The Ten Rules

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 you use AI

BEFORE

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 **Share only what's yours.** No unpublished data, confidential manuscripts, reviews or personal data in public AI tools.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 you use AI

WHILE

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. — AI log

After you use AI

AFTER

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.