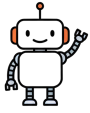


FREE CHECKLIST

# Spotting **AI slop** on your phone

A one-page checklist, in plain English

5  
CHECKS



## WHY IT MATTERS

"AI slop" is a name for low-quality content that AI makes, usually in bulk, often with mistakes, that you didn't ask for. These five checks help you pause before you watch, trust or share it.

1

### Who asked for it?

Did anyone ask for this, or did it just show up on your phone?

**Try:** You wanted one cake. Why is there a whole window of them?

General good practice.



2



### Spot the copies

Many posts that look almost the same can be a clue.

**Try:** Same voice, same look, same words, again and again.

General good practice.

3

### Hunt for mistakes

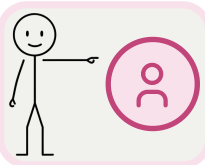
Look for odd details, facts that don't add up, or things that look slightly off.

**Try:** Check one fact. Does it hold up?

One dictionary's definition says AI slop often contains errors.



4



### Check who posted it

Does the same person or page post the same kind of thing again and again?

**Try:** Tap their name. Scroll for ten seconds.

General good practice.

5

### Pause before you share

Not sure? Don't pass it on. One careless share helps it spread.

**Try:** Count to five. Then decide.

General good practice.



**Rule of thumb: low quality is a clue, not proof that AI made it.**

Sources: Macquarie Dictionary, Word of the Year 2025 ("AI slop"); Merriam-Webster, Word of the Year 2025 ("slop"). The bakery story and the five checks are our own illustration and general good practice.

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