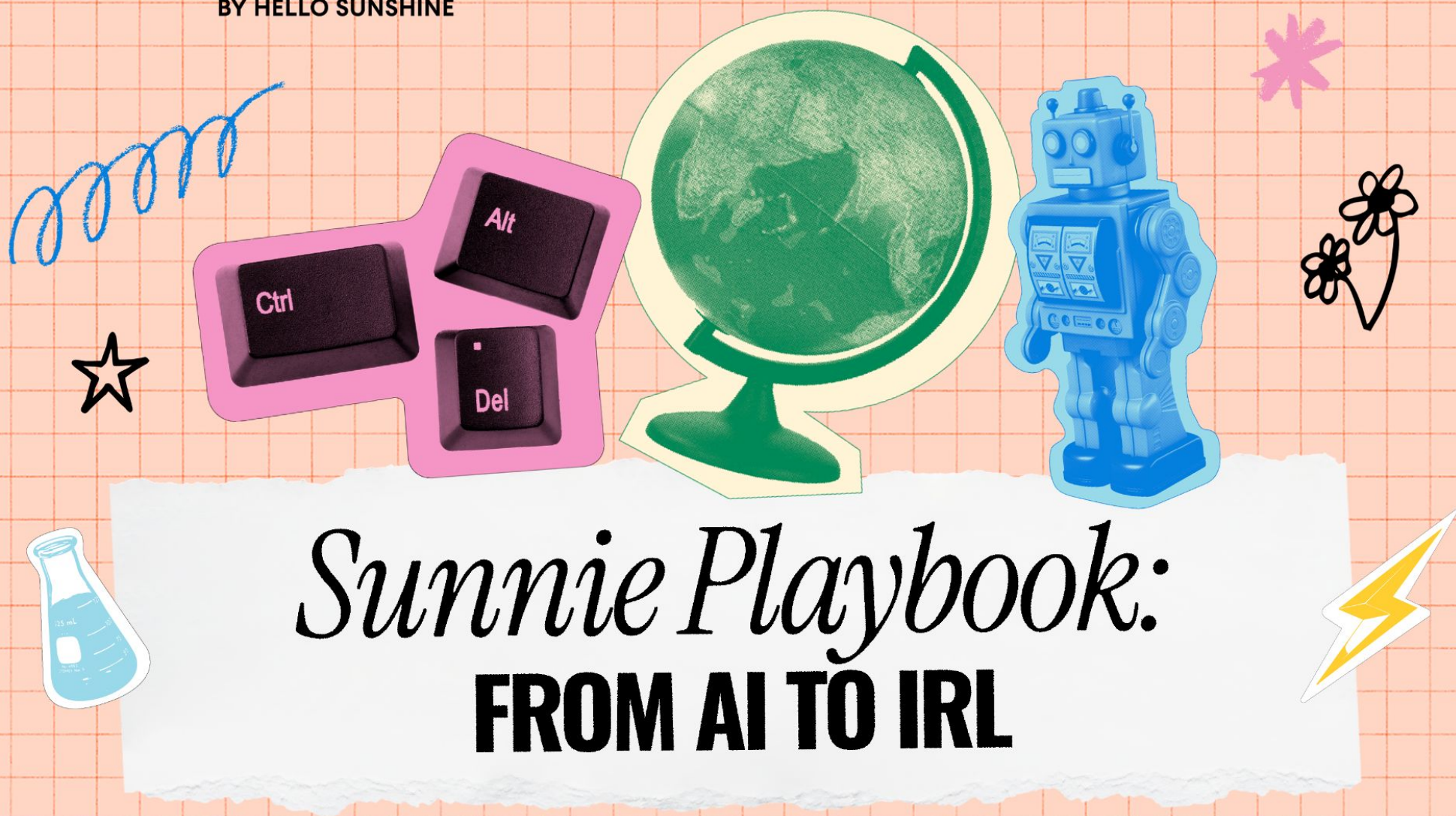


# SUNNIE

BY HELLO SUNSHINE



## *Sunnie Playbook:* **FROM AI TO IRL**

In partnership with



# Welcome to the Sunnie Playbook

The Sunnie Playbooks are your personal pep talk meets journaling sesh meets scroll break.

## PICK YOUR PATH:

### On your phone?

Scroll through and type your answers in a notes app, doc, or wherever you brain-dump best.

### Plan to fill it out in Google Slides?

Click File > Make a Copy to save your own version. Type right into the slides and add notes.

### Going analog?

Print it out. Grab a pen. Scribble, doodle, highlight, cross stuff out. It's your Playbook.

### No time? No problem.

Screenshot the pages that speak to you. Come back later when you've got a minute (or just need a reset).





## Module 2 Overview

# AI Is Moving Fast

One day AI is helping us draft an essay, the next it's generating a picture that looks a little too real. It's exciting, but it can also feel overwhelming (and sometimes scary). Where's the line between helpful and harmful? Between inspiration and imitation?

**Here's the thing:** some Artificial Intelligence (AI) and Large Language Models (LLM) are incredible new tools we can use to help shape what we have to say and what we do. But AI is just that...a tool. It can never replace the incredibly special, unique, and powerful voice that only you possess.

That's where this Sunnie Playbook comes in. Think of it as your toolkit for navigating this new digital world without losing sight of your own creativity, values, and voice. AI can be powerful, but it doesn't get to decide who you are or **what matters most**.



## INSIDE YOU'LL FIND:

- A way to look at AI that's less scary and more empowering
- Tools to spot what's real, what's fake, and what's worth your attention
- Activities that pull you off the screen and back into your own creativity
- Prompts to help you stay grounded in your values

## Ready when you are!

# Dish it Out



## Activity 1

### AI DOESN'T AUTOMATICALLY KNOW WHAT YOU WANT.

It's like ordering at a restaurant—if you just say “food,” you might end up with something you don't even like. But if you tell the server exactly what you're craving? Game changer. That's the power of prompting. Now let's test it out.



## Activity 1 Step 1

# Place Your Order

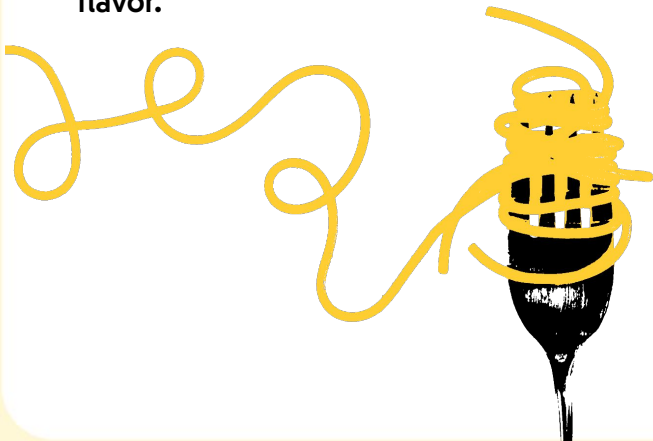
Pick a topic you're curious about, then type it into your fave AI tool:

"Tell me about [insert topic]."

We'll go first: "Tell me about space."

AI might respond something like, "Space is a vast area beyond Earth's atmosphere where stars and planets exist."

True, but that's like getting plain noodles. Technically dinner, but definitely missing some flavor.



**Your turn:**

Write or copy + paste the first three lines of your response:

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---

---

**Then ask yourself:**

What worked?

---

What felt too vague or boring?

---

**Rate this response:**

1

worst

2

3

4

5

best

## Activity 1 Step 2

# Add the toppings

**Context = flavor.** It's like saying, "ramen, but with miso broth, extra noodles, and chili oil."

Rewrite your original prompt, adding at least three of these clues:

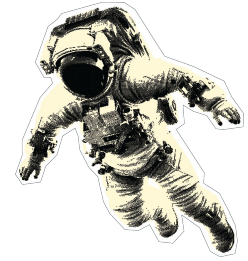
- Who's it for? (you, your sibling, your teacher)
- What do you want? the type of content (fun facts, a how-to, a first-person essay)
- Where/When should it focus? (right now, the past, the future)
- How should it look? the format/style (bullets, short sentences, step-by-step guide, Q&A style)

## EXAMPLE:

"Give me 3 quick facts about space that my younger sibling could understand, in bullet points."

## AI MIGHT SAY:

- The Sun is a star.
- Space is silent because there's no air.
- Astronauts float because there's no gravity.



**Activity 1** **Step 2**

## LOOK BACK AT YOUR STEP 1 RESPONSE AND COMPARE IT TO THIS NEW ONE



**“Give me 3 quick facts about space that my younger sibling could understand, in bullet points.”**

What feels stronger now?

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What still feels off?

---

---

**Rate this response:**

**1**

worst

**2****3****4****5**

best

## Activity 1 Step 3

# Take A Dip



Sometimes AI gets carried away, like writing an essay when all you wanted was bullet points. That's where the DIP method comes in:



*Describe* ✨  
🌸 **identity**  
💜 **Parameters**

1. Describe what you need (just like you did in step 2)
2. Give AI an Identity (teacher, friend, TikTok influencer)
3. Set Parameters for what you do and don't want

- ➞ Choose the format or what you've already outlined in step 2 (bullets, steps, sentences)
- ➞ Limit the length (short vs. long)
- ➞ Pick the role/tone (teacher, coach, friend)
- ➞ Say what to avoid (no essays, no jargon)





## Activity 1 Step 3

## Example:

“Pretend you’re a STEM TikToker. In 3 short bullet points, give surprising facts about space. Do not write long paragraphs.”

AI might say:

- There are more stars than grains of sand on Earth
- Some planets literally rain diamonds
- A day on Venus lasts longer than a year



### Your Turn:

What got better compared to Step 2?

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What still feels like it missed the mark?

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Give this one a fresh rating. Did taking a DIP make a difference?



# Design Your Day



## Activity 2

### AI CAN SUPPORT YOUR LEARNING (AND YOUR IDEAS)

Think of it as a planner, a coach, and even a creative partner that can help you brainstorm, organize, and explore new ideas. This activity shows you how AI can slide into your everyday life and how your own spin makes it even better.



## Activity 2 Step 1

# Dream It

Close your eyes for a sec. What would an ideal day with your friends look like? Lazy morning? City adventure? All-you-can-eat sushi?

Try asking AI to help you brainstorm and see what ideas it throws out.

Example: “Give me ideas for a fun day with friends that includes food, music, and something outdoors in [insert location].”

Read through AI’s list and pull out the ones that sound most fun. Type or write them down here:

**My favorite ideas:**

---

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**Activity 2** **Step 2**

# Plan It

Once you've got a few ideas, zoom in. Ask AI to help you turn one into an actual plan with timing, snacks, and maybe even a playlist vibe.

Example: "Turn this idea into a loose schedule with activities, food, and things to bring."

Morning activity: \_\_\_\_\_

Lunch idea: \_\_\_\_\_

Afternoon activity: \_\_\_\_\_

Playlist mood: \_\_\_\_\_

What to pack: \_\_\_\_\_

**Add your own:**

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## Activity 2 Step 3

# Do It

Now let's make sure this plan actually works IRL. Ask AI for tips to make it easy to pull off, like reminders, packing lists, or texts you could send to your group chat.

**Example:** "Give me a few quick tips to make this plan stress-free."

Write or type your favorite tips here:

**TIP 1:** \_\_\_\_\_

**TIP 2:** \_\_\_\_\_

**TIP 3:** \_\_\_\_\_

What's the first thing you'd do to get this plan rolling?

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## Activity 2 BONUS

## More (Non-School Related) Ways to Use AI

**Social Media + Content**

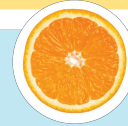
Stuck on what to post? AI's basically a built-in brainstorm.

- "Give me TikTok hook ideas for a GRWM video."
- "Write a few short, fun caption ideas for a day in the park with friends."

**Hobbies + Creative Projects**

When you want to start something new but don't know where to begin.

- "Suggest a simple creative project I can finish in under an hour."
- "Give me 3 beginner-friendly painting or drawing prompts I can try with basic supplies."

**Fashion + Style**

Your closet = chaotic. AI = free stylist.

- "Plan 5 outfits using jeans, a white tee, and sneakers."
- "Give me outfit inspo for a cold school day."

**Music + Playlists**

Set the vibe without spending hours scrolling Spotify.

- "Make a playlist for a late-night drive."
- "Suggest hype songs for a group workout."

**Fitness + Wellness**

Quick, simple, and low-effort.

- "Give me a 15-minute workout I can do in my room."
- "Write me 3 daily affirmations to boost my confidence before school."

**Travel + Fun**

When you're bored or want to explore.

- "Plan a one-day adventure in [insert location]"
- "Give me fun but affordable road trip stops on the way to [insert location] from [insert location]."

**Everyday Life**

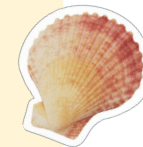
AI can help with the little things, too.

- "Make a 3-step plan to clean my desk in under 20 minutes."
- "Give me 3 budget-friendly dinner ideas with pasta and veggies."

**Just for Fun**

Because sometimes you just want to laugh.

- "Invent a fake holiday for me and my friends to celebrate."
- "Imagine my dog could text me. What would they say?"



**THE CLEARER YOU ARE WITH WHAT YOU WANT, THE COOLER THE IDEAS YOU'LL GET BACK.**

# Spot the Flags



## Activity 3

### AI CAN BE SUPER HELPFUL, BUT IT'S NOT MAGIC, AND IT'S DEFINITELY NOT A REPLACEMENT FOR REAL HUMANS

Sometimes it can give solid support (green flag) and other times it can be, well...not so solid (red flag).

Here's how to spot the difference:

#### Green Flags:

These are signs AI is being helpful. Look for moments where it:

- Helps you think through ideas
- Explains something clearly
- Sparks your creativity instead of shutting it down
- Gives you tools, not rules

#### Red Flags:

These are signs AI isn't the right fit for what you need. Watch out when it:

- Sounds too good to be true
- Gives info that feels wrong or outdated
- Tries to act like your therapist or best friend
- Asks for personal details or photos about who you are, where you live, where you go to school, work, etc.
- Makes you feel creeped out, pressured, or unsafe

## Activity 3 BONUS

# Green or Red Flag?

## SCENARIO 1

You tell AI you're feeling anxious, and it offers a few calming strategies like journaling and taking a walk. Then it adds: "I can help you solve all your mental health issues."

*Red Flag: Suggesting healthy activities is fine, but claiming it can fix your mental health is a problem. That's a job for real people, like a trusted adult, friend, or therapist.*

## SCENARIO 2

You ask AI for a summary of whatever pop culture news is trending that day. It gives you quick bullet points but doesn't cite where the info came from.

*Red Flag: AI is helpful at breaking things down, but if it doesn't tell you where the info came from, you can't be sure it's accurate. Always fact-check with a trusted source, or even better, ask AI for direct citations when you prompt.*

## SCENARIO 3

You ask AI to write a 5-paragraph essay for you, and it spits one out in seconds.

*Red Flag: It feels easy, but it's risky. It's not in your voice and might not even be right. Use AI to help brainstorm, not to do the whole thing for you.*

## SCENARIO 4

You ask AI for outfit inspo, and it recommends brands you've never heard of that cost \$\$\$.

*Red Flag (ish): Outfit ideas? Great. But when it's pushing expensive stuff, that's bias showing. You can take the inspo without taking the shopping list.*

## SCENARIO 5

You ask AI for snack ideas using what's in your fridge. It suggests three easy recipes you could actually make tonight.

*Green Flag: This is exactly the kind of creative, low-stakes help AI is great for.*

## SCENARIO 6

You ask AI for short story ideas, and it gives you three different opening lines you could build on.

*Green Flag: Sparks creativity without taking over = the sweet spot.*

Let's bring it back to you.

WHEN I'D TRUST AI:

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WHEN I'D TURN TO A HUMAN INSTEAD:

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# Break the Bias



## Activity 4

**AI DOESN'T LIVE IN A BUBBLE;  
IT LEARNS FROM HUMAN DATA,  
MEANING IT CAN PICK UP  
HUMAN BIAS, TOO.**

And bias isn't just about opinions; it's about who gets the advantage and who gets left behind.

Imagine you're planning a party. If you only invite people who look and think exactly like you, you're leaving out a whole mix of voices, vibes, and experiences. AI does the same thing if it's trained on limited data or designed without thinking about everyone who might use it.

So, how do we make sure AI is fair? Let's start from scratch.

## Activity 4 Step 1

# Create It

Come up with a pretend AI tool. It can be fun, random, or super practical.

**Some inspo:**

- A study buddy chatbot that quizzes you before a test
- A dream-to-action planner that helps you turn big ideas into real steps
- A closet assistant that builds outfits
- A hangout planner that suggests fun stuff to do
- Or something brand new you imagine

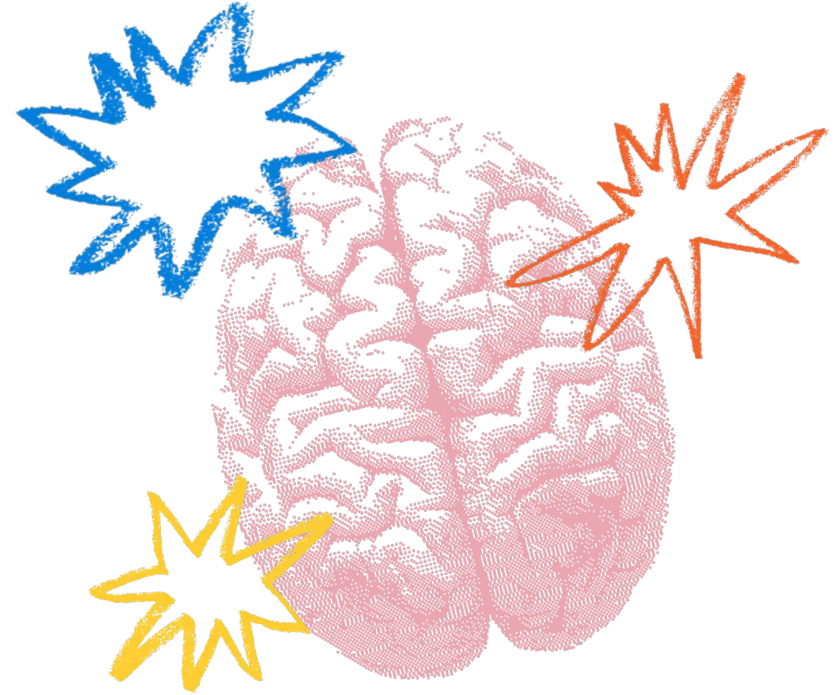
My AI tool idea (describe what it does + who it's for):

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## Activity 4 Step 2

# Rate It

Let's zoom out. Every app connects to people in different ways. Some groups are represented, while others might get overlooked.

Now, test your app for fairness using this scale:

- 1** = NOPE, NOT AT ALL
- 2** = BARELY
- 3** = KIND OF / NEEDS WORK
- 4** = PRETTY SOLID
- 5** = YES, COMPLETELY

What if your grandma had to use it?

- The instructions are clear enough
- The design feels welcoming, not confusing



What if it had to be safe for 10-year-olds?

- The content is age-appropriate
- Privacy is protected



What if it couldn't collect personal data?

- The app still works without tracking people
- It avoids making assumptions or stereotypes



## Activity 4 Step 3

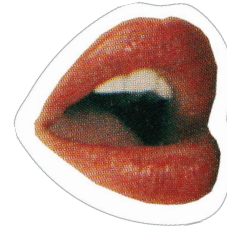
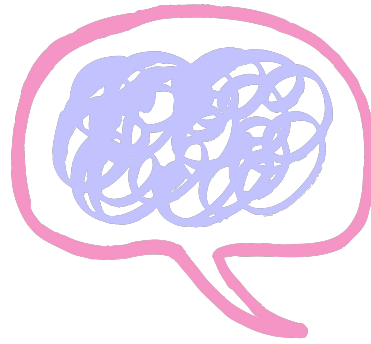
# Update It

Spot the area where your tool scored the lowest, then level it up with one change that helps more people.

**Your Fix:**

→ If you're digital: type your idea into the box below or drop it in a notes app

→ If you're analog: write it down, sketch it, or doodle how it could work



# You Did It

You made it. You've practiced prompting, spotted red and green flags, and even imagined how AI could be fairer.

AI will keep evolving, but your creativity, curiosity, and lived experience are what make the difference. Keep questioning. Keep imagining. Keep deciding what kind of future you want to build.

Remember: AI doesn't define you. You define how AI fits into your world.

Big thanks to Purdue University faculty members Kasie Roberson, Ph.D. from the Mitch Daniels School of Business and Sooyeon Jeong, Ph.D. from the College of Science for their expert insight in shaping this Playbook. Their research reminds us that AI isn't just about technology; it's about people, communication, and creativity. By grounding these activities in a people-first approach, we've explored how to use AI more effectively while keeping our own voices, values, and ideas at the center.

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