PROJECT LENS

WORKSHOP KIT 04 OF 05 · PARTICIPANT AND HOST PACK

AI for Families and Caregivers Participant and Host Pack

See AI clearly.

Think clearly in an AI-powered world.

L	Learn	Understand AI.
E	Evaluate	Question and verify.
N	Navigate	Know when and how to use it.
S	Secure	Protect yourself and others.

Version 1.0 · Updated October 13, 2026

projectlensai.org

01

Conversation practice cards

Hosts: print one set per pair and cut along the dashed lines. One person plays the helper, the other plays the loved one. Then swap.

CARD A: THE NEWS STORY

The situation: You just saw a story about AI voice-clone scams.

Helper's opening line: "I read that scammers can copy voices with AI now. Have you heard about that?"

Loved one: respond the way your relative might. Curious? Worried? Brushing it off?

CARD B: THE STRANGE CALL

The situation: Your mom mentions a weird call from "the bank" yesterday.

Helper's opening line: "That sounds stressful. Want to call the bank together, using the number on your card?"

Loved one: respond the way your relative might. Embarrassed? Defensive? Relieved?

CARD C: THE NEW APP

The situation: Your granddad asks what ChatGPT is.

Helper's opening line: "Want to try it together? You drive, I'll sit next to you."

Loved one: respond the way your relative might. Excited? Unsure? "I'm too old for this"?

02

Family safety plan worksheet

Do this side by side. The older adult keeps control of their own accounts and passwords.

Talk first

- [ ] We've talked about how AI can copy voices and faces
- [ ] We've agreed: before anyone sends money, we call each other first
- [ ] We've picked a day to choose our family safe word together, in person or by phone: _____

Set up together

- [ ] Trusted contact added at the bank or brokerage (they can be reached about suspected fraud, but can't see balances or make transactions)
- [ ] Text or email alerts turned on for large withdrawals or purchases
- [ ] Credit frozen at all three bureaus: Equifax 1-888-298-0045 · Experian 1-888-397-3742 · TransUnion 1-800-916-8800
- [ ] "Silence Unknown Callers" (iPhone) or call screening (Android) turned on
- [ ] Two-step login turned on for email and the bank
- [ ] Chatbot privacy setting checked (Settings, then Privacy or Data controls), if they use one
- [ ] Key numbers saved in the phone: family, the bank's fraud line from the back of the card, Oregon DOJ 1-877-877-9392

Stay connected

- [ ] We have a regular time to check in: _____
- [ ] We know the warning signs (Guide 5, AI for Families, section 06)

Never write your safe word on this sheet.

03

Family plan card

Fill this in together. Make a copy for each person.

Project LENS Family Plan Card

We have agreed on a family safe word: ☐ Yes (keep it in your head, not on paper)

If someone calls as family in trouble: ask for the safe word

No safe word? Hang up. Call them back on a number you already have.

Can't reach them? Call another family member before doing anything else.

Our rule: No one in our family will ever ask for gift cards, wire transfers, crypto, or cash by courier.

First person to call before sending money: _____ Phone: _____

Bank fraud line (from back of card): _____

Oregon scam help: Oregon DOJ 1-877-877-9392

Elder abuse or exploitation: 1-855-503-7233

National Elder Fraud Hotline: 1-833-372-8311

Emergency: 911

04

Quick quiz

No names needed. Circle one answer for each question.

Circle one: BEFORE the session / AFTER the session

1. Which is the most respectful way to help a loved one try a chatbot?

- A. "Give it to me, I'll do it."
- B. "You shouldn't be using that."
- C. "Want to try it together? You drive, I'll sit next to you."
- D. "Tell me your password so I can set it up."

2. True or false: It's a good idea to write your family safe word on a card by the phone. TRUE / FALSE

3. A caller sounds just like your grandson and says he's in trouble. What should you do first?

- A. Send money quickly
- B. Hang up and call him back on a number you already have
- C. Keep it secret, like he asked
- D. Give the caller your bank details

4. True or false: A trusted contact on a bank account can see the balance and make withdrawals. TRUE / FALSE

5. Which of these could be a sign a loved one is caught in a scam?

- A. New secrecy about money or phone calls
- B. Gift card purchases or visits to a Bitcoin ATM
- C. A sudden, urgent need for cash
- D. All of the above

05

Feedback form

Thank you for joining us. Your answers help Project LENS improve. No name needed.

1. How useful was today's session? (circle one) Not useful · A little useful · Useful · Very useful

2. How ready do you feel to talk with a loved one about AI and scams? (circle one) Not ready · A little ready · Ready · Very ready

3. What was the most helpful part?

_____ _____ _____ _____

4. What was confusing, or what should we change?

_____ _____ _____ _____

5. What would you like a future session on? (tick any)

- ☐ Spotting AI scams and deepfakes
- ☐ Hands-on practice with a chatbot
- ☐ Checking if information is true
- ☐ Protecting privacy online
- ☐ Something else: _____

6. May we share your comment on our website, without your name?

- ☐ Yes, you may share my comment (no name)
- ☐ No, please keep it private

06

Sign-in sheet

Session: AI for Families and Caregivers · **Date:** _____ · **Location:** _____

Signing in is optional. Email is only needed if you'd like to hear about future Project LENS sessions. Within a week, the Project LENS team copies emails into our mailing list and shreds this sheet. The host doesn't keep a copy. We never share or sell your information.

#	First name	Email (optional, for future sessions only)
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		

07

Flyer template

Hosts: fill in the blanks and post at least two weeks ahead.

Free Community Workshop

Who's the first person your mom would call?

Make sure it's you, not a scammer with a borrowed voice. A 45-minute session for families and caregivers on talking about AI, making a safe word plan, and setting up a few protections together.

AI for Families and Caregivers: See AI clearly

When: _____

Where: _____

RSVP: _____

45 minutes · Free · No computer needed · Come as a family

Presented by Project LENS, a youth-led AI literacy initiative · projectlensai.org

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