



# How to Use ChatGPT

Enhancing Your Daily Life with AI

[www.digitalforlife.gov.sg](http://www.digitalforlife.gov.sg)

[www.smartgtech.com](http://www.smartgtech.com)

In support of:



# Welcome!

Today, we will explore how ChatGPT, a friendly and intelligent AI, can assist you in your daily life.





# Introduction to ChatGPT

**What It Is:** ChatGPT is an advanced AI chatbot designed to understand and respond to your questions and requests in a natural and helpful way.

01.

**How It Works:** It interacts with you through text, just like having a conversation with a person, to provide information, answer questions, and assist with various tasks.

02.

**Simplifies Tasks:** Whether you need help finding a recipe, learning something new, or just want to chat, ChatGPT is here to assist you.

03.

**Accessibility:** It's easy to use and available online, making it a convenient tool for getting help whenever you need it.

# Open Your Web Browser

To begin using ChatGPT, you need to have an internet connection and a web browser. Common web browsers include Google Chrome, Safari, Firefox, and Microsoft Edge.



# Go to the ChatGPT Website

In the address bar of your web browser, type in the URL for ChatGPT (for example, <https://chat.openai.com>) and press Enter. This will take you to the ChatGPT homepage.



chatgpt.com

# Type Your Question or Message in the Chat Box

Explanation: Once on the ChatGPT homepage, you will see a chat box where you can type your questions or messages. Simply click on the chat box, type what you want to ask or say, and press the Enter key on your keyboard.





"What's the weather like today?"  
"Tell me a joke."  
"How do I make a cup of tea?"



1. I can't provide real-time weather updates, but you can check a weather app or website for the current conditions in your area!
2. Sure, here's a joke for you: Why don't skeletons fight each other? They don't have the guts.
3. To make a cup of tea, you'll need:
  - Water
  - A tea bag or loose tea leaves



 **Get citation**



Message ChatGPT



# Example Uses

## 01.

Ask for Jokes, Stories, or Interesting Facts

- Jokes: "Tell me a funny joke." or "Do you know any clean jokes?"
- Stories: "Tell me a short story about kindness."
- Facts: "What are some interesting facts about Singapore?"

## 02.

Get Answers to Questions About Health, Travel, and More

- Health: "What are some exercises good for elderly people?" or "What should I eat for a healthy diet?"
- Travel: "What are some popular tourist spots in Singapore?" or "What should I pack for a trip to Australia?"

## 03.

Ask for Recipes, Weather Updates, or Directions

- Recipes: "How do I make a simple chicken soup?" or "What are some easy dessert recipes?"
- Directions: "How do I get to the nearest grocery store?" or "Can you give me directions to the library?"



# Safety and Privacy

- ChatGPT Does Not Store Personal Information
- Avoid Sharing Sensitive Personal Details
- Always Be Cautious with Online Interactions



# Example Uses

Be Aware: Be mindful of scams or malicious links. ChatGPT itself is safe, but always be cautious when clicking on links or sharing personal data online.

## 01.

When you interact with ChatGPT, your conversations are not stored. This means that your personal information and chat history are not saved or shared with others.

## 02.

It's important to avoid sharing sensitive personal information, such as your full name, address, phone number, bank details, or any other private information while using ChatGPT.

## 03.

- Be Skeptical: Not all information you encounter online is accurate. Always verify important information through reliable sources.
- Be Private: Protect your privacy by not oversharing personal details. Even though ChatGPT is safe, it's a good habit to maintain online privacy.

If you're unsure about an online interaction, ask a trusted family member or friend for advice.

# Common Questions

Start Chatting Today!

01.

Can I use ChatGPT on my phone?

Yes, you can access it through your mobile browser.

02.

Is it free?

Basic usage is free; premium features may have a cost.

03.

Can it speak different languages?

Yes, ChatGPT supports multiple languages.

# Conclusion: Your health, always our priority

- **Take the First Step:** Open your web browser, visit the ChatGPT website, and start typing your questions. You'll be amazed at how helpful and responsive ChatGPT can be.
- **Explore Different Uses:** Don't hesitate to ask ChatGPT anything. From planning your meals to learning a new hobby, the possibilities are endless.
- **Continuous Learning:** ChatGPT is always evolving and improving. As you use it, you'll discover new features and ways it can assist you.
- **Safe and Secure:** Remember the safety tips we discussed. Enjoy using ChatGPT while keeping your personal information secure.