

AI Homework Honesty Checklist

Is using ChatGPT for homework cheating? Use this checklist to decide — before you open the chatbot.

1. The traffic-light zones

Zone	Examples	What to do
GREEN — learning	Explain a concept in simpler words · quiz me on a chapter · make extra practice questions · check an answer I have already written · find the mistake in my working	Go ahead (if your school allows AI). Verify facts against NCERT.
AMBER — ask first	Brainstorm essay or project ideas · fix grammar in my own draft · suggest a structure · translate or summarise a source	Ask your teacher first. Add a one-line note saying how you used AI.
RED — cheating	Submit AI-written answers, essays or code as mine · paste worksheet questions and copy solutions · use AI in a test, exam or graded assessment	Don't. It is academic dishonesty and you skip the practice.

2. The three-question test

Question	Yes	No
1. Could I explain this answer without the screen?	☐	☐
2. Would I be comfortable telling my teacher how I used AI?	☐	☐
3. Is my brain doing the hard part (solving, recalling, arguing, structuring)?	☐	☐

Three yeses: you are almost certainly fine. Any “No”: stop and rethink how you are using AI.

3. Before you hand it in

- ☐ I attempted the work myself before asking AI for help.
- ☐ Every answer I submit is in my own words and I can explain it.
- ☐ I checked facts, formulas and solutions against NCERT or my notes.
- ☐ I followed my school's / teacher's rule on AI for this task.
- ☐ I added an AI-use note if I used AI for anything beyond spelling.

4. AI-use note (copy and fill in)

Template
AI use: I used _____ (tool) to _____ (e.g. explain the concept / brainstorm ideas / check grammar). All answers and the final writing are my own.

5. A prompt that keeps AI in the tutor role

Copy this prompt
I'm a CBSE Class [10/12] student working on [topic]. Don't give me the final answer. Ask me one question at a time to help me work it out myself, give a hint only if I'm stuck, and tell me if my reasoning has a mistake.