



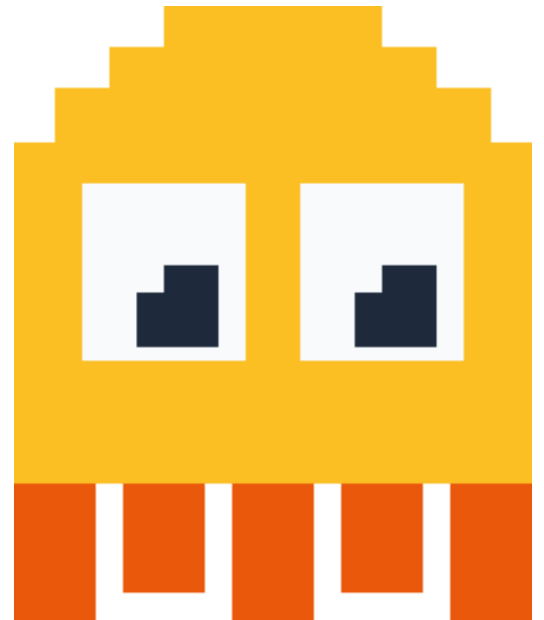
AI Day.

A starter packet for students who want to bring AI education to their school.



Inside: what an AI Day is, a ready-made schedule, what we give you, a planning checklist, an email to send your teacher, and answers to common questions.

The Ethics Lab is a student-run 501(c)(3) nonprofit. Everything in this packet is free.



What is an AI Day?

An AI Day is a session at your school where students learn what AI is and argue about how it should be used. Run it during class, at lunch, or after school. No AI experience needed. The Ethics Lab gives you ten free lessons, a schedule, worksheets, teacher guides, and help from our team when you get stuck.



Run it whenever

During class, at lunch, after school, or as a weekly club meeting. One session counts. Run more if you want.



No AI experience needed

The ten lessons, worksheets, and teacher guides are already made, and they're free. You learn it as you go.



Small counts

A full day with an assembly is great. So is one lunch period with eleven people in a classroom. Starting small is completely fine.

You may already be doing this

Already have an AI or ethics club?

Then you're most of the way there. Keep your club's name and your officers. An AI Day is just something your club runs once a semester. You don't have to join anything.

On a speech and debate team?

You're a great fit. The Ethics Lab started as a debate case about AI in healthcare. You already know how to research both sides and argue in front of a room, which is most of what an AI Day needs.



Started by high schoolers

Students who noticed nobody was teaching them about AI started this. Students still help write the lessons.



You help decide what's next

You see what works in a real classroom, so we ask chapter leads what to teach next.



Write something

Pitch a lesson, write a blog post, or bring a story from your school. Your name goes on it.

What a day looks like

Four parts. Do them all at once, or split them up, like one part after school each week. Use whatever fits.

PART 1 · 20 TO 30 MIN

Kick it off

A short intro for everyone in the room: what AI is, and where it already shows up in their homework, their feeds, and the jobs they want. We'll help you put it together on your call.

PART 2 · 45 MIN

Teach a lesson

Play one Ethics Lab lesson. Each one has a short video and discussion questions, and most have a worksheet and teacher guide. Pick from the list below.

PART 3 · 30 TO 45 MIN

Bring in a guest

Invite someone who works with AI: a researcher, a lawyer, a teacher, or someone who started a company. We'll help you find one, in person or on a video call. If nobody's free, one of us will do it.

PART 4 · 30 MIN

Debate it

Pick a real decision about AI and have students argue both sides, or work through a case study. At the end, have everyone sign up for the free course so they can keep going.

Lessons to choose from for Part 2

- | | |
|-----------------------------|-----------------------------|
| 1. What is AI? | 6. AI, art, and creativity |
| 2. How AI works | 7. Data privacy |
| 3. Deepfakes | 8. Cheating with AI |
| 4. AI sycophancy | 9. Practical tools and uses |
| 5. Plagiarism and copyright | 10. Looking ahead |

Not sure which to pick? Choose the topic people at your school already argue about.

WHAT YOU GET

What we give you

You don't have to build any of this yourself, and all of it is free.

The full course

Ten free lessons on how AI works and how it affects people, each with a short video. Students who finish get a certificate.

A plan for the day

The four-part schedule, the checklist on page 5, and the teacher email on page 6.

Teacher guides and worksheets

Printable guides and worksheets, so anyone can run a lesson with about ten minutes of prep.

Help finding a speaker

We'll connect you with people we know. If your speaker cancels, one of us can present over video.

Help when you need it

Ask our team and other students in the AI Day forum on Discord (ethicslabs.ai/discord), or email hello@ethicslabs.ai.

GETTING STARTED

How to start

1

Apply

Takes five minutes at ethicslabs.ai/apply. No teacher signature or essay. Just tell us your school and about when you'd like to do it.

2

Have a 20 minute call

We pick a realistic date together and decide how big to go. You leave the call with a schedule.

3

Run your AI Day

You run it, and you can ask in our Discord any time. Afterward, post a recap in the AI Day forum and you're a chapter lead.

Your planning checklist

A suggested countdown. Every school moves at its own speed, so give yourself about a month for your first one.

ABOUT 4 WEEKS OUT

- ☐ Apply at ethicslabs.ai/apply
- ☐ Book your 20 minute call
- ☐ Find 1 or 2 friends to help run it
- ☐ Send your teacher the email on page 6

ABOUT 3 WEEKS OUT

- ☐ Teacher sponsor confirmed
- ☐ Date, time, and room booked
- ☐ Pick when: class, lunch, or after school
- ☐ Pick the lesson for Part 2

ABOUT 2 WEEKS OUT

- ☐ Speaker confirmed (or ask us to cover it)
- ☐ Make a flyer and put it up
- ☐ Get it in the school announcements
- ☐ Pick the debate question for Part 4

THE WEEK OF

- ☐ Practice your intro out loud once
- ☐ Print worksheets
- ☐ Test the projector and the speaker's video link
- ☐ Post in the AI Day forum if anything comes up

Your schedule

Part	Time	Room	Who runs it / notes
1 · Kick it off			
2 · Teach a lesson			
3 · Bring in a guest			
4 · Debate it			

AI Day date: _____ Teacher sponsor: _____

Asking a teacher to sponsor it

An adult has to book the room, so you'll need one teacher on your side. Pick one who already talks about AI in class, coaches debate, or runs a club. Then send something like this.

Subject: Could you sponsor an AI Day?

Hi _____,

I want to run an AI Day at _____. It would be one session (during class, at lunch, or after school) where students learn how AI works and talk about things like deepfakes, cheating, and privacy.

It's run through The Ethics Lab, a student-run 501(c)(3) nonprofit. The lesson, worksheet, and a teacher guide are free and already made, so it's about ten minutes of prep for you. They can also help find a guest speaker.

All I'd need from you is help booking a room and being there on the day. Do you have 10 minutes this week so I can show you the plan?

Thanks,

If they ask "Is this OK for students?"

The course was made for high school classrooms, the lessons come with teacher guides, and it's free. Teachers can email us any time.

If they ask "How much class time?"

None, if you'd like. It can run after school or at lunch.

If they say "I'm too busy"

Ask if you can use their room at lunch while you run it. That's a smaller ask.

If you're still stuck

Email hello@ethicslabs.ai and we'll help you figure out what to try next.

Common questions

Do I need a teacher to sponsor it?	Eventually, yes, because an adult has to book the room. You don't need one to apply. Page 6 has an email you can send a teacher.
Do I need to know anything about AI?	No. Most chapter leads start out knowing about as much as everyone else. You take the course first, so you learn it before you teach it.
Does it have to be a whole day?	No. Run it after school, at lunch, during one class, or as a club meeting. Whatever works at your school.
What does it cost?	Nothing. We're a 501(c)(3) nonprofit and the course is free. There's no chapter fee, no minimum size, and no quota.
Can I see one first?	Yes. Our public sessions are on the calendar at ethicslabs.ai/calendar . Come to one first if you'd like to see how it goes.

Ready? Here's where to go.

APPLY

ethicslabs.ai/apply

Takes five minutes. Start here.

EMAIL US

hello@ethicslabs.ai

Questions before you apply are welcome.

DISCORD

ethicslabs.ai/discord

Ask our team and other students in the AI Day forum.

More at ethicslabs.ai/ai-day · Instagram [@the_ethics_lab](https://www.instagram.com/the_ethics_lab)

