PROJECT LENS

COMMUNITY WORKSHOP

AI basics

See AI clearly.

[Host name] · [Date] · projectlensai.org

First developed with the City of Lake Oswego Youth Leadership Council

TODAY

What we'll cover in 45 minutes

01
Do you use AI?

02
Game: Real or AI?

03
What AI is, and isn't

04
AI and the environment

05
Asking AI good questions

06
Practice with a partner

BEFORE WE START

A quick 5-question quiz

It's not a test, and no names are needed. Circle **BEFORE** at the top.
You have 2 minutes.

HANDS UP

Do you use AI?

EVERYDAY AI

You probably already use it

- Phone suggesting words as you type
- Maps choosing your route
- TV recommending shows
- Email filtering out spam
- Siri, Alexa, or Google voice
- Shopping sites suggesting items
- Bank flagging an odd charge
- Chatbots answering questions

ACTIVITY 1

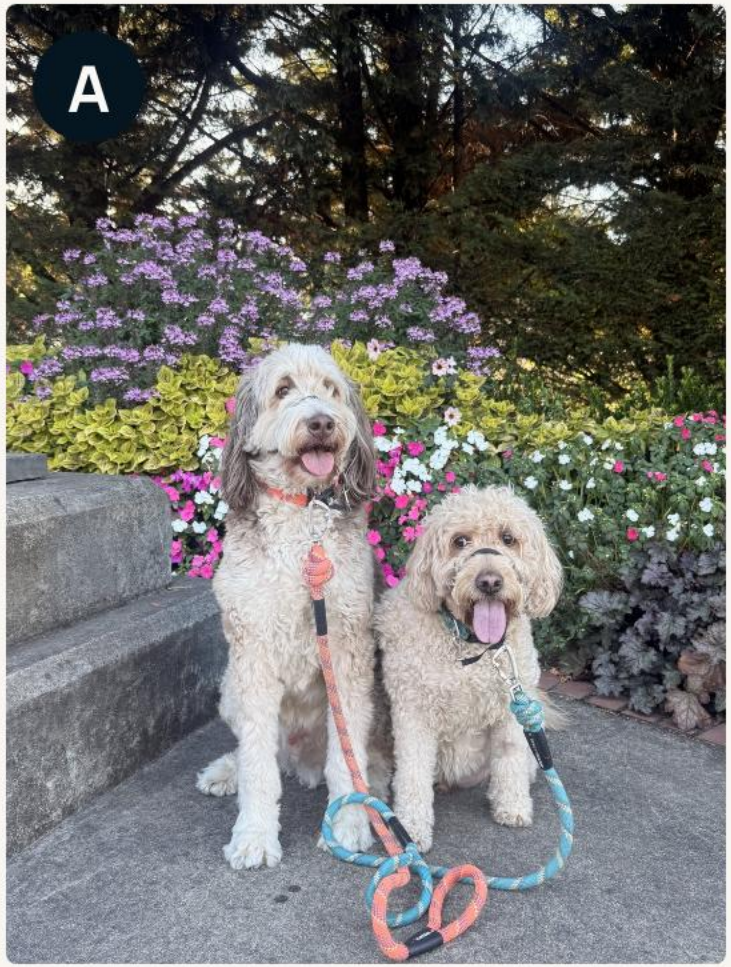
Real or AI?

Each round shows two pictures of the same scene. One is a real phone photo. The other was made by AI. Which one is real?

ROUND 1 OF 3

Which one is the real photo?

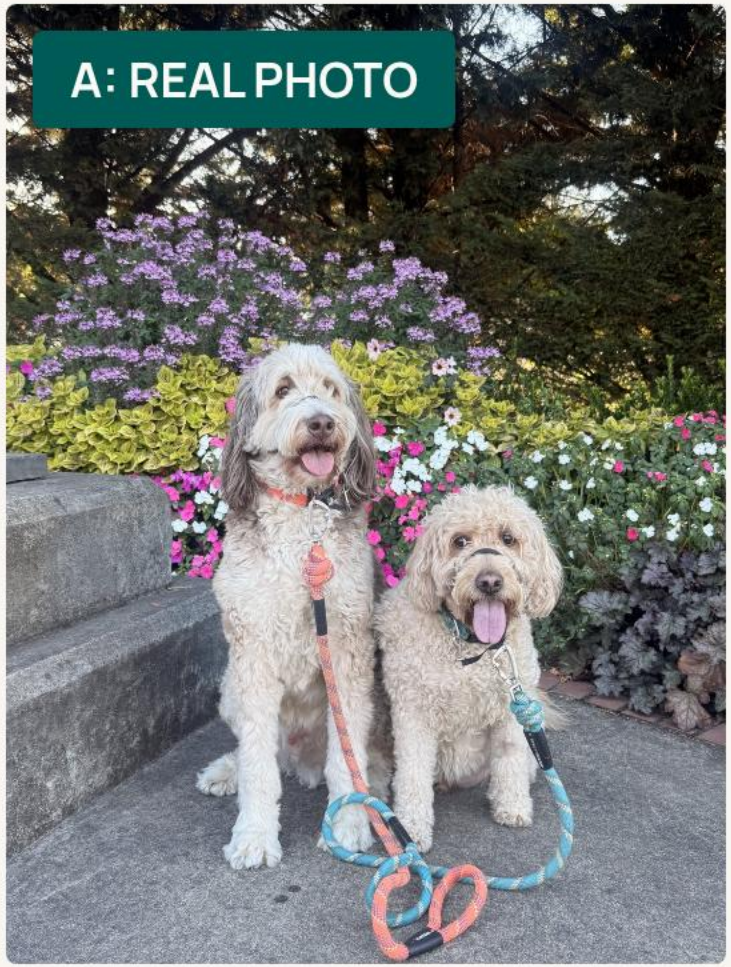
Hands up for A,
then hands up for B





ROUND 1 ANSWER

B was made by AI. It's a little too perfect.

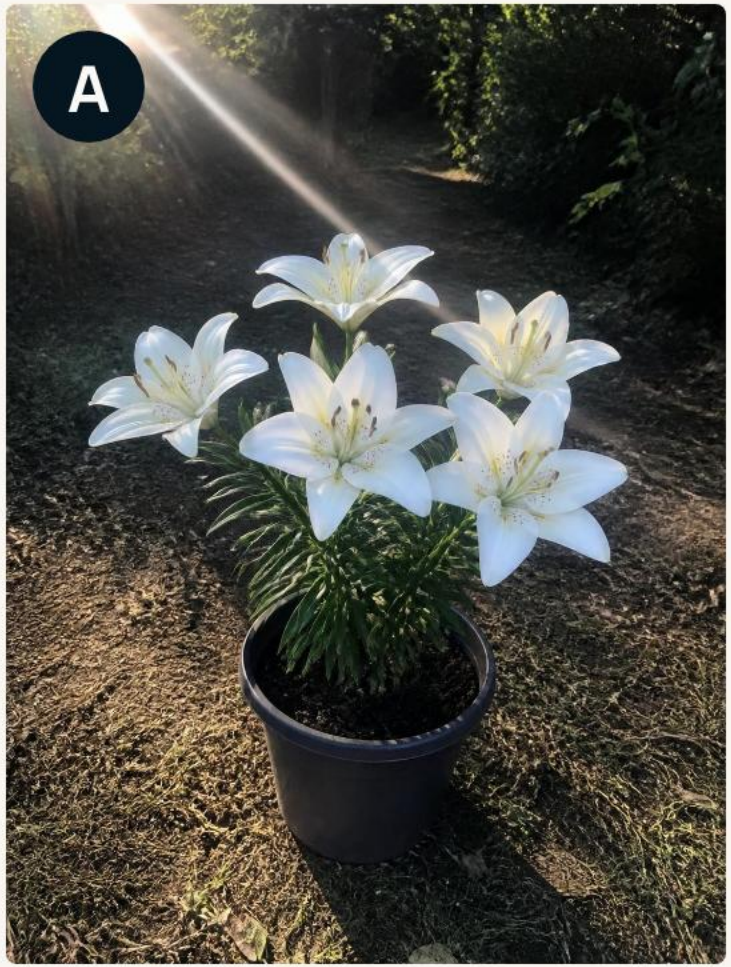


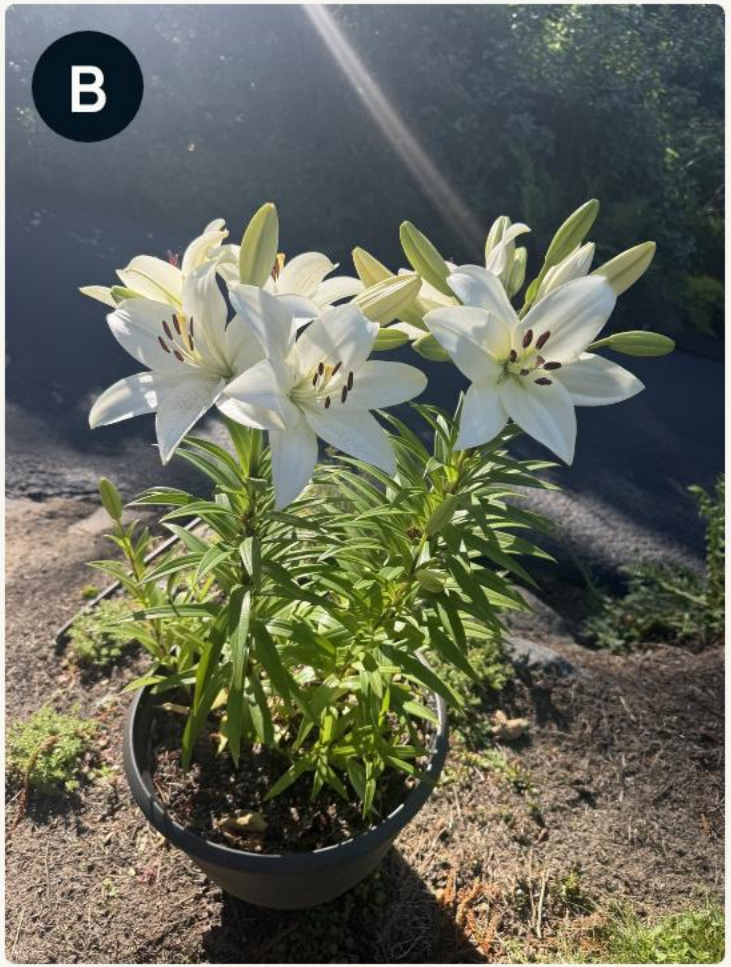


ROUND 2 OF 3

Which one is the real photo?

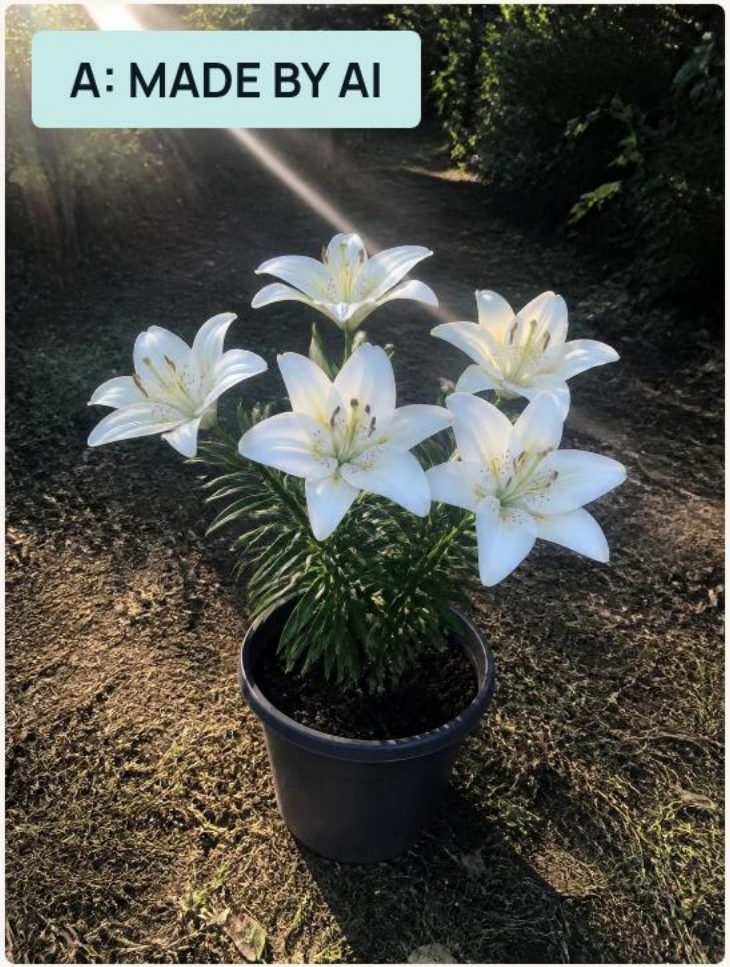
Hands up for A,
then hands up for B





ROUND 2 ANSWER

A was made by AI. Look for the buds.





ROUND 3 OF 3

Which one is the real photo?

Hands up for A,
then hands up for B





ROUND 3 ANSWER

A was made by AI. Did it fool you?





WHAT WE LEARNED

Don’t squint. Check where it came from.

01

Search the image

Google Lens or TinEye shows where else it appears online

02

Find the original

Check the official website or trusted news

03

Look for a "CR" label

Content Credentials show how some images were made

"AI detector" websites make mistakes. Treat them as one clue, never as proof.

WHAT IS AI?

One big family, with chatbots inside

Artificial intelligence: computer programs that learn patterns from huge amounts of examples

Generative AI: a kind of AI that creates new text, images, audio and video

Chatbots: a kind of generative AI built on "large language models"

ChatGPT · Gemini · Copilot · Claude · Meta AI

HOW A CHATBOT ANSWERS

It predicts. Nobody checks.

01

You type a question

02

It predicts likely next words. Some chatbots also search the web.

03

You get a smooth answer that no one checked for truth

Smooth is not the same as correct. That’s why we CHECK.

WHAT AI IS, AND ISN'T

A useful tool, not a person

AI is

- A pattern-finder
- A prediction tool
- Helpful for drafts and explanations

AI is not

- Aware or conscious
- Magic, or always right
- Your friend, doctor or lawyer

AI AND THE ENVIRONMENT

Water used in a year

An average American family at home

110,000

gallons

A typical 350-bed hospital

40 million

gallons

A medium-sized data center, for cooling

110 million

gallons, about as much as 1,000 homes

Sources: EPA WaterSense; EPA ENERGY STAR DataTrends; EESI, "Data Centers and Water Consumption," 2025 · 14

AI AND THE ENVIRONMENT

Small per question, big all together

One typical question to Google's Gemini

9 seconds of TV

in electricity, plus about five drops of water

All U.S. data centers, electricity per year

183 to 426 TWh

2024 to 2030 (projected). Already more than 4% of all U.S. electricity.

So the first question is always: can I do this without AI?

Sources: Google, 2025; IEA via Pew Research Center, 2025 · 15

BEFORE YOU USE AI, ASK

Can I?

Could a phone call, a library, or a quick search work just as well?

Should I?

Skip AI for heartfelt messages, personal beliefs, and big decisions you can't undo.

How?

Be clear, keep private things private, and check anything important.

HOW TO ASK

What makes a good prompt

Keep it private

No names, addresses, account numbers or passwords

Be specific

Say the task, give details, and the format you want

Give it a role

"Act as a patient computer teacher."

Say do and don’t

"Use simple words. Don't use technical terms."

THE PROJECT LENS RECIPE

START, IMPROVE, CHECK

START	"What is the best time to plant hyacinth bulbs?"
IMPROVE	"I live in the Pacific Northwest. Answer like a master gardener, ask me questions if you need to, and link your sources."
CHECK	Are the sources real, reputable and up to date? Check one yourself.

ACTIVITY 2 · 8 MINUTES · WITH A PARTNER

Write your first prompt

01

Pick a scenario on your sheet: gardening, a recipe, or phone help

02

START with a simple question, then IMPROVE it with two ingredients

03

CHECK: write where you'd check the answer

SHARE OUT

What did you write?

Read your first question, then your better one.

Which ingredient made the biggest difference?

Where will you check the answer?

TAKE THIS HOME

Three things to remember

01

AI predicts. It can sound sure and still be wrong.

02

Can I? Should I? How?

03

START, IMPROVE, CHECK, and keep private things private

BEFORE YOU GO

Same quiz, one more time

Circle **AFTER** at the top. Then please fill in the feedback form. It helps us make these sessions better.

PROJECT LENS

Thank you

Questions?

Free guides and workshops: projectlensai.org

Next workshop: AI scams and deepfakes