

The Responsible Author's Standard

YOUR AI LIFE-SAVER SHEET

*Ten rules.
Every time
you use AI.*



The test

Can I use AI on this task without weakening my intellectual ownership, my scientific integrity, or my responsibility for the final work?

Not a confident yes? Run the Decision Framework.



BEFORE

Before you use AI

- 1 **Check the rules.** Target journal, institution, funder. No rule found? Disclose anyway. Gate 1
- 2 **Share only what's yours.** No unpublished data, confidential manuscripts, reviews or personal data in public AI tools. Gate 2
- 3 **Name one task** — and decide what stays yours. Workflow 1–2



WHILE

While you use AI

- 4 **AI supports, you author.** Your argument, interpretation and conclusions come from you. Gate 3
- 5 **Hard stop.** AI never creates or alters data, results or images — and never supplies references you haven't checked. Research integrity
- 6 **Keep an AI log.** Date, tool, task, what you kept. It makes disclosure easy and your process visible.



AFTER

After you use AI

- 7 **Verify everything.** Every reference, number and claim — against the actual source. Checklist A
- 8 **Defend every sentence** in your own words, to a co-author or an editor. Checklist B
- 9 **Disclose** the tool, the purpose and the extent. When unsure, disclose — it costs nothing. Checklist D
- 10 **Sign it as yours.** Full responsibility, as if you had written every word yourself. Sign-off



Flagged by an AI detector?

Detectors judge style, not origin — and often misfire, especially on writing by non-native English speakers. Don't try to beat them. Show your disclosure, your drafts and your AI log.