

# Friendship Agreement

## 1. How I Will Use Angela Wisely

For what tasks will I use Angela (AI)?

“I will ask Angela (AI) to help me with...”

## 2. What I Don't Want Angela to Do

What lines shouldn't be crossed? What would harm my learning, creativity, or integrity?

“I do not want Angela to...”

## 3. How I Will Disclose My Use of Angela

What's my strategy to be open and transparent about my use of AI?

“To maintain transparency about my use of AI, I will...”

## Did you consider...

### **Environmental Impact:**

AI systems, especially large models, require huge amounts of energy for training and running.

### **Unequal Access:**

AI benefits are unevenly distributed. Rich institutions and countries have more access than under-resourced communities.

### **Deskilling:**

Over-reliance on AI can weaken skills like writing, critical thinking, decision-making, and problem-solving.

### **Addictive or Automatic Use:**

AI tools are designed to be “easy,” but this can lead to using them without reflection.

### **Impact on Relationships:**

AI companions, chatbots, and emotional-support systems can subtly shape how we relate to real people.

### **Misinformation & Hallucinations:**

AI often produces confident-sounding but incorrect information.

### **Privacy & Data Trails:**

What you type into AI tools might be stored, used to train models, or shared with third parties.

### **Bias & Harm:**

AI systems can reproduce stereotypes and systemic biases.

### **Creativity Compression:**

AI can inspire ideas, but it can also homogenize style, voice, and originality.

### **Corporate Power & Platform Dependence:**

Using AI tools often means relying on large technology companies, reinforcing their influence over knowledge, infrastructure, and everyday practices.