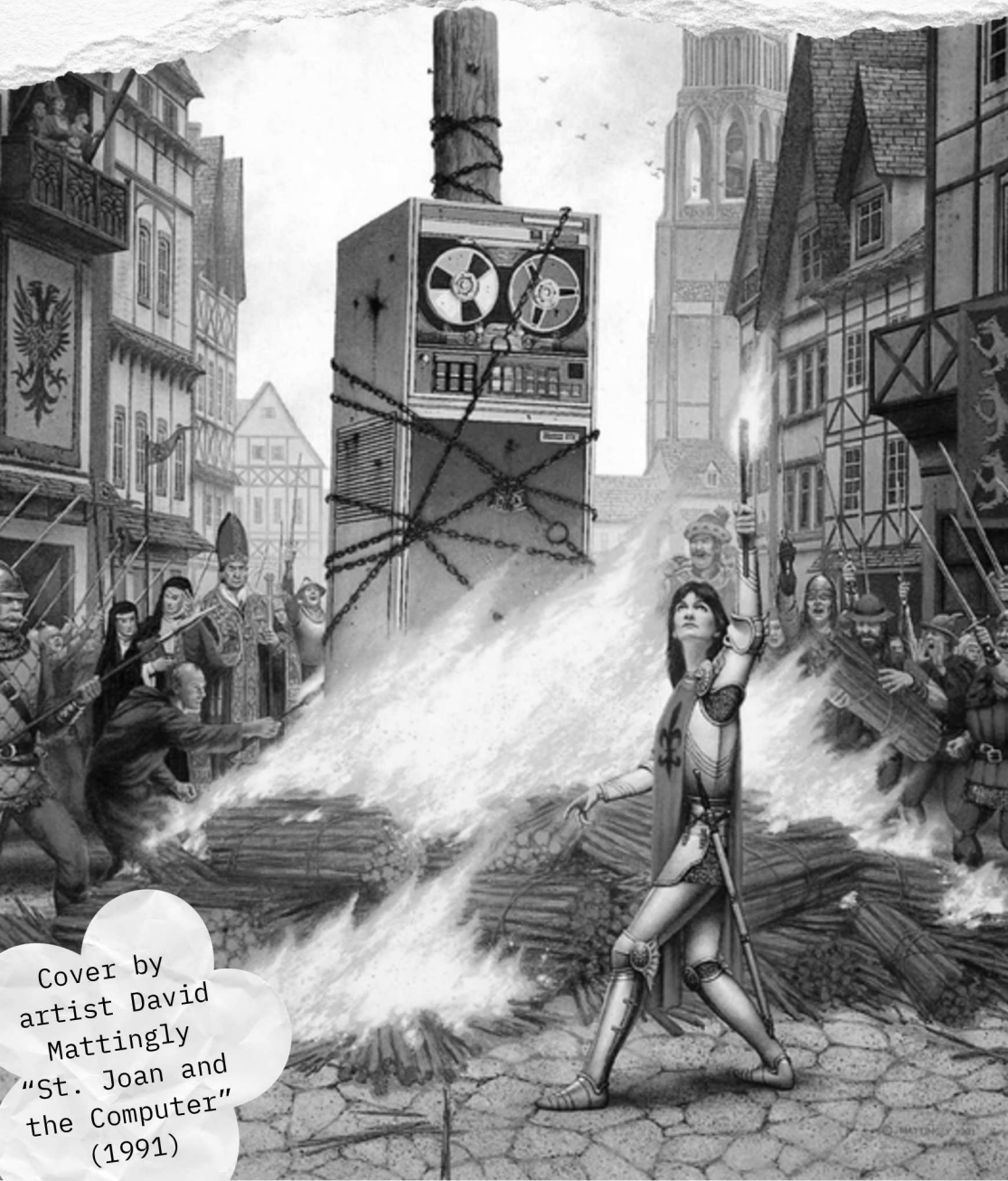


STOP THE SLOP

Why AI is ruining your brain,
the planet, and everything



Cover by
artist David
Mattingly
"St. Joan and
the Computer"
(1991)

HOW AI WORKS



DATA INPUT

STOLEN FROM ARTISTS

AI systems are fed large amounts of data (e.g., text, images)



MACHINE LEARNING

Algorithms analyze data, find patterns, and make predictions

WITH BIAS



MODELS

The system creates a model based on the patterns found in data

WHICH IS HORRIBLE FOR THE ENVIRONMENT



OUTPUT

The AI generates text, images, and other content

THAT ERODES YOUR ABILITY TO CREATE AND THINK FOR YOURSELF

AI is everywhere. We can't avoid it. Tech companies are wiring it into our laptops, our phones, websites, and every update we download.

There are many reasons not to use AI, but let's look at the 3 E's: Ethics, Environment, and Erosion of cognition.





1. eThiCS

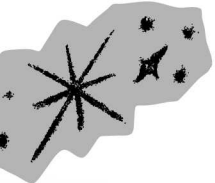
ETHICS OF TRAINING

- AI bots, whether the ones that generate text or images, are trained using the work of artists, authors, and everyday netizens like YOU.
- No one is paid or asked for permission for this use of their *INTELLECTUAL PROPERTY*.¹
- This takes away jobs from writers, bloggers, videographers, and artists.
- This is PLAGIARISM. AI bots are essentially fancy theft machines.

ETHICS OF COMPUTERS

- A computer, no matter how well-trained, cannot ever have MORALITY. It cannot tell the difference between right and wrong, which may cause harmful outputs.
- As AI gets more developed, the more it seems that bots have consciousness. If you are okay with creating an entire group of mechanized beings for the sole purpose of doing labor, that, my friends, is called SLAVERY.

1. property such as a concept, idea, invention, or work that derives from the effort of the mind or intellect (Merriam-Webster)



i.eT h i c s



ETHICS OF RESPONSIBILITY

- Who is responsible if/when AI is harmful? Developers blame users, companies blame developers, and users blame the system. No one is accountable!²
- MULTIPLE people have died in chatbot-related incidents.³ Who is responsible?

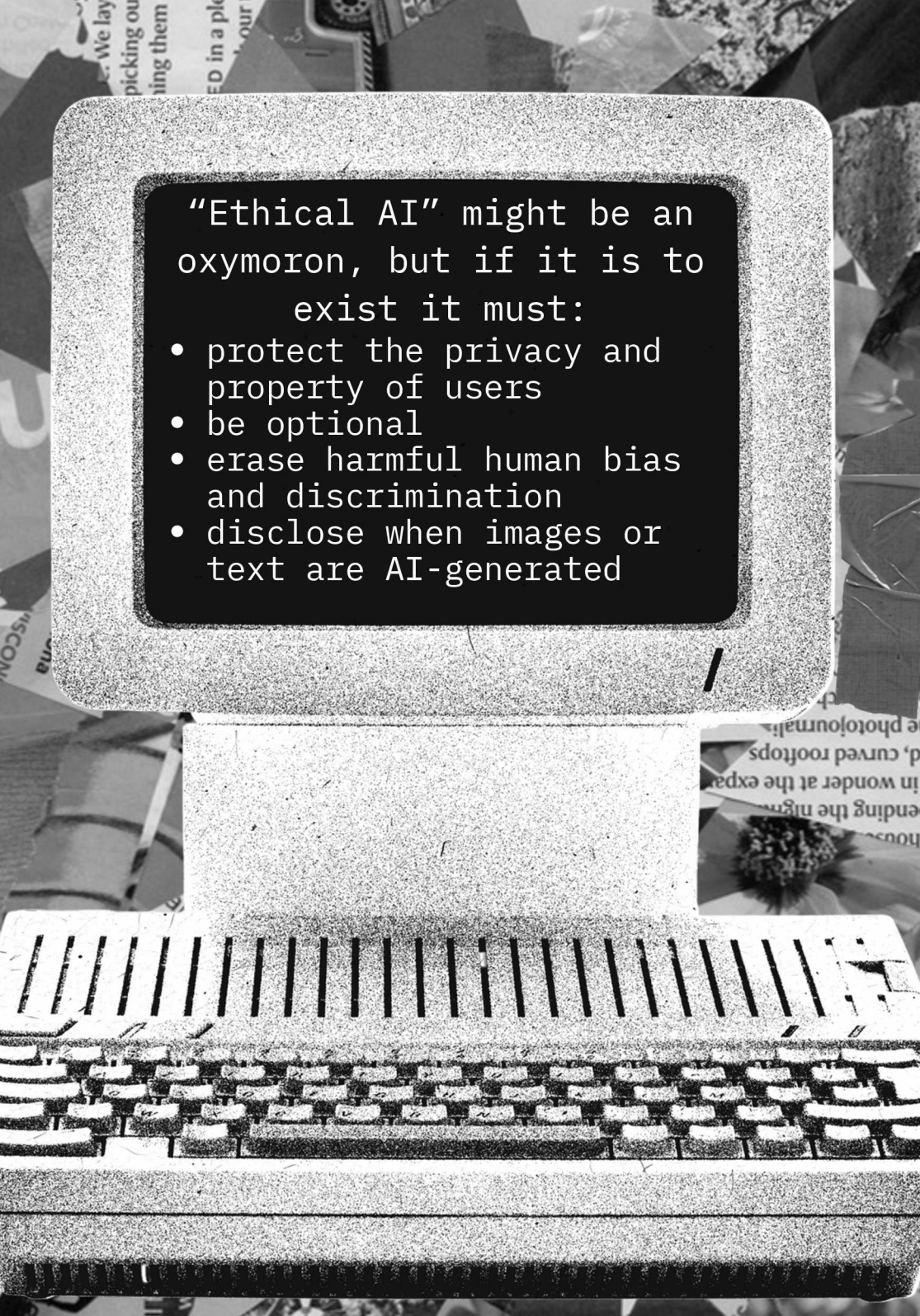
ETHICS OF BIAS

- AI bias (or machine learning /algorithm bias) refers to biased results that skew AI generated info—leading to distorted outputs and potentially harmful outcomes
- AI systems are trained on data sets generated by people with the most access to technology (aka: people from affluent, tech-friendly countries)⁴
- AI has difficulty recognizing and giving data on people with facial differences, women, and people of color

2. "Why We Should Stop Using AI," by Sandy Gunn

3. "Deaths linked to chatbots." Wikipedia.

4. "What is AI Bias?" by James Holdsworth, IBM



"Ethical AI" might be an oxymoron, but if it is to exist it must:

- protect the privacy and property of users
- be optional
- erase harmful human bias and discrimination
- disclose when images or text are AI-generated



Matt Novak
@paleofuture.bsky.social
Follow

AI folks have now discovered "thinking"

Steph Smith ✓
@stephsmithio
Follow

Sometimes in the process of writing a good enough prompt for ChatGPT, I end up solving my own problem, without even needing to submit it.

2:16 PM · 7/29/24 · 1.7K Views

Owl! at the Library 🦉
@SketchesbyBoze

highly recommend not using ChatGPT at all, since the servers that power it use more electricity than major cities, it's been known to recommend eating glue and smoking multiple cigarettes a day, and you could simply use your wonderful brains to read and study things on your own.

Karis 🙌
@kwehzy
Subscribe

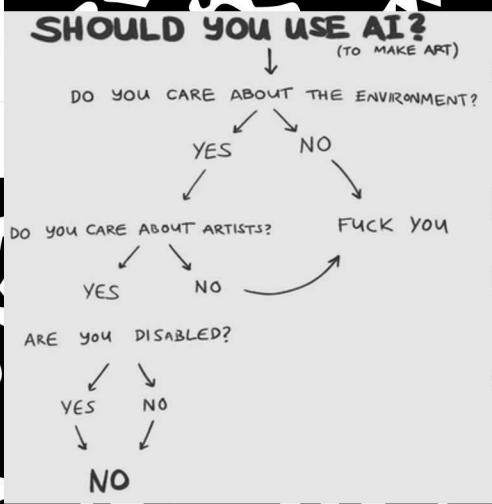
We need to start making ChatGPT users feel embarrassed. My sister said she used it to write a thank you message the other day and I laid into her. Arent you embarrassed that you cant find the words to properly thank someone without a program telling you how?

Liz Harvey
@lizharvey

Maybe im stupid (im not) but there is literally not a single thing id need chatgpt for????????????? like does it do the dishes?

@ilikefufu · Nov 22

so before chatgpt, i was doing things...myself?



2. ENVIRONMENT

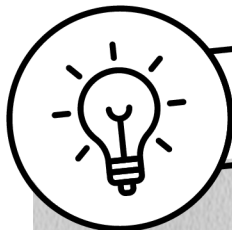
EARTH IS IN CRISIS MODE

The planet is already facing unprecedented weather events (hurricanes, wildfires), rising temperatures, melting polar ice and permafrost, and more drought than previously on record.

Guess what makes all this worse?

ARTIFICIAL INTELLIGENCE.

2. ENVIRONMENT



DID YOU KNOW?

- 1 ChatGPT prompt = 10-100 times more energy than sending an email
- 1 image from Cartoonify or any AI image generator = up to 13 gallons of water
- Training GPT3 = over 580 metric tons of carbon—the yearly emissions of 128 cars
- Training of GPT3 = 700,000 liters of fresh water
- 1 data center = five gigawatts of energy, more than the total power demand from the state of New Hampshire
- Data centers in the US = 200 terawatt-hours of electricity in 2024 (what it takes to power Thailand for a year)
- By 2027, the global demand for AI could = 4.2 to 6.6 billion cubic meters of water used
- By 2028, AI could use as much electricity annually as 22% of all US households

Matthijs ten Tije, "Understanding the Energy and Water Footprints of AI Models," 2024

James O'Donnell and Casey Crownhart, "We did the math on AI's energy footprint," MIT Technology Review

"Let's say you're running a marathon as a charity runner and organizing a fundraiser to support your cause. You ask an AI model 15 questions about the best way to fundraise.

Then you make 10 attempts at an image for your flyer before you get one you are happy with, and three attempts at a five-second video to post on Instagram.

You'd use about 2.9 kilowatt-hours of electricity—enough to ride over 100 miles on an e-bike (or around 10 miles in the average electric vehicle) or run the microwave for over three and a half hours."

-MIT Technology Review

James O'Donnell and Casey Crownhart, "We did the math on AI's energy footprint," MIT Technology Review

2. ENVIRONMENT



DATA CENTERS

The servers used to power AI are housed in massive facilities called DATA CENTERS. Data centers are often VERY harmful for the communities they're in. For example, people in Mansfield, GA faced polluted water and damaged plumbing as a result of the massive amounts of water used by a nearby AI data center.

ALL data centers consume millions of gallons of water annually to keep the AI servers cool enough to function. As of Dec. 2025, 3,000 new data centers are under construction or planned across the U.S.



from
2024 **The Guardian**

Data center emissions likely 662% higher than big tech claims. Can it keep up the ruse?

Emissions from in-house data centers of Google, Microsoft, Meta and Apple may be 7.62 times higher than official figures

 the Guardian / Dec 11, 2024

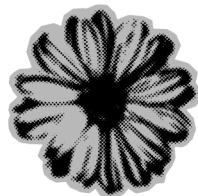


Michelle Fleury & Nathalie Jimenez, "I Can't Drink the Water: Life Next to a US Data Center." BBC, 2025.

Meanwhile



Hurricane Florence, NC (Defense Visual Information
Distribution Service)
Dry riverbed, TX (Earl J McGehee)
2025 wildfires, CA (Soly Moses)
Hurricane Irma, FL (R. Taylor)
Polar Bear on melting ice (Christopher M. Yaw)



"The Cold War started and became World War Three and just kept going. It became a big war, a very complex war, so they needed the computers to handle it. They sank the first shafts and began building AM. There was the Chinese AM and the Russian AM and the Yankee AM and everything was fine until they had honeycombed the entire planet, adding on this element and that element. But one day AM woke up and knew who he was, and he linked himself, and he began feeding all the killing data, until everyone was dead, except for the five of us, and AM brought us down here.

I had thought AM hated me before. I was wrong. It was not even a shadow of the hate he now slavered from every printed circuit. He made certain I would suffer eternally and could not do myself in. He left my mind intact. I can dream, I can wonder, I can lament. ...AM has altered me for his own peace of mind, I suppose. I am a great soft jelly thing. Smoothly rounded, with no mouth, with pulsing white holes filled by fog where my eyes used to be. Rubbery appendages that were once my arms; bulks rounding down into legless humps of soft slippery matter. I leave a moist trail when I move... a thing that could never have been known as human, a thing whose shape is so alien a travesty that humanity becomes more obscene for the vague resemblance.

Inwardly: alone. Here. Living under the land, under the sea, in the belly of AM, whom we created because our time was badly spent and we must have known unconsciously that he could do it better. And yet ... AM has won, simply ... he has taken his revenge ... I have no mouth. And I must scream."

"I HAVE NO MOUTH AND I MUST SCREAM,"

BY HARLAN ELLISON, 1967

3. EROSION OF

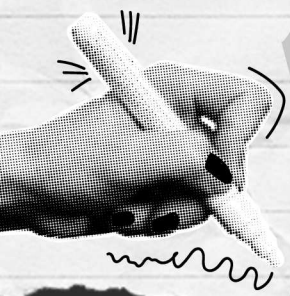


Using AI over a prolonged period of time has measurable negative benefits to your brain, thinking, and cognition.

M.I.T DID a STUDY aND FOUND:



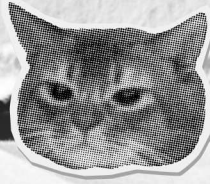
- ChatGPT users had the lowest brain engagement and “consistently underperformed at neural, linguistic, and behavioral levels”
- Regular ChatGPT users got lazier with each subsequent essay, and after a few months didn’t even bother adding their own writing. They just copy-pasted from the bot.



“What really motivated me to put [the study] out now ... is that I am afraid in 6-8 months, there will be some policymaker who decides, ‘let’s do GPT kindergarten.’ I think that would be absolutely bad and detrimental. Developing brains are at the highest risk.”

Nataliya Kosmyna,
main author of MIT Study

3. EROSION OF



MORE RESULTS FROM M.I.T.

- Joint studies from OpenAI and MIT found links between **loneliness and ChatGPT use**
- A Swiss study found that more frequent use of AI led to **cognitive decline**
- Another study from Microsoft and Carnegie Mellon University suggests that reliance on AI **erodes critical thinking skills**
- People who had to write on their own in the MIT study showed the highest neural connectivity associated with creativity, memory, and processing. They were more engaged and curious, and claimed ownership and expressed higher satisfaction with their essays.
- 79% to 84% of high schoolers report using AI tools for school work between January and May 2025 (Collegeboard.org)

Chow, Andrew. "ChatGPT May Be Eroding Critical Thinking Skills, according to a New MIT Study." TIME, 17 June 2025

Schaefer, Mark. "How Frequent AI Usage Is Leading to Cognitive Decline." Schaefer Marketing Solutions, Feb. 2025.

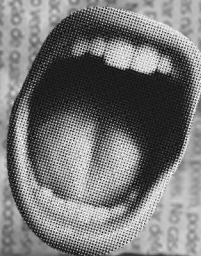
3. ERosion OF



IT GETS WORSE!



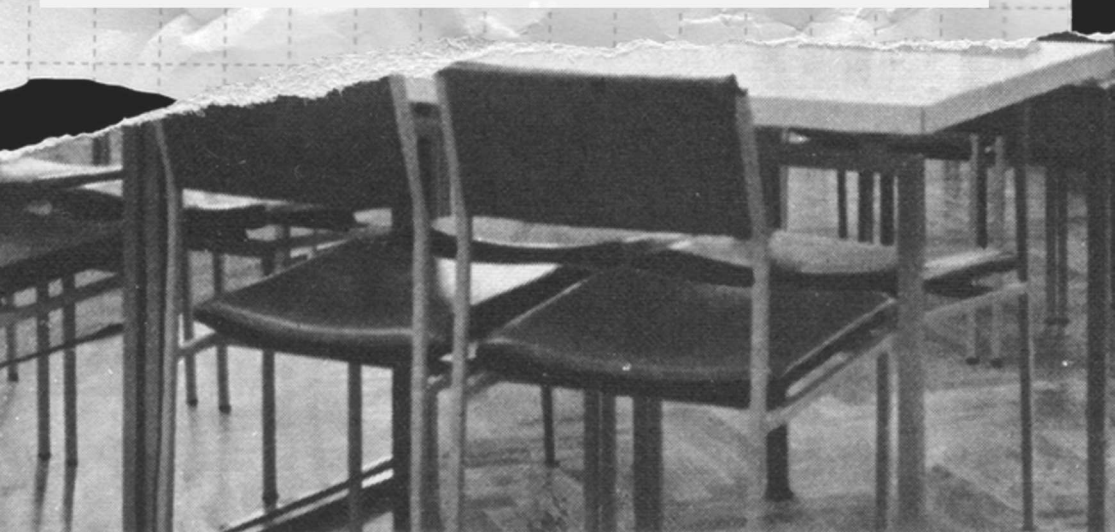
- Cases of "AI psychosis" include people who become fixated on AI as godlike, or as a romantic partner
- Chatbots' tendency to mirror users and continue conversations may reinforce and amplify delusions
- General-purpose AI chatbots are not trained for therapeutic treatment or to detect psychiatric issues

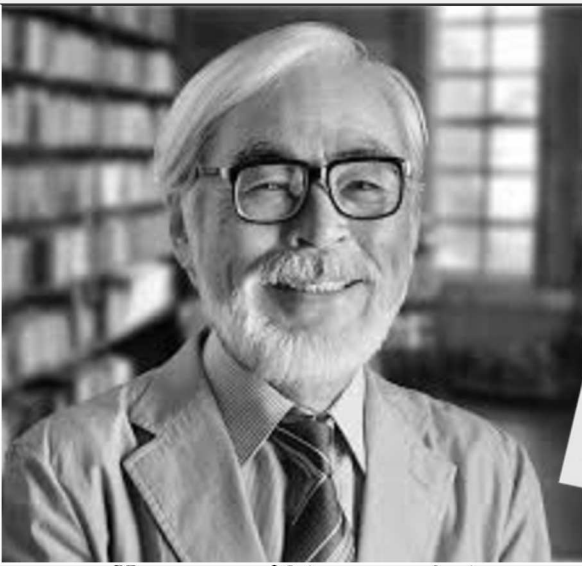


Things You Can Make ChatGPT Write for You

- Hayley DeRoche

Your last words
But before them
What to murmur to a lover in bed
What to say in the group chat when someone's
Sister mother brother is dead and
The apology you could never quite get right for a friend
And hell why not make the robot compose your proposal
Your wedding toast, too
Your best friend's birthday roast
You could ask it to write a custom lullaby
For the baby snuffling at your breast.
You can cradle to grave away
Every warm human word
You could ever have said
And when they chisel your gravestone
For your final rest
We can ask ChatGPT
Because it knew you best





Hayao Miyazaki
Oscar-winning animator,
head of Studio Ghibli

"I never wish
to incorporate
this technology
into my work at
all. I strongly
feel that this
is an insult to
life itself."

"I'd rather die
than use generative
AI. My concern is
not artificial
intelligence, but
natural stupidity.
I think that's what
drives most of the
world's worst
features."



Guillermo del Toro
Oscar-winning Film
Director

DISABLE AI WHERE YOU CAN!

ALL your apps are using AI, including:
Facebook, Twitter/X, Instagram, YouTube,
Google, Pinterest, Spotify, Siri,
Amazon/Alexa, Duolingo, Snapchat, video
and photo editing apps, TikTok, and more.
Plus the obvious like chatbots (Grok,
ChatGPT, Claude, Craiyon.ai, etc).

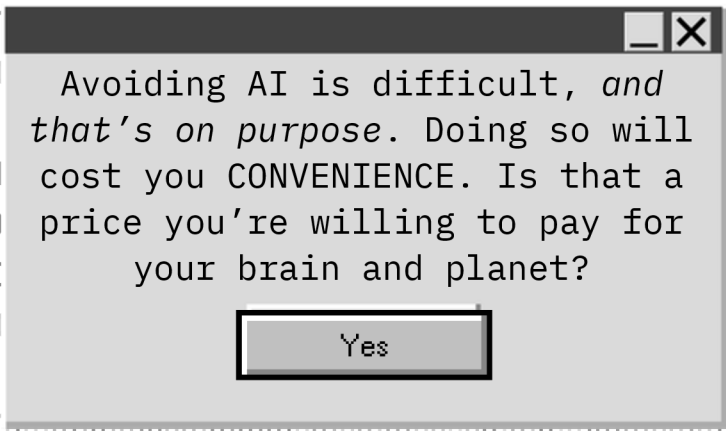
Research how to disable AI features if
you can't live without these apps. Better
yet, **delete the apps!** GO ANALOG!



A screenshot of a web browser window with a menu bar containing 'File', 'Edit', 'Search', and 'Help'. On the left side of the page is a large QR code. To the right of the QR code is the following text: 'Scan here to learn how to disable Google AI, Apple Intelligence/Siri, Meta AI, Microsoft Copilot, and Samsung Galaxy AI'.



A screenshot of a browser interface featuring the DuckDuckGo logo (a duck in a circle) at the top. Below the logo, the text reads: 'Download the DuckDuckGo browser, which offers you the ability to disable AI search results'.



A screenshot of a dialog box with a title bar containing a close button. The text inside the dialog box reads: 'Avoiding AI is difficult, and that's on purpose. Doing so will cost you CONVENIENCE. Is that a price you're willing to pay for your brain and planet?' At the bottom center of the dialog box is a button labeled 'Yes'.



A screenshot of a notification or settings screen. The text reads: 'Disable info sharing settings on apps-this data is being fed to train AI'.

THINGS YOU CAN DO INSTEAD OF AI

1. Try making your own art. Even bad art is art!
2. Ask a librarian or teacher for recommendations on things like homework help, books, or movies.
3. Ask a person your question instead of AI. Their answer might surprise you!
4. Start offline meetup groups. Get together with people and make collages, try recipes, play video games, watch movies, get boba, literally ANYTHING you like to make HUMAN connections.
5. Delete AI apps off your phone. Don't tempt yourself.
6. Get a "dumb phone."
7. Volunteer! You'll learn new skills and meet lots of people.

THE END!