

AVOIDING AI: MICROSOFT OFFICE

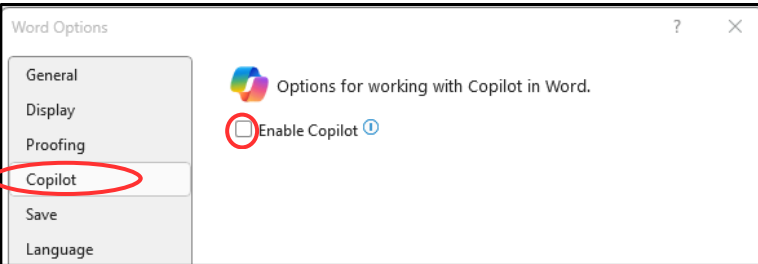
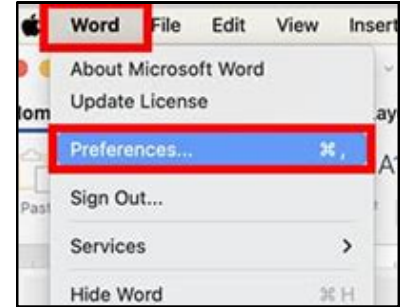
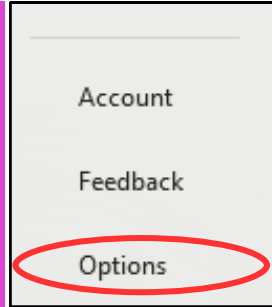
Even if you've removed the **Microsoft 365 Copilot** app from your device, your **Microsoft Office** suite products will still try to push Copilot AI features while you use them. To disable:



Open **each app** you use (ex: Word, Excel, Powerpoint)

On PC, open **Options** (bottom left)

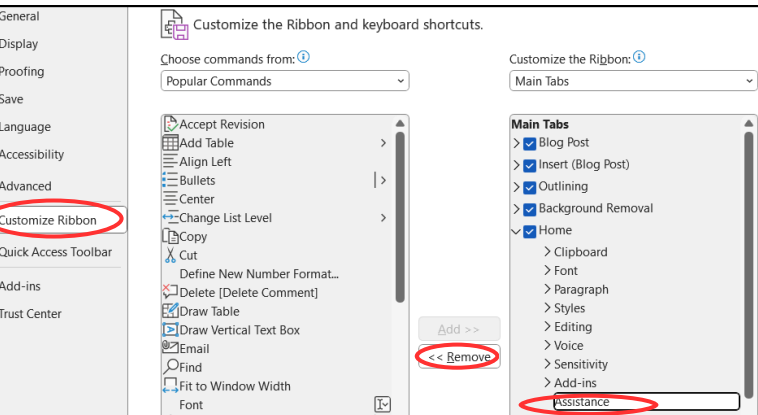
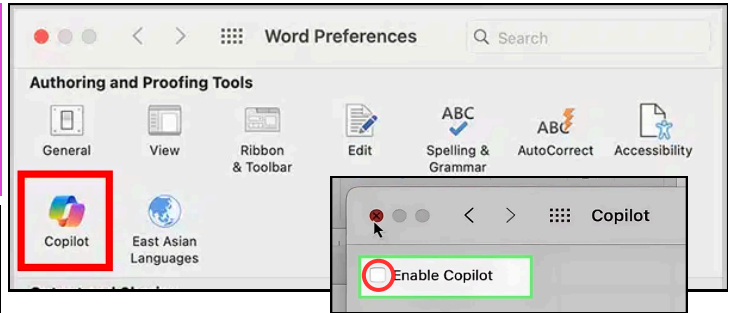
On Mac, open **Preferences** from top menu bar



On PC, select **Copilot** on lefthand sidebar

Uncheck the **Enable Copilot** box and click **OK** at bottom

On Mac, under **Authoring and Proofing Tools**, select **Copilot**
Uncheck the **Enable Copilot** box



If the Copilot icon is still on the ribbon after disabling, open **Options** or **Preferences** again

Go to **Customize Ribbon**, select **Assistance** and click **Remove**

WHY AVOID AI?

Generative AI is a source of misinformation, and is rife with labor, environmental, and social concerns. It's being pushed by big technology companies through forced adoption by design.

Check out the other side of this sheet for organizing resources.



AVOIDING AI: GET ORGANIZED!

Here are some resources for collective organizing and action:

Anatomy of an AI System

If you'd like to know more about how AI works and the impacts these systems have, this visualization offers a detailed map of a single AI system.

<https://anatomyof.ai>



A Roadmap for Action Against AI

Learn more about all kinds of ways to resist AI through this strategic and practical plan for action.

<https://ainowinstitute.org/publications/research/ai-now-2025-landscape-report>



Organizer Guide to Fighting Data Centers

Get ideas for local action from this comprehensive guide that includes talking points, research, and actions.

<https://www.kairosfellows.org/fightdatacenters>



AI in the Workplace BINGO

If you're interested in learning more about the impacts of AI on labor, these talking points offer workers a way to practice resisting AI in their workplaces.

<https://www.workersdecide.tech>



Civics of Technology Curriculum

This teaching resource helps students critically engage with AI.

<https://www.civicsoftechnology.org/curriculum>

