

PH-05 — One fridge list (optional)

Academy · free worksheet · Optional. Pair with PH-05. No meals. No allergy questions. No photos.

Never type or paste these into a chat

- Passwords, or codes sent to your phone or email
- Social Security number, bank or card numbers, account numbers, barcodes
- Health details — yours or anyone's (symptoms, medicines, test results, insurance cards)
- Kids' names, schools, teams, and where they'll be when
- Full street addresses, birthdays, other people's phone numbers or emails

Use stand-ins: [Landlord], [Kid A], [my street]. The chat writes just as well without the real thing.

Stop 1 — Health

Don't type symptoms, medicines, or test results. Write your questions on paper and bring them to your doctor, nurse, or pharmacist. Emergency: call 911. This card has no box to fill in, on purpose.

Stop 2 — Today's price

The chat doesn't know today's price, what's in stock, or this week's sale. Read the shelf tag, the store's own page, or call the store.

Stop 3 — Rules and the law

A letter the chat writes is not legal advice. For a lease, school, airline, or town rule, open the page printed on your paper or call the office. Court, eviction, custody, immigration: stop and call a lawyer or legal aid (in NJ, Legal Services of New Jersey).

Stop 4 — Tax, benefits, and scams

You're responsible for what you file. Don't ask the chat to fill in a tax or benefits form, and never type your SSN or income. Use the agency's own site or the number on a letter you trust. Free tax help exists (IRS VITA sites). If anyone — a caller, a pop-up, a page, or a chat — asks for a password, a code, gift cards, a wire, or crypto, or promises a bot will earn you money: stop, hang up or close it, and ask a person you trust.

Brake

If this happens	Do this
It's typing too much, or something you don't want	Click Stop — the square that replaces the send arrow while it's writing
You closed the tab by mistake	Ctrl+Shift+T (Mac: Cmd+Shift+T). It comes back.
The chat got strange, long, or off track	Click New chat (a pencil or plus, usually near the top). Clean page.
You're on a shared or library computer	Before you leave: click your initial or picture → Log out / Sign out, then close the browser
You pasted something from the don't-paste card	Don't paste it again to check. Delete that chat (the ⋮ menu next to its name → Delete). If it was a password or code, change it on the real site. If it was a bank or card number, call the number on the back of your card. Tell a person you trust.
Stuck after two honest tries	Stop. Book a human. It's not you — these sites change often.

Never-paste card for this exercise

Do not type: kids' names, schools, teams, addresses, a time and a place together, anything about health or allergies. Use Kid A, Kid B, "practice," "school."

Not in this exercise: meals, recipes, allergies, or asking if food is safe. The chat can be wrong about ingredients.

0. Filled example

Sort these into a checklist by day, Monday to Sunday. Keep my words. Do not add anything.

If two things are at the same time, write CLASH.

Kid A practice Tue 5pm

recycling out Wed night

library books due Fri

Kid A practice Thu 5pm

pick up Kid B from art Thu 5pm

oil change Sat 10am

Tue — Kid A practice 5pm

Wed — recycling out at night

Thu — Kid A practice 5pm / pick up Kid B from art 5pm — CLASH

Fri — library books due

Sat — oil change 10am

You decide the Thursday clash. Copy the list by hand.

1. Half filled — you sort it

Lines already use stand-ins. Write the day list. Write CLASH if two things share a time. Do not add a meal.

Kid A practice Tue 5pm

library books due Fri

oil change Sat 10am

_____ (one more green note, or leave blank)

Tue Kid A practice 5pm _____

Fri _____

Sat _____

CLASH? no / I decide: _____

Your answer will be worded differently. That's normal. Check it has the same parts: your lines, grouped by day, and CLASH only if two things share a time.

2. Your lines — blank

Green notes only. Stand-ins only. No meals.

Line _____

Line _____

Line _____

Line _____

Line _____

Line _____

Handwritten fridge list (after you decide any clash):

Mon _____

Tue _____

Wed _____

Thu _____

Fri _____

Sat _____

Sun _____

- ☐ No real names, schools, teams, or street addresses
- ☐ No meals, recipes, or food questions
- ☐ I decided any clash myself and copied the list by hand