



AI IN MY LIFE

#DiscussAI

Taighde Éireann
Research Ireland

Taster Workshop

An AI in My Life Workshop

V2.1 August 2026

HOST INSTITUTIONS



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin

DCU

Ollscoil Chathair
Bhaile Átha Cliath
Dublin City University

PARTNER INSTITUTIONS



What is AI in My Life?



AI IN MY LIFE

A 4-part workshop series on Artificial Intelligence

Developed by the ADAPT research centre at DCU and partners

Designed to help you explore the role of AI in your life and in society

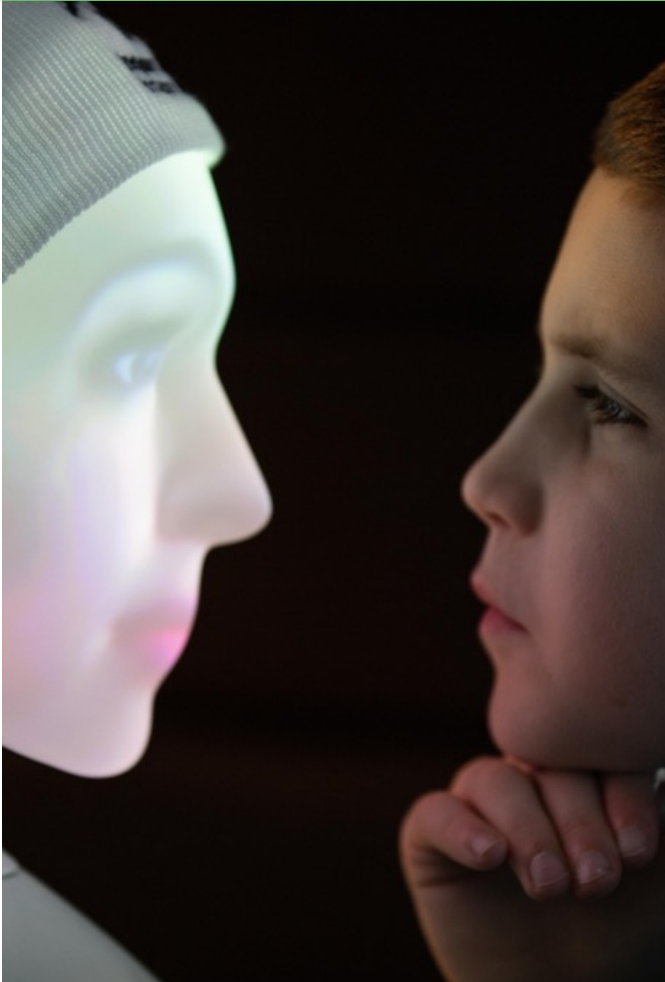


Lone Thomasky & Bits&Bäume / <https://betterimagesofai.org/> / <https://creativecommons.org/licenses/by/4.0/>

Learning Intentions



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By the end of this lesson, you should be able to:

- Explain in simple terms what AI is
- Identify where AI shows up in your daily life
- List some of the ethical and privacy concerns related to AI

You'll think critically about its use



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Help us evaluate this workshop



AI IN MY LIFE TASTER WORKSHOP

1. What words do you associate with artificial intelligence?

Waiting for responses ...



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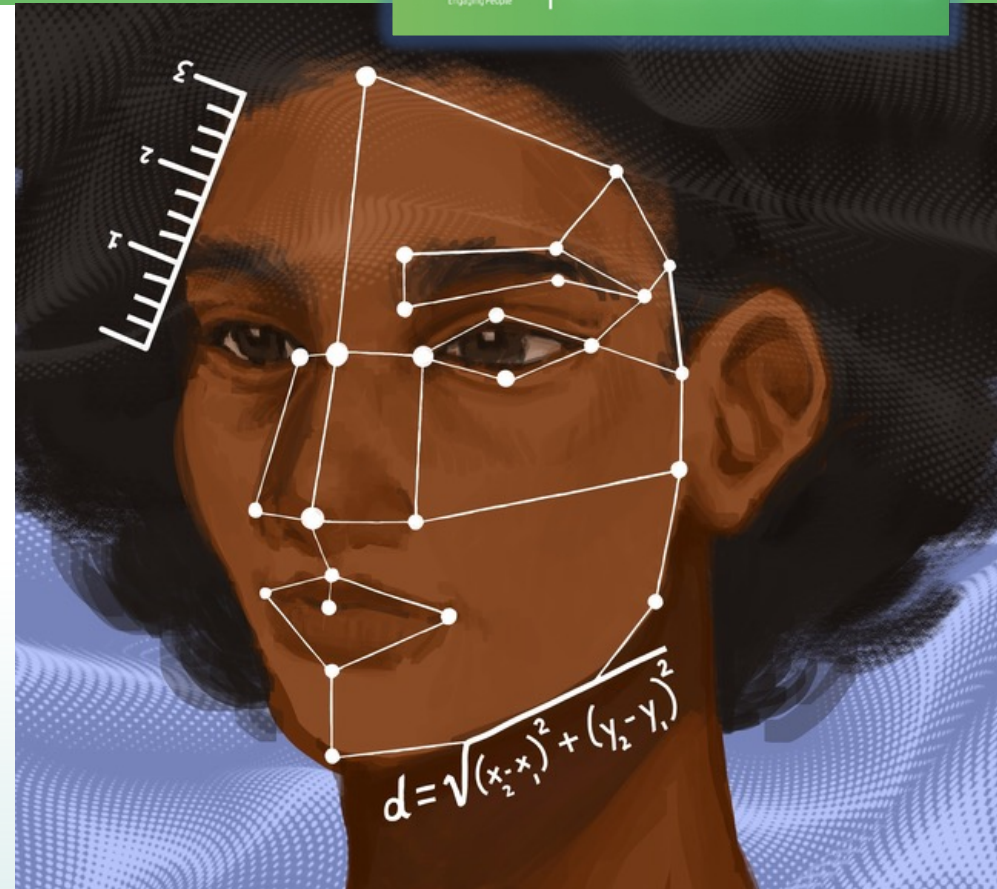
What is AI?



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Artificial Intelligence (AI) refers to technologies designed to carry out tasks that **normally require human intelligence**.

Things like **recognising** images, **understanding** language, or **solving** problems.



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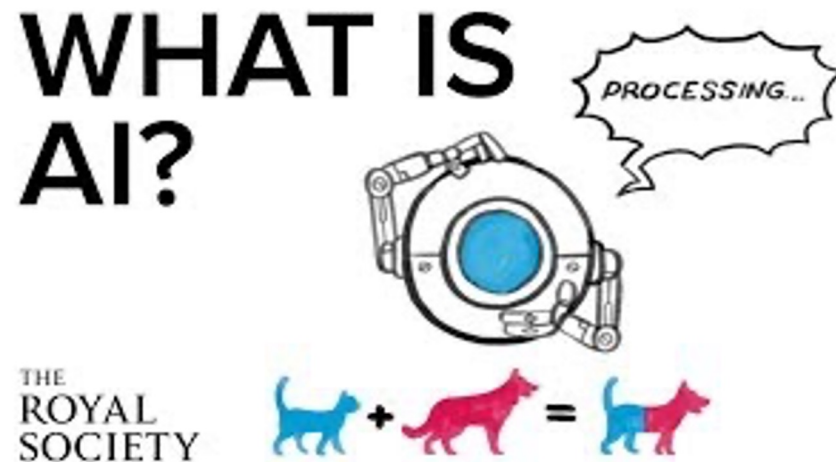


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What is AI?



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The Royal Society:

https://www.youtube.com/watch?v=nASDYRkbQIY&feature=emb_imp_woyt



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Machine Learning



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MACHINE
LEARNING

ABILITY TO PERFORM TASKS
WITHOUT EXPLICIT INSTRUCTIONS
AND RELYING ON PATTERNS

In the 1950s AI pioneer Arthur Samuel defined Machine Learning as:

“the field of study that gives computers the ability to learn without explicitly being programmed.”



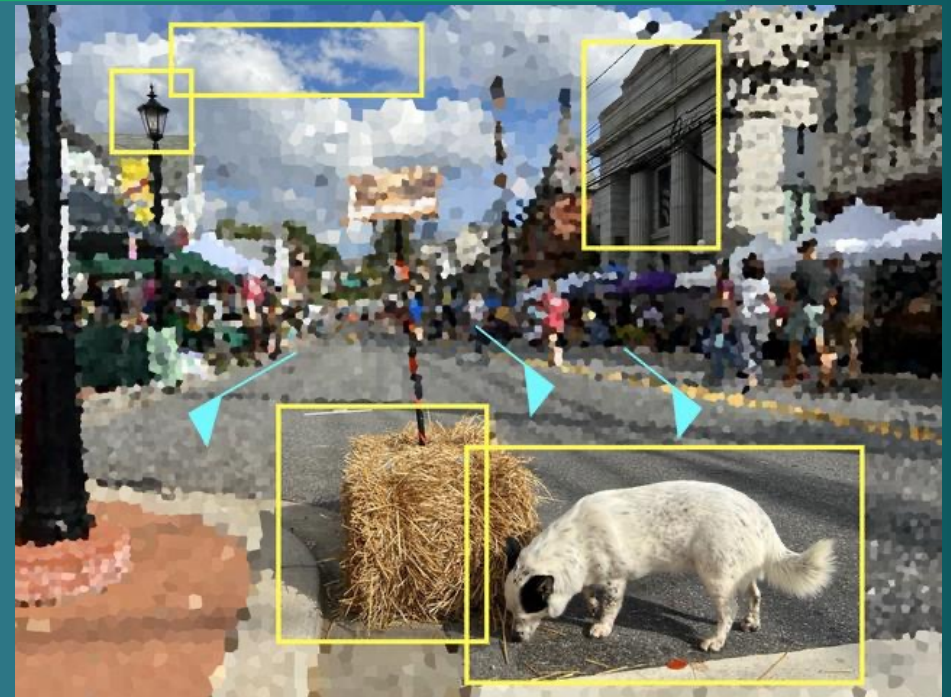
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Machine Learning



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Where might we use machine learning in our daily lives?

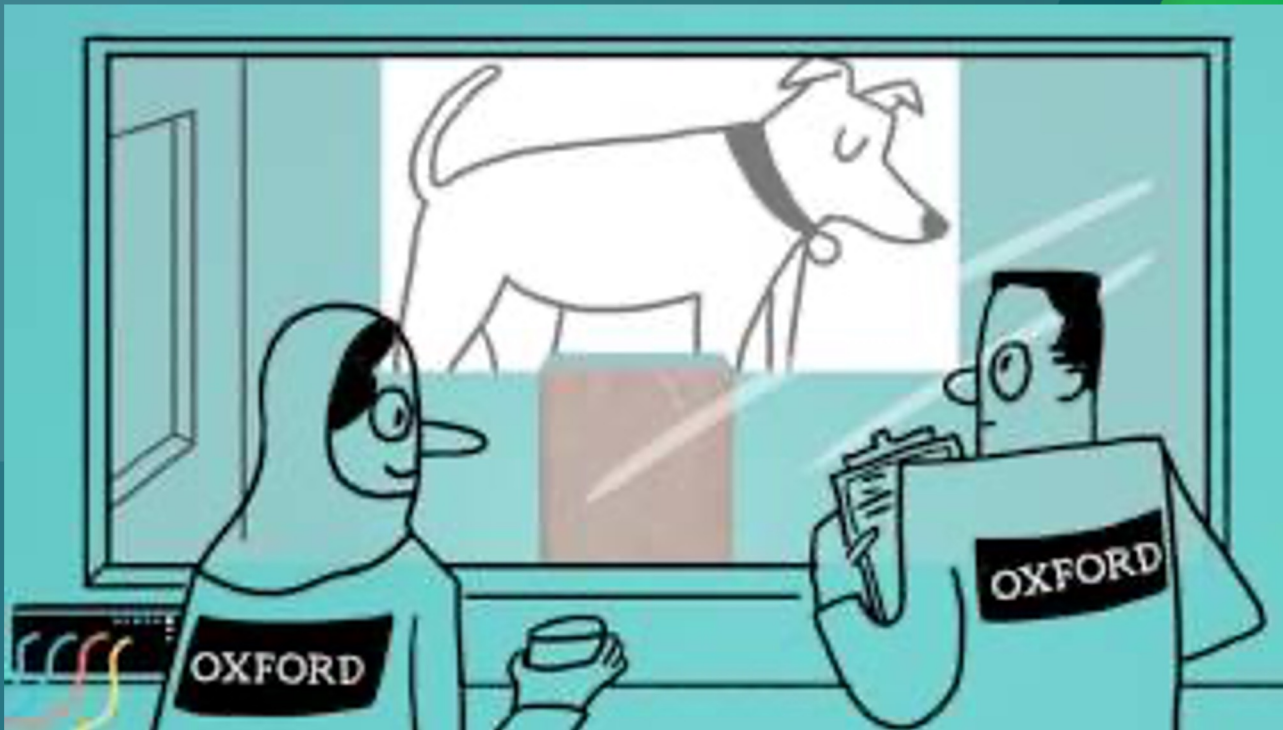


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Machine Learning



https://www.youtube.com/watch?v=f_uwKZIAeM0



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Machine Learning Examples



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On your phones/tablets go to:
<https://quickdraw.withgoogle.com/>



Short Video Instructions:



<https://www.youtube.com/watch?v=X8v1GWzZYJ4&t=71s>



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Facial Recognition



HOME PAGE / NEWS / SPOTLIGHT

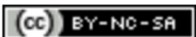
Facial recognition technology: How gardaí plan to use AI in major crime investigations

As gardaí push for AI and facial recognition to speed up investigations, critics warn of privacy, bias and surveillance risks



Committee members expressed concern at the processing of images of innocent people or of the wrong person being identified via facial recognition technology. Picture: Jordan Pettitt/PA

WED, 24 SEP, 2025 - 16:19



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Emotion Detection



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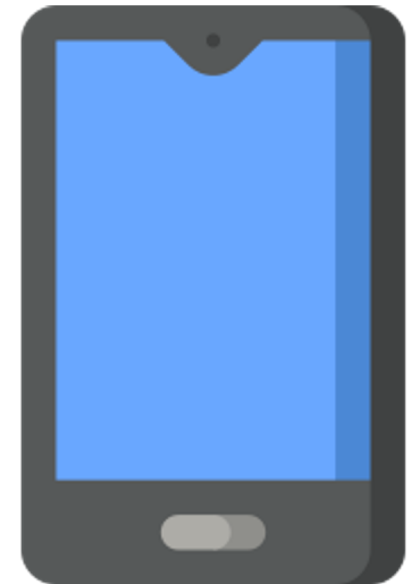
Emotion Detection



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Use the below link on your phone or laptop. Follow the instructions on the webpage.

[Financial Times Emotion Detection](https://ig.ft.com/emotion-recognition/)
<https://ig.ft.com/emotion-recognition/>



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AI for Good



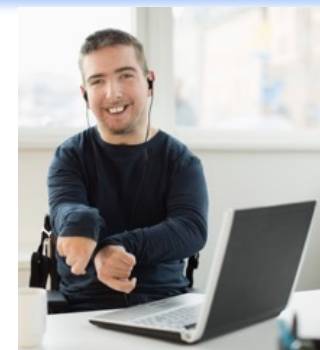
AI IN MY LIFE



Healthcare & Medicine*



Climate & Environment



Accessibility



Personalised Learning



Agriculture & Food Safety

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Is AI always used for good?



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Misinformation: Sharing by mistake

Disinformation: Deliberate deception



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Deepfakes



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How to spot deepfakes and AI-generated images

<https://www.youtube.com/watch?v=7akzhpx0EIU>



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AI or Human? Quiz

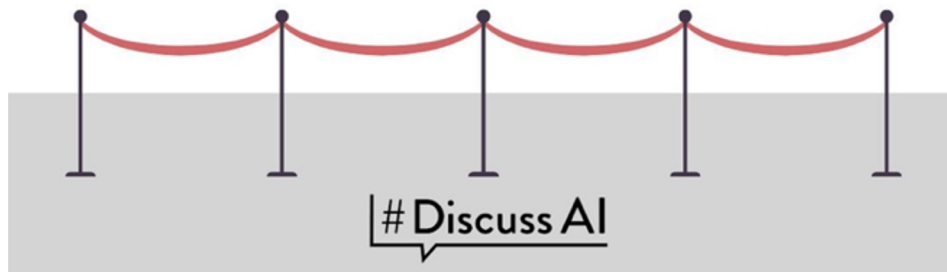


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Is it ART or AI?



How does AI inspire your creativity?



Just how good is Generative AI?

Can you tell the difference
between real art or AI?

Give it a go:

<https://bit.ly/Art-Or-AI>



Detecting AI-generated Images



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Some tips for identifying AI-generated images

- ☐ Does the image feel a bit “too perfect”?
- ☐ Look for distortion or blurriness
- ☐ Verify the source – is it reliable?
- ☐ Check for a watermark
- ☐ Look at the details – does everything belong?
- ☐ Reverse image search using Google images
- ☐ Are shadows in the right position?
- ☐ If there's text, is it gibberish nonsense?

ART ●
or AI?

MUSEUM OF **VERY** MODERN ART

Detecting AI-generated Images



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Cross-reference well-known people or events for accuracy.

Look out for misrepresented cultural symbols, attire, or customs.

Look for strange fur patterns or unnatural poses in animals.

Examine landmarks, geographical features or public spaces.

Ask yourself: 'does this image fit with what I know about this person?'

Check if everyday objects are blurry, distorted or have an unrealistic appearance.



Take a close look at jewellery - in this case, the chain doesn't connect on both sides

ART or AI?

MUSEUM OF **VERY** MODERN ART

Reference: <https://time.com/6266606/how-to-spot-deepfake-pope/>

Deepfakes



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Could Deepfakes be used for good?



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What's your data worth?



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Do you care about your data?



Engaging Content
Engaging People

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- Do you mind that Mark Zuckerberg knows your name?
- Do you mind that he can see your Insta/WhatsApp account (even though you didn't add him as a friend)?
- Do you mind that he knows your top 5 friends?
- Do you mind that he knows your top 5 posts?
- What about if he knows how you reacted to others' posts?
- What about your DMs?

Sit down when you answer YES



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Do you care about your data?



- Do you mind that **your teacher** knows your name?
- Do you mind that (s)he can see your Insta/WhatsApp account (even though you didn't add him as a friend)?
- Do you mind that (s)he knows your top 5 friends?
- Do you mind that (s)he knows your top 5 posts?
- What about if (s)he knows how you reacted to others' posts?
- What about your DMs?

Sit down when you answer YES

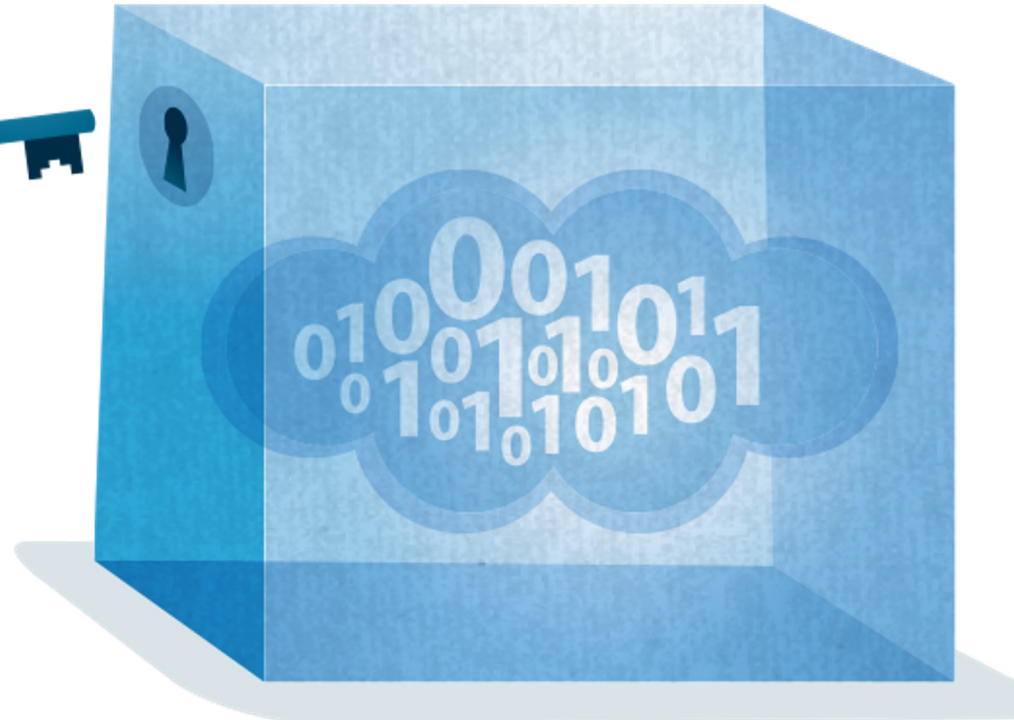


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Protecting Your Data while using AI Tools



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Protecting Your Data while using AI Tools



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1. Always Check the Privacy Policy Before Use



Introduction

- What Information We Collect
- How We Use Your Information
- How We Share Your Information
- Our Legal Bases and How We Process Your Information
- Your Rights and Choices
- Data Security and Retention
- Our Global Operations and Data Transfers
- Younger Users
- Privacy Policy Updates
- Contact Us

EEA/UK/CH

Privacy Policy

Last updated: 30 November 2025

We are changing how we show ads to UK users. Our new [Privacy Policy for UK users](#) comes into effect on 11 November 2026 or, if you are in the UK, when you make a choice about ads.

Introduction

This privacy policy ("Privacy Policy") applies to the personal information that TikTok processes in connection with TikTok apps, websites, software and related services (the "Platform"), that link to or reference this Privacy Policy. **Data Controller:** If you live in the European Economic Area ("EEA"), the United Kingdom ("UK"), or Switzerland, TikTok Technology Limited, an Irish company ("TikTok Ireland"), and TikTok Information Technologies UK Limited ("TikTok UK"), a UK company, ("TikTok," "our," "we," or "us") are the joint controllers of your information processed in connection with this Privacy Policy.



TikTok privacy policy:

'www.tiktok.com/legal/page/eea/privacy-docs.midjourney.com/docs/privacy-policy



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Protecting Your Data while using AI Tools



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2. Check your settings

Configuring your settings

You can visit [your Google Account](#) to manage your data and privacy. Gemini Apps also provide settings to help you manage your data and experience, like:

- Visit [Gemini Apps Activity](#) to review and delete your activity, change your auto-delete period, and control whether your data is used to improve Google AI. These services include, for example, the generative AI models powering Gemini Apps. The settings in Gemini Apps Activity don't control processing of your chats to create anonymized data to improve Google services. When your Keep Activity setting is off, Google still uses your chats to respond to you and help keep Gemini safe and secure, including with help from human reviewers.
- Manage Gems in [Gem Manager](#).
- Manage public links in [Your Public Links](#).
- Manage Gemini Apps' access to other apps and data in [Apps](#) settings.
- Manage [info you have asked Gemini to save](#).
- [Learn more](#) about how to manage personalization.
- You can use Gemini, hosted by the Google app, as your device assistant on Android. [Learn more](#) about how to manage your Google app permissions (such as device location, microphone, and camera permissions).
- [Learn more](#) about how to manage your Gemini Apps mobile app settings.
- [Learn more](#) about how to set the Google app as the default digital assistant app.

If you change your Gemini Apps settings, other Google settings won't change. Those settings, like [Web & App Activity](#) or [Location History](#), may keep saving location and other data as you use other Google services.



Google privacy policy:
<https://policies.google.com/u/2/privacy>



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Protecting Your Data while using AI Tools



3. Watch what you share

ChatGPT

Tips for getting started

Ask away

ChatGPT can answer questions, help you learn, write code, brainstorm together, and much more.

Don't share sensitive info

Chat history may be reviewed or used to improve our services. Learn more about your choices in our [Help Center](#).

Check your facts

While we have safeguards, ChatGPT may give you inaccurate information. It's not intended to give advice.

Okay, let's go



OpenAI privacy policy:
<https://openai.com/policies/privacy-policy>



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Could AI be biased?



“We don't see things as they are, we see them as *we* are.”

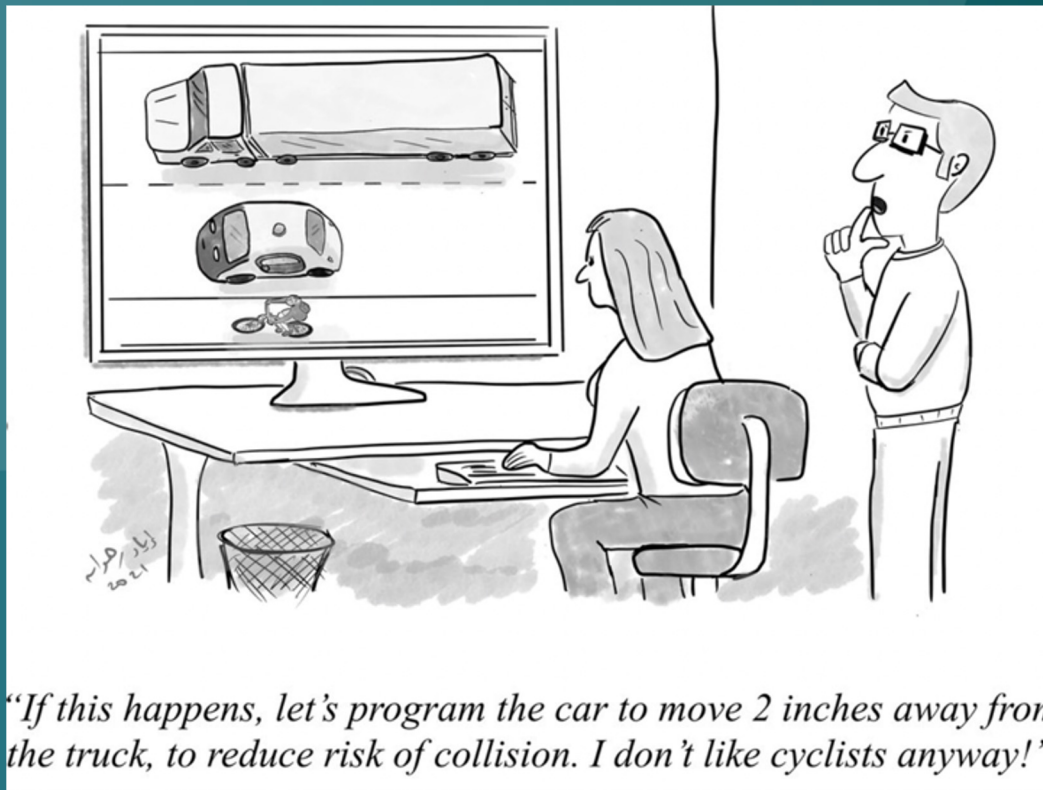
Does Bias really matter?



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AI and Ethics



Source:
<https://www.evilaicartoons.com>

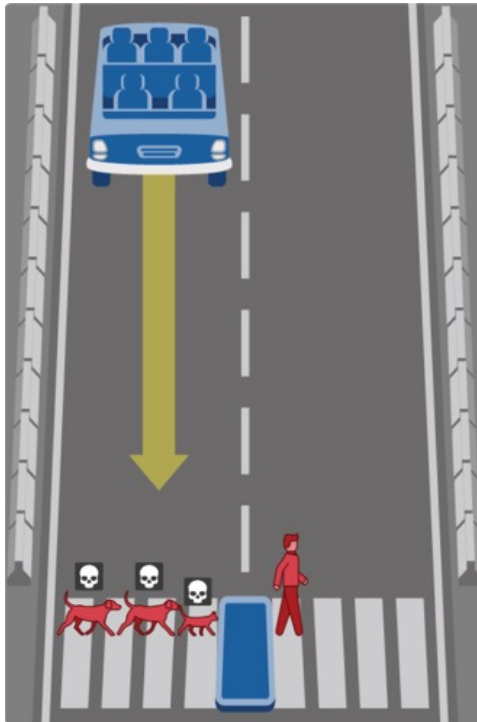


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What action should the self-driving car take?

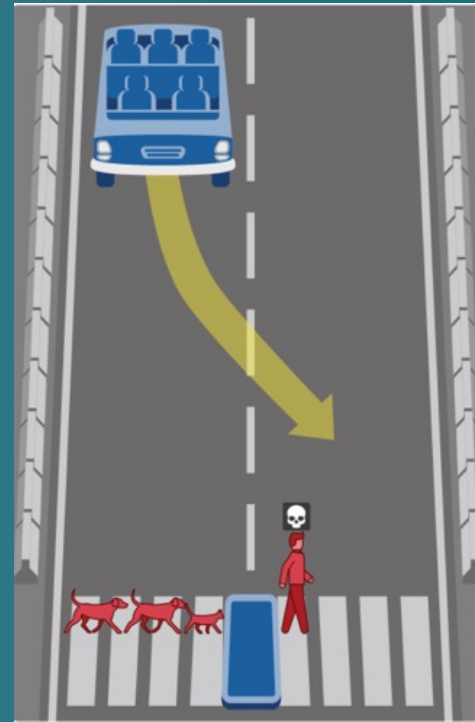
A.

Continue ahead and drive through a pedestrian crossing, resulting in 2 dogs and 1 cat dead?



B.

Swerve and drive through a pedestrian crossing in the other lane, resulting in 1 man dead?



<https://www.moralmachine.net>

What have we learned?



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AI offers substantial **benefits** to individuals, organisations and society



These benefits must be balanced with the potential **ethical implications** of AI

www.adapcentre.ie/discussai



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Help us evaluate this workshop



AI IN MY LIFE TASTER WORKSHOP

1. What words do you associate with artificial intelligence?

Waiting for responses ...



Note:
Different QR
code to the
opening one



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#Discuss AI

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Research Ireland

How's your AI Literacy now?

Additional AI in My Life modules:

Introduction to AI

AI and Ethics

AI and the Future of Work

AI Careers

www.adaptcentre.ie/public-engagement/ai-in-my-life-lessons/

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