AI POLICY LOG · FREE CHEAT SHEET

AI data opt-out cheat sheet

A one-page settings table of the documented opt-out (or “no opt-out needed”) position for all 25 AI tools we track. Every cell is taken from the same dated official quotes as aipolicylog.com. Not legal advice. A vendor’s own page is the authority if a setting has moved.

Last site-wide check date in this build: 2026-11-18 (America/Toronto (UTC−5)). For why opt-outs matter, how they work, click-by-click steps, and what an opt-out does not cover, see the full guide: https://aipolicylog.com/guides/how-to-stop-ai-training-on-your-data/

Settings table

TOOL	TRAINS BY DEFAULT?	SETTING / OPT-OUT	BUSINESS / API EXCLUDED?	CHECKED
ChatGPT	Yes (Free, Plus, Pro)	Yes, in settings	Yes, not trained by default	2026-11-25
Claude	Yes, unless you opt out (consumer)	Yes, Model Improvement setting	Yes, not trained by default	2026-11-25
Gemini	Yes (Gemini Apps, 18+)	Yes, turn off Chat content training in Gemini History	Yes (Workspace)	2026-11-27
Microsoft Copilot	No (current app and Microsoft 365)	Not needed	Yes	2026-11-18
GitHub Copilot	Yes (Free, Pro, Pro+, Max)	Yes, in Copilot settings	Yes	2026-11-18
Cursor	Only with Privacy Mode off	Yes, turn on Privacy Mode	Admin can enforce Privacy Mode	2026-11-18
Perplexity	Yes (Free, Pro, Max)	Yes, in Preferences	Yes (Enterprise, API)	2026-11-21
Notion AI	No	Not needed	Yes	2026-11-18
Slack	No (generative AI) without opt-in	Global models: email request	Yes	2026-11-18
Zoom AI	No	Not needed	Yes	2026-11-18
Apple Intelligence	No, opt-in only	Not needed (opt-in)	No separate plan	2026-11-18
Amazon Bedrock and Amazon Q	No (Bedrock); Q Free tier may	Yes (Q Developer Free tier)	Yes	2026-11-25
Meta AI	Yes	Not stated publicly	No business plan	2026-11-18
Grok	Yes, unless you turn it off	Yes, “Improve the model”	Yes (Business, Enterprise, API)	2026-11-18
DeepSeek	Yes (stated purpose)	Right exists; steps not public	Not stated publicly	2026-11-18

TOOL	TRAINS BY DEFAULT?	SETTING / OPT-OUT	BUSINESS / API EXCLUDED?	CHECKED
Mistral	Yes (Vibe Free, Pro, Teams, Student)	Yes, separate Vibe and API toggles	Yes (Vibe Enterprise)	2026-11-18
Grammarly	Yes (individual accounts)	Yes, in account settings	Partly: on for website-bought teams	2026-11-18
Otter.ai	Yes (de-identified data)	Yes, Feedback and Training	Yes (Enterprise)	2026-11-18
Adobe Firefly	No (except Adobe Stock submissions)	Not needed	Yes	2026-11-18
Canva	Individual accounts: managed in privacy controls	Yes, privacy controls	Yes	2026-11-18
Salesforce Agentforce	No (currently)	Not needed	Yes	2026-11-18
Intercom Fin	Anonymized data for Fin fine-tuning	Yes	Business product; providers barred	2026-11-18
Together AI	No (opt-in only)	Not needed (opt-in)	Yes (all accounts)	2026-11-18
OpenRouter	Depends on the provider	Pick non-training providers	Depends on the provider	2026-11-18
Figma AI	Yes (Starter, Professional)	Yes, admins	Yes (Organization, Enterprise)	2026-11-18

An opt-out does not always apply retroactively, and some vendors say feedback you send can still be used. Details are in the full guide.