Adobe Acrobat

Windows: Menu > Preferences > Generative AI

macOS: View > Preferences > Generative AI

Uncheck the checkbox on the page, click Save.

Adobe Reader

Choose Disable new Acrobat Reader from the top menu (upper left), approve the dialog box and restart.

Amazon

If you would like to disable the "Alexa for Shopping" slider on Amazon you can install a browser extension called "Adios Alexa for Shopping"

Apple Intelligence

Open Settings (iPhone or iPad) or System Settings (Mac) and choose Apple Intelligence & Siri. Then turn off the Apple Intelligence option. Confirm your choice in the dialog that appears by tapping Turn Off Apple Intelligence."

Siri

Apple has a "learn from this application" feature which can be on even when Apple Intelligence is not on. To turn it off

For Mac: go to System Settings – Apple Intelligence & Siri. Select About Siri, Dictation & Privacy… near the end of the page, turn off apps you don't want Siri to learn from

For iOS: Settings – Apple Intelligence & Siri, scroll down to Apps, disable "Learn from this App"

Browsers: Chrome/AI Nano

Type chrome://flags into the address bar and hit Enter. You'll see a list of system flags and a search bar; look for GLIC [Google live in Chrome]. This will filter the massive list down to about a dozen AI features. The second search term you'll need in this window is "Gemini" set them all to "disabled." Don't accidentally enable the couple of settings which default to disabled.

Browsers: Edge

Type edge://flags into the Edge address bar, hit Enter, then type "AI" or "Copilot" into the search box. Click Appearance in the left-hand Settings sidebar, and scroll down to Copilot and sidebar Turn the sidebar off, and turn off the "Personalize my top sites in customize sidebar" and "Allow sidebar apps to show notifications" toggles. Click Copilot under App specific settings. Turn off "Show Copilot button on the toolbar." Then, back in the Copilot and sidebar settings, turn off the "Show sidebar button" toggle that has just appeared. Click Languages in the left-hand navigation. Disable "Use Copilot for writing on the web."

Browsers: Firefox

Firefox 148 and later has a feature to block all AI enhancements. So update, if you can, go to Settings and look for AI Controls. Turn Block AI Enhancements on (or select more granularly from the list)

Browsers: DuckDuckGo

DDG is both a browser and a search engine. They have a no-AI version you can get to by going to https://noai.duckduckgo.com/ You can also change your default search engine to this and stop using Google.

Google Workspace (Gmail, Google Docs &c)

In Gmail, click the Settings (gear) icon, and then select See all settings. On the General tab, scroll down to Google Workspace smart features. Click Manage Workspace smart feature settings and toggle off two options: Smart features in Google Workspace and Smart features in other Google products. Uncheck the box next to Turn on smart features in Gmail, Chat, and Meet on the same tab.

In Gmail for Android the workspace smart features are under the Gmail hamburger/dropdown menu – Settings – Account name

WhatsApp

AI lives in here in a few places. Suggested Replies, go to Settings – Chats – Suggestions & smart replies and toggle off Suggested replies. AI Sticker suggestions can be shut off in that same menu. For AI message summaries, those are managed in a different location: Settings – Notifications – AI message summaries. Depending on what operating system you're running, it may also be in Settings – Chat – Private Processing – Private Processing Features

Windows 11/Copilot

Right-click the Copilot entry in the Start menu and select Uninstall. If that option isn't there, head over to your installed apps list (Start – Settings – Apps) and uninstall Copilot from there.

In some builds of Windows 11, Copilot is stuck into the OS, so uninstall might not work, you can toggle it off via the settings: Start – Settings – Personalization – Taskbar – turn off Copilot File Explorer has some AI built into it which can be turned-on accidentally. To remove. Start – Settings – Privacy & Security – Click to Do.

Copilot Microsoft 365

There is a separate Enable Copilot checkbox in each app and the checkbox only applies to that app on that device.

In each app (for example, Excel), go to File > Options > Copilot.

Clear the Enable Copilot checkbox.

Select OK, and then close and restart the app.

Copilot Microsoft 365 2

If your Microsoft 365 apps don't yet have the Enable Copilot checkbox, you can turn off Copilot by changing your account privacy settings.

In your app (for example, PowerPoint), go to File > Account > Account Privacy > Manage Settings.

Under Connected experiences, clear the Turn on experiences that analyze your content checkbox.

Select OK, and then close and restart the app.

You only have to change your privacy settings in one of the apps. The change will take effect in the other apps next time you open them.

Yahoo Mail

Click the … More on the bottom of the left-hand sidebar, select Settings, select AI Features and switch Message summaries off.

Zoom

Sign in at Zoom.com. Scroll to My Account on the left and select Settings. Go to the Zoom AI tab on the right where you can disable everything. Note: new AI options get added and they default to "on" so check back. To the right of the Zoom AI tab click on My Notes and disable "Allow participants to transcribe meetings with My Notes"

Gemini in Gmail

In your Gmail app, go to Settings.

Select your Gmail address.

Clear the Smart features checkbox.

Go to Google Workspace smart features.

Clear the checkboxes for:

Smart features in Google Workspace

Smart features in other Google products

Workspace settings, however, apply globally across your Google Workspace (including Google Drive)

AI Risks: Articulate

Due to the nature of generative AI, Articulate does not guarantee that AI-generated content will never violate any intellectual property rights.

https://www.articulatesupport.com/article/content-copyright

AI Risks: ChatGPT

Implicated in suicides (https://www.cnn.com/2025/11/06/us/openai-chatgpt-suicide-lawsuit-invs-vis)

ChatGPT has been trained on stolen/pirated materials (https://piracymonitor.org/chat-gpt-trained-using-pirated-e-book

AI Risks: Claude

Piracy

Claude developer Anthropic was sued for $1.5 billion for pirating & storing stolen materials https://tinyurl.com/kn6ff73b

AI Risks: Generative AI

Environmental impacts

Increased demands for water & electricity.

Air pollution

Contributes to global warming https://tinyurl.com/wemm4vfp

AI Risks: Hallucinations

A hallucination is when LLM of Generative AI system makes up false, fake, or misleading information and presents it as a real fact

AI Risks: Meta AI Glasses

The 'pervert glasses' are successors to Google's Glasshole devices and are currently being used to harass and bully girls in middle & high schools

https://tinyurl.com/4hr77h68

AI Risks: Grok Deepfakes

Grok has being used to remove the clothes from women in pictures, replacing them with bikinis or lingerie & into sexualized poses

https://tinyurl.com/bdzzdkhr

No AI Creative Tools: Inkscape

A popular and free vector graphics editor for Windows, macOS and Linux.

https://inkscape.org/

AI Free Browsers: Vivaldi

A Chromium based browser that uses the same underlying engine as Chrome, Brave, and Edge, and most Chrome extensions work without extra setup.
https://vivaldi.com/

AI Free Browsers: Orion

A WebKit browser developed by Kagi that runs Chrome and Firefox extensions on iOS

https://orionbrowser.com/

AI Free Browsers: Firefox Forks

Pale Moon
https://www.palemoon.org/

Waterfox
https://www.waterfox.com/

LibreWolf
https://librewolf.net/

AI Free Office Software: LibreOffice

free, open-source office productivity suite that serves as an alternative to Microsoft 365.

https://www.libreoffice.org/

AI Free Browsers: Helium

Based on Chromium, it removes Google telemetry, background data requests, and bloatware while coming prepackaged with uBlock Origin for default ad and tracker blocking

https://helium.computer/

No AI Creative Tools: Blender

Blender is a completely free, open-source 3D creation suite with no built-in generative AI features.

https://www.blender.org/

No AI Creative Tools: ProCreate

Powerful and easy-to-use drawing and animation apps, made for both creative professionals and aspiring artists.

https://procreate.com/ai

No AI Creative Tools: GNU Image Manipulation Program

Free cross-platform image editing and painting software comparable to Photoshop.

https://www.gimp.org/

No AI Creative Tools: Shotcut

Free, open source, cross-platform video editor.

https://www.shotcut.org/