes

Group: any size; works well in pairs

Level: beginners; no AI experience needed

You'll need: a copy per learner; phones or tablets with an AI chat app (optional)

Before the session

Make sure nobody writes a real password on the sheet. Practice passwords should be made from the word list only. You may like to collect and shred the sheets afterwards.

Running order

5 min	**Warm-up.** No judgement: lots of people reuse one password.
10 min	**Part 1.** Weak or strong, then what the strong ones share.
15 min	**Part 2.** The three random words method and practice.
10 min	**Part 3.** Try the prompt, or read out an AI answer.
10 min	**Parts 4 and 5.** True or false, then which accounts first.

Answers: Part 1

Strong: "kettle giraffe umbrella" and "teacake orbit socks": three random, unconnected words, which are long and hard to guess.
Weak: the rest. They're short, common, or use personal details that others could find out, like a pet's name.

The UK's National Cyber Security Centre recommends the three random words method.

Answer: Part 3

Two-step verification means that, as well as your password, you need a second check to log in, such as a code sent to your phone. Even if someone learns your password, they can't get in without it.

Answers: Part 4

1 False · 2 True · 3 False: no real company will ask for your password, and if someone does, it's a scam · 4 True · 5 False: those words are written down in the chat.

Answers: Part 5

1 Email: it can be used to reset all your other passwords.
2 Online banking.
3 Online shopping.

Discussion points

Many phones and web browsers can save passwords safely for you. Learners can ask AI how this works on their own phone, without sharing any passwords.

Safety notes

- Never ask learners to share, type or write down a real password, even to "check" it.

© FirstM Ltd 2026

Write a tricky email



Use AI to draft a calm, polite and clear email for an awkward situation. Then make it your own.

By the end, you'll be able to:

- give AI the facts it needs to help
- check an AI draft, and change anything that isn't right
- make an email sound like you

Warm-up Which messages do you put off writing?

☐ A complaint ☐ Asking for a refund ☐ Saying no ☐ Chasing a reply ☐ An apology

1 What's wrong with this email?

Pat's boiler has been broken for two weeks. Pat wrote this first draft to the landlord, but didn't send it.

PAT'S FIRST DRAFT

I am SO fed up with you!!! Nothing ever gets fixed in this house. Sort it out NOW or else.

What's wrong with it? List two things.

2 Give AI the facts

Fill in the plan for Pat's email. Use the details above, or a situation of your own.

Who it's to	
What happened	
What you want, and by when	
How you want to sound	

Then use your plan to fill in this prompt.

PROMPT TO FILL IN

Please help me write a polite email to _ who _. I want to _ what you want _. Here's what happened: _ the facts _. I want to sound _ how _. Keep it short, in plain British English, and suggest a subject line.

> **No device?** Swap plans with a partner, and write the first two sentences of each other's email.

3 Check the AI's draft

Here's a draft an AI might write for Pat. It has **two problems**. Circle them.

AI DRAFT

Subject: Broken boiler at Flat 2

Dear Mr Lewis,

As I mentioned in our phone call on Monday, the boiler at Flat 2 has not worked for two weeks, so we have no heating or hot water. Please could you arrange for an engineer to repair it by this Friday? If it isn't fixed by then, I will take legal action.

Thank you for your help.

Best wishes,
Pat

What would you change, and why?

Remember: AI writes the draft; you decide what to send. Always read it first, and change anything that isn't true, or doesn't sound like you.

Find out more: read the free step-by-step guide, with a 10-second video, at **nosebleed.si/ideas/write-a-tricky-email**

Teacher notes: Write a tricky email

Time: 45 to 60 minutes

Level: beginners; no AI experience needed

Group: any size; works well in pairs

You'll need: a copy per learner; phones or tablets with an AI chat app (optional)

Before the session

Learners can use Pat's situation, or one of their own. If they use their own, remind them to leave out full names, addresses and account numbers.

Running order

5 min	**Warm-up.** Why some messages are hard to write.
10 min	**Part 1.** What's wrong with Pat's first draft.
15 min	**Part 2.** Fill in the plan, then the prompt. With devices, try it.
15 min	**Part 3.** Check the AI draft, then compare with any real AI drafts.
5 min	**Wrap-up.** The golden habit: read it before you send it.

Answers: Part 1

It's angry and rude, so it may make things worse. It doesn't say what's wrong (the boiler), how long for, or what Pat wants done, by when.

Answers: Part 2 (Pat's plan)

Who: the landlord.
What happened: the boiler has been broken for two weeks, so no heating or hot water.
What you want: an engineer to fix it, by a set day.
How: friendly but firm.

Answers: Part 3

1. "As I mentioned in our phone call on Monday": there was no phone call. AI sometimes adds details that aren't true.
2. "I will take legal action": Pat didn't ask for this. It's a threat that may not be right, and it makes the tone less friendly.

The rest is good: a clear subject line, the facts, a clear request with a date, and a polite ending.

Discussion points

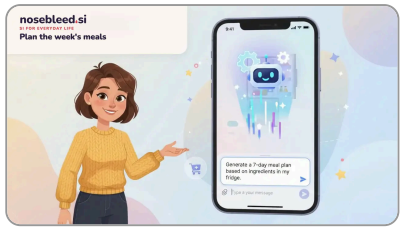
Ask AI to "make it friendlier", "make it firmer" or "make it shorter" to change the tone.

Adapting it

Extension: write a polite reply saying no to an invitation, or chasing a reply that hasn't come.

© FirstM Ltd 2026

Plan the week's meals on a budget



Use AI to plan meals around what's already in your cupboard, and make a shopping list for the rest.

By the end, you'll be able to:

- give AI the details it needs to plan meals
- check a meal plan makes sense for you
- turn a plan into a tidy shopping list

Warm-up What's the hardest part of deciding what to eat?

Talk about it with your group: time, money, fussy eaters, or using things up?

1 What's in the cupboard?

Sam is planning meals for 2 adults. This is what Sam already has:

Eggs · pasta · tinned tomatoes · onions · half a cabbage · rice · frozen peas · cheese · potatoes

Sam's household doesn't eat mushrooms, and each meal must take under 30 minutes. Fill in the plan.

How many people?	
What we already have	
What we don't eat	
Time for each meal	

2 Ask AI for a plan

If you have a device, open an AI chat app, start a new chat and type this prompt.

TRY THIS PROMPT

Please plan 5 evening meals for 2 adults. We already have: eggs, pasta, tinned tomatoes, onions, half a cabbage, rice, frozen peas, cheese and potatoes. We don't eat mushrooms. Keep each meal under 30 minutes and fairly cheap. Use up what we have first, then give me a shopping list of anything else I need.

Which meal would you most like to try?

No device? With a partner, plan three meals for Sam yourselves, using what's in the cupboard.

3 Check the plan

Here's part of a plan an AI might give Sam. It has **two problems**. Circle them.

AI MEAL PLAN

Monday: Cheese and potato omelette with peas
Tuesday: Creamy mushroom pasta
Wednesday: Egg fried rice with cabbage and peas

Shopping list: mushrooms, cream, eggs, soy sauce

Part 3, continued: what are the two problems?

4 Make a shopping list

Sort these items into the right part of the shop.

bananas · milk · lentils · fish fingers · carrots · yoghurt · tinned beans · frozen sweetcorn

Fruit and veg	Fridge	Cupboard	Frozen

> **Remember:** AI may not know today's prices. If anyone has a food allergy, always check the labels yourself: never rely on AI for allergies.

Find out more: read the free step-by-step guide, with a 10-second video, at **nosebleed.si/ideas/plan-the-weeks-meals**

Teacher notes: Plan the week's meals on a budget

Time: 45 to 60 minutes

Level: beginners; no AI experience needed

Group: any size; works well in pairs

You'll need: a copy per learner; phones or tablets with an AI chat app (optional)

Before the session

Try the prompt yourself. Answers will vary, which is a good discussion point. If learners use their own situation, they can change the food list and the number of people.

Running order

5 min	**Warm-up.** What makes planning meals hard.
10 min	**Part 1.** Fill in Sam's plan.
15 min	**Part 2.** Try the prompt, or plan three meals in pairs.
10 min	**Part 3.** Check the AI's plan for problems.
10 min	**Part 4.** Sort the shopping list, then wrap up.

Answers: Part 1

People: 2 adults. **Have:** the cupboard list. **Don't eat:** mushrooms. **Time:** under 30 minutes.

Answers: Part 3

1. "Creamy mushroom pasta": Sam doesn't eat mushrooms, and mushrooms are on the shopping list.
2. Eggs on the shopping list: Sam already has eggs.

AI sometimes forgets a detail you gave it, so always check the plan against what you asked for.

Answers: Part 4

Fruit and veg: bananas, carrots.
Fridge: milk, yoghurt.
Cupboard: lentils, tinned beans.
Frozen: fish fingers, frozen sweetcorn.

Discussion points

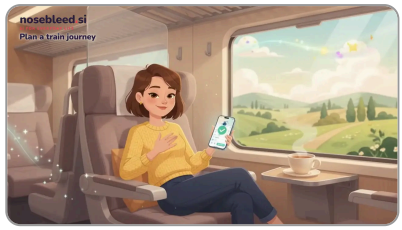
- Ask AI to "group the shopping list by part of the shop" to save time.
- Ask for "cheap meals" or a rough budget, but check real prices in the shop or online.

Safety notes

- Allergies: AI can make mistakes, so learners must always check ingredients and labels themselves.

© FirstM Ltd 2026

Plan a train journey



Use AI to plan a trip step by step, then check the real times and prices yourself.

By the end, you'll be able to:

- ask AI to explain a route, tickets and the help available
- know what AI may not know, and what to check
- make a simple checklist for the day

Warm-up When did you last travel by train?

Talk about it with your group: what was easy, and what was tricky?

1 Plan with the facts

Plan a journey, real or made up. Fill in the details AI will need.

From	
To	
Which day	
Who's travelling	
Luggage, or help needed	
What matters most (cheapest, quickest, fewest changes)	

2 Ask AI to help plan

If you have a device, open an AI chat app, start a new chat and type this prompt, with your own details.

TRY THIS PROMPT

Please help me plan a train journey from Bath to York on a weekday in March. I'm 70, travelling with a suitcase, and I'd rather not rush between platforms. Please tell me: the likely route and where I'd change trains, how I could pay less, whether I can book help at the stations, and a short checklist for the day. If you can't check live times and prices, say so.

Write down one useful thing it told you.

No device? With a partner, plan the journey using a printed map or timetable, if you have one, and list what you'd need to check.

3 Plan with AI, or check it yourself?

	AI can help	Check it
Explaining how railcards work, in general		
Today's departure times		
Ticket prices		
Making a checklist for the day		
Delays and engineering works		
Suggesting questions to ask at the station		

4 My checklist for the day

Tick the ones you'd need, and add your own.

☐ Ticket (paper or on my phone) ☐ Railcard

☐ Seat reservation ☐ Help booked at the stations

☐ Phone charged ☐ Snack and water ☐ Check for delays before I leave

5 Where would you check?

Where could you check the real times and prices before you travel?

> **Remember:** AI may not know today's times, prices, delays or engineering works. Use it to plan, then check with the train company or an official journey planner.

Find out more: read the free step-by-step guide, with a 10-second video, at **nosebleed.si/ideas/plan-a-train-journey**

Teacher notes: Plan a train journey

Time: 45 to 60 minutes

Level: beginners; no AI experience needed

Group: any size; works well in pairs

You'll need: a copy per learner; phones or tablets with an AI chat app (optional)

Before the session

Have the name of an official journey planner ready to share. In Great Britain, that's National Rail Enquiries. Learners can use a journey they'd really like to make, or the Bath to York example.

Running order

5 min	**Warm-up.** Train travel: the good and the tricky.
10 min	**Part 1.** Fill in the journey details.
15 min	**Part 2.** Try the prompt, or plan in pairs.
10 min	**Part 3.** What AI can help with, and what to check.
10 min	**Parts 4 and 5.** The checklist, and where to check.

Answers: Part 3

AI can help: explaining railcards in general, making a checklist, suggesting questions.
Check it: today's times, ticket prices, delays and engineering works. Some AI apps can look things up online and others can't, and even those that can sometimes get details wrong.

Answer: Part 5

The train company's website or app, an official journey planner (in Great Britain, National Rail Enquiries), or the ticket office at the station.

Discussion points

- In Great Britain, you can book free help at stations, such as help with luggage or getting on and off the train, through Passenger Assist.
- Railcards can save money for many groups, such as older people, families and young people. AI can explain them, but check the details and prices on the official website.
- Outside Great Britain, use the national or local train company's own planner.

Adapting it

For schools: plan a class trip to a museum or city, with a budget. **Extension:** ask AI what to do if a train is cancelled, and check its advice against the train company's website.

© FirstM Ltd 2026

Keep your personal details private



Learn what to keep out of an AI chat, and simple ways to hide details before you share anything.

By the end, you'll be able to:

- recognise personal details
- hide details before you share a letter, photo or screenshot
- know where to find an AI app's privacy settings

Warm-up What would you never tell a stranger?

Talk about it with your group. Sharing something with AI is a bit like telling a stranger.

1 Keep it out, or fine to share?

	Keep it out	Fine to share
Your full address		
The town you live in		
Your bank account number		
Any password or PIN		
Your date of birth		
What's wrong with your boiler		
The name of your energy company		
Your NHS number or health record number		
A photo of your front door, with the house number		
A favourite recipe		

2 How to hide details

- **On paper:** fold the letter, or cover details with a sticky note, before you take a photo.
- **Screenshots:** crop out the parts you don't need.
- **Typing:** copy or type out only the parts you need help with.
- **PDFs:** black boxes don't always hide the words underneath. Print it and cover the details instead.

3 Rewrite it safely

Jean wants AI's help with a letter. Rewrite Jean's message so it still makes sense, but has no personal details.

JEAN'S MESSAGE

Hi, I'm Jean Smith from 4 Mill Lane, Anytown. I was born on 3 May 1951. Can you help me write to my bank about a payment I don't recognise on account 1234 5678?

4 Find the privacy settings

If you have a device, open your AI chat app and look for its **Settings**. It's often behind your name, your picture, or a ≡ or ··· button. Tick what you can find:

□ Turn chat history on or off

□ Stop your chats being used to improve or train the AI

□ Delete old chats

Write down where you found them, so you can find them again.

No device? With a partner, think of three things you'd ask AI about, and check: does each one need any personal details at all?

Remember: AI only needs the details that help with your question. If in doubt, leave it out.

Find out more: read the free step-by-step guide at **nosebleed.si/basics/hide-personal-details**

Teacher notes: Keep your personal details private

Time: 45 to 60 minutes

Level: beginners; no AI experience needed

Group: any size; works well in pairs

You'll need: a copy per learner; phones or tablets with an AI chat app (optional)

Before the session

Settings change from app to app, and over time. Look at the settings in the app your group will use before the session, so you can help learners find them.

Running order

5 min	**Warm-up.** What we'd never tell a stranger.
10 min	**Part 1.** Sort the details, then compare.
15 min	**Parts 2 and 3.** Ways to hide details, then rewrite Jean's message.
15 min	**Part 4.** Find the privacy settings, or the pairs activity.
5 min	**Wrap-up.** If in doubt, leave it out.

Answers: Part 1

Keep it out: full address, bank account number, any password or PIN, date of birth, NHS or health record number, a photo showing your house number.
Fine to share: your town, what's wrong with your boiler, your energy company's name, a recipe.

A good discussion: your first name on its own is usually fine, but leave out anything that isn't needed.

Answer: Part 3 (example)

"Can you help me write a short, polite letter to my bank about a payment on my account that I don't recognise? Please leave spaces for me to add my name and account details."

Discussion points

- Leave gaps, like [my name], and fill them in yourself after you've copied the letter out of the chat.
- Look for settings about chat history, training, and deleting chats. The names vary between apps.

Safety notes

- If anyone has already shared bank details in a chat, or with a scammer, they should contact their bank straight away.

© FirstM Ltd 2026

Interview an older relative and keep their memories



Use AI to suggest good questions, then turn the answers into a short story to keep and share.

By the end, you'll be able to:

- write open questions that get people talking
- use AI to suggest questions, and to write up notes
- check AI has only used what was said

Warm-up Who has a story worth keeping?

Talk about it: a grandparent, a neighbour, a friend, or you? Which time or place would you like to hear about?

1 Open or closed?

A closed question gets a short answer, like yes or no. An open question gets people talking. Tick each one.

	Open	Closed
Did you like school?		
What do you remember about your first school?		
Where did you grow up?		
What was your street like when you were young?		
Did you have a job as a teenager?		
What games did you play with your friends?		

Rewrite one of the closed questions as an open one.

2 Ask AI for questions

If you have a device, open an AI chat app, start a new chat and type this prompt. Change the words to suit your interview.

TRY THIS PROMPT

I'm going to talk to my grandmother about her childhood. Please suggest eight gentle, open questions in plain English, about home, school, games and family. Avoid anything that might be upsetting.

Choose your four best questions, from the AI or your own.

No device? With a partner, write four open questions together.

3 The interview

- Ask if they're happy to talk, and to have their story written down.
- Listen, and let them choose what to share. It's fine to skip a question.

Part 3, continued: your notes from the interview.

4 Turn it into a story

Type your notes into the chat, after this prompt. Use first names only.

TRY THIS PROMPT

Here are my notes from talking to my grandmother about her childhood. Please turn them into a short story, about one page, in her own words as far as possible. Only use what's in my notes, and don't add anything made up.

Check it: did the AI add anything that wasn't in your notes? Write it here.

Find out more: read the free step-by-step guide, with a 10-second video, at **nosebleed.si/ideas/write-down-your-family-memories**

Teacher notes: Interview an older relative and keep their memories

Time: two sessions of 45 minutes, with the interview in between

Level: beginners; no AI experience needed

Group: any size; works well in pairs

You'll need: a copy per learner; phones or tablets with an AI chat app (optional)

Before the session

This works well across generations: pupils can interview a grandparent or a care-home resident, and older learners can record their own memories, or interview a friend. Agree with the group who they'll interview, and when.

Running order

Session 1	**Warm-up and Parts 1 and 2.** Open and closed questions, then choose four questions.
At home	**Part 3.** The interview, with notes.
Session 2	**Part 4.** Write up the story with AI's help, check it, and share some aloud.

Answers: Part 1

Open: "What do you remember about your first school?", "What was your street like...?", "What games did you play...?"
Closed: "Did you like school?", "Where did you grow up?" (a short answer), "Did you have a job as a teenager?"

Example rewrite: "Tell me about the jobs you had when you were a teenager."

Answer: Part 4

Look out for details the AI made up, such as the weather, feelings, or people who weren't mentioned. Learners should take them out, so the story stays true.

Discussion points

- The finished story can be printed, read aloud, or given as a present.
- For history topics, compare the memories with what learners have read about the time.

Safety and care notes

- Ask permission before interviewing anyone, and before sharing their story.
- Use first names only in the AI chat, and leave out addresses and other private details.
- Memories can bring up sad feelings. Let the person choose what to talk about, and stop if they'd like to.

© FirstM Ltd 2026