

# GPTs

Safety and Privacy

## Can OpenAI train on my conversation with a GPT?

The answer depends on the service you are using. As explained in [this article](#), we may use content submitted to ChatGPT, DALL·E, and our other services for individuals to improve model performance. Content may include chats with GPTs.

Please refer to [this article](#) to understand how content may be used to improve model performance and the choices that users have.

Please note that we do not use content submitted by customers to our business offerings such as our API and ChatGPT Enterprise to improve model performance. Please see our [Enterprise Privacy page](#) for information on how we use business data.

## If I build a GPT, can I opt out of training?

OpenAI has introduced a GPT-level opt-out option for builders. This feature allows builders to decide whether their proprietary data can be used by OpenAI for model training.

## Will builders have access to specific conversations with their GPTs?

For the time being, builders will not have access to specific conversations with their GPTs to ensure user privacy. However, OpenAI is considering future features that would provide builders with analytics and feedback mechanisms to improve their GPTs without compromising privacy.

The main points outlined by OpenAI when it comes to privacy and safety in GPTs:

1. **GPT creators can't access user conversations.** If a GPT uses a third-party API, users choose whether their conversation data can be sent to that API.
2. **OpenAI has automatic systems to ensure GPTs adhere to usage policies.** These exist to prevent what OpenAI labels as harmful content, such as impersonation and other fraudulent activity, hateful content and adult themes.
3. **Users can opt out of allowing OpenAI to train their models based on their conversations with GPTs.** The builder of the GPT can choose to allow chats from their GPT to be used for training data, but this is ultimately decided by the user's own privacy controls. As a user, you have the option to opt your entire account out of model training.
4. **GPT creators can now become verified** - a new system designed to build trust. OpenAI mentioned on DevDay that the upcoming GPT Store will feature the best GPTs from *verified* creators, so this is likely to become important for builders looking to monetize their GPTs. The exact details on how to become verified or the requirements for becoming verified are not yet clear.
5. **Users can report concerns about GPTs for review by OpenAI.** Each GPTs dedicated page has a reporting feature.

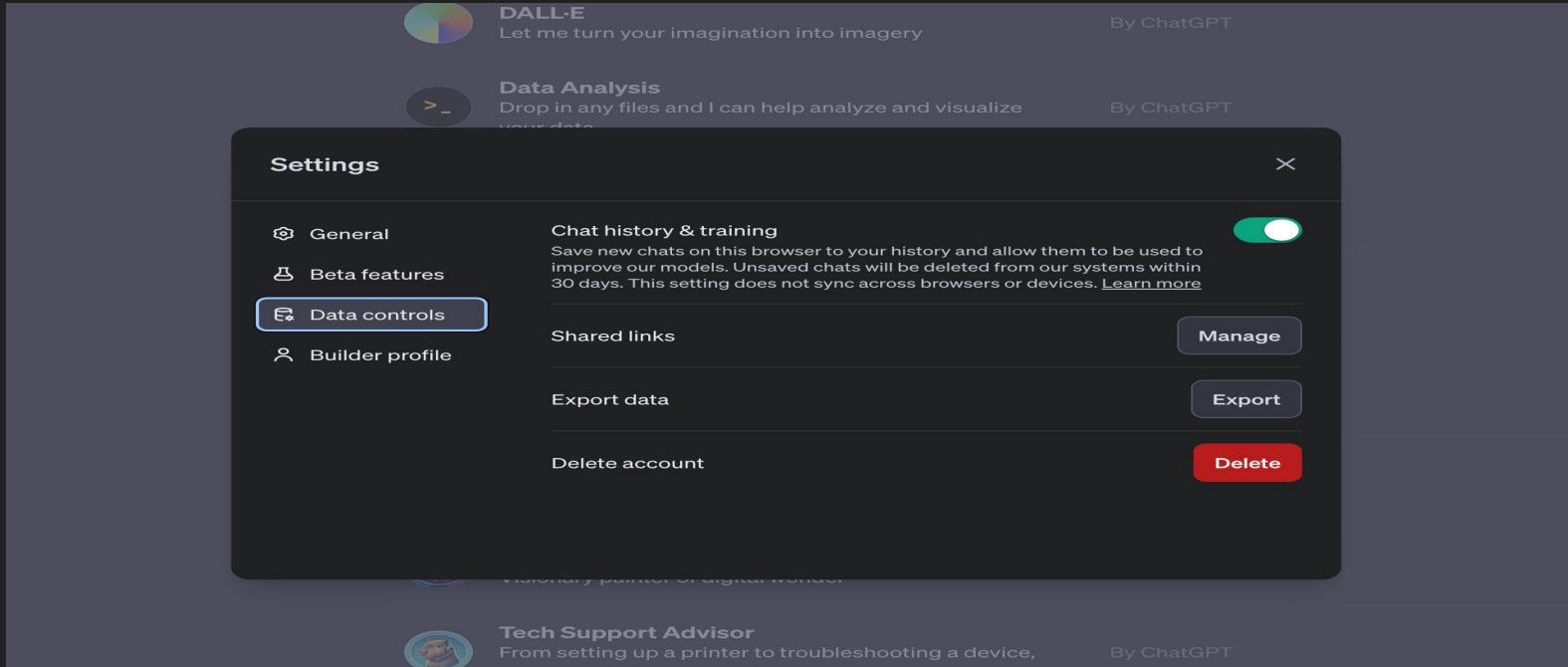
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The security measures OpenAI has put in place for launch of GPTs seem to be a meaningful step forward compared to ChatGPT plugins, which were the subject of serious security concerns. However, OpenAI states that they are continuously monitoring and learning how people use GPTs, in order to strengthen their safety measures further.

If you are concerned about your conversations being used as training data for OpenAI, either on the default ChatGPT or using GPTs, here's how you can turn opt out of model training:

1. Inside the ChatGPT interface, click your name at the bottom left corner
2. Click "Settings & Beta" then select data controls
3. Flip the switch of Chat History & Training to off

# How you can OPT out of your data being used for Training



Be aware that this setting does not sync across devices.