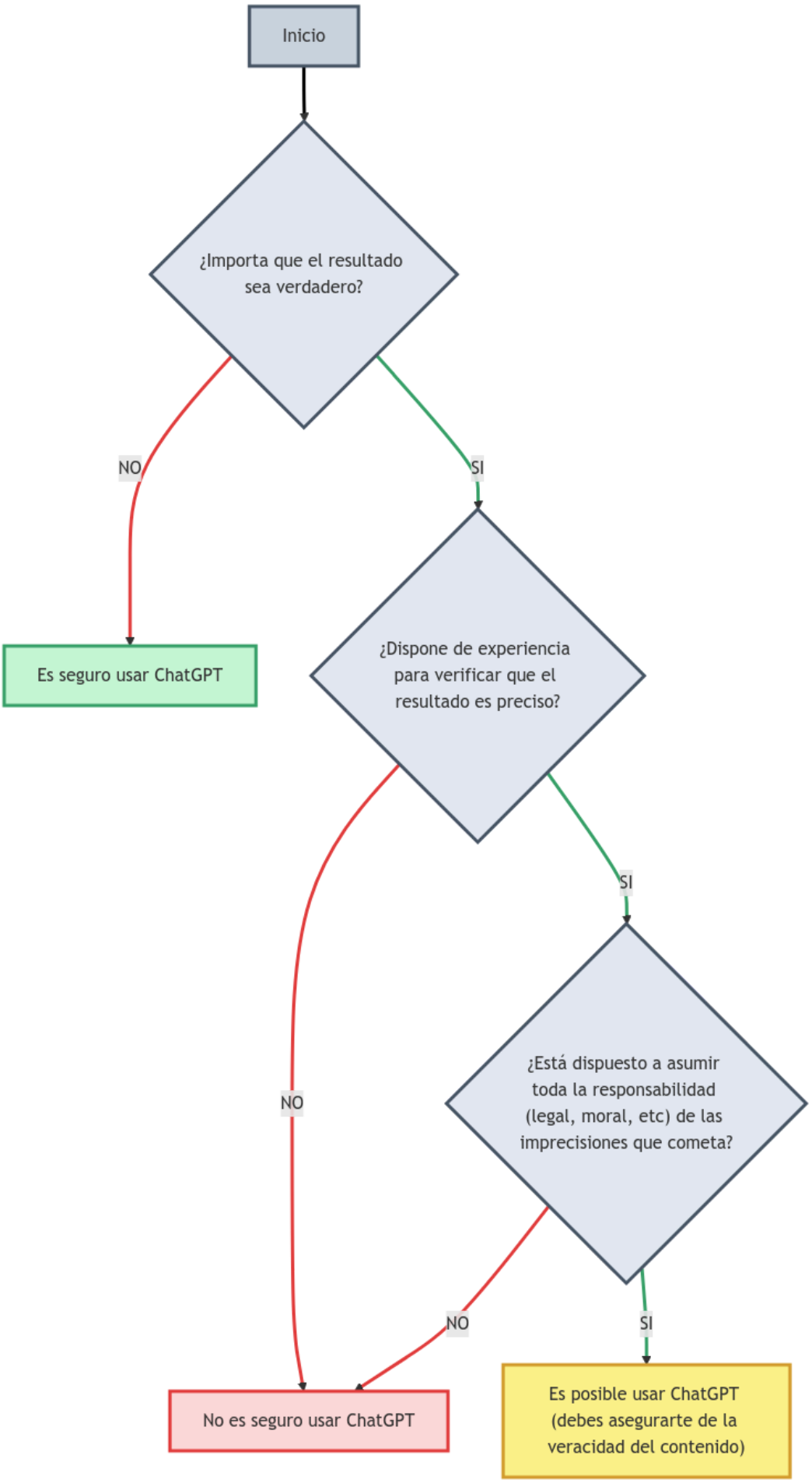¿Es seguro usar ChatGPT (o derivados) en la tarea que voy a realizar?