

A FRAMEWORK FOR RESPONSIBLE AI

The HUMAN Framework

A simple, memorable 5-step framework to use AI responsibly and critically — every time. Keep human judgement at the core.

H

Hold the Line

U

Understand

M

Minimise

A

Assess

N

Navigate

Use before, during & after AI

	Step	Question	Action	Example
H	Hold the Line	Can I do this without AI?	Pause. Ask: is this task better done by a human?	Writing a heartfelt letter to your child? Probably not for AI.
U	Understand	What can / can't AI do here?	Clarify limits. AI is great for drafting, summarising, brainstorming — not final decisions or emotional judgement.	Use AI to draft a school absence email, but review it before sending.
M	Minimise	What's the least I need to share?	Protect privacy. Never share full names, photos, or sensitive data (addresses, medical info).	Instead of "My son Leo (8, nut allergy) missed school" → "My child missed school due to illness."
A	Assess	How do I verify this?	Challenge outputs. Cross-check facts, look for bias, ask: does this make sense?	If AI suggests a medication dosage, always verify with a doctor.
N	Navigate	How does this serve my human skills?	Preserve judgement. Use AI to augment your thinking, not replace it.	Use AI to generate ideas for a family outing, but you decide which one fits your values.