



Data Training

Do they train using your data?

Historically, OpenAI retained user data for training, but the pro versions and API usage allowed users to opt out. For ChatGPT Plus (paid), there's an **option** to disable data-sharing for training.

OpenAI models but through Microsoft's infrastructure, with an emphasis on enterprise privacy standards. Copilot integrates with MS security framework, **minimising** data retention and ensuring data isolation.

Claude models are designed with privacy in mind, and Anthropic has emphasised **minimal retention** and feedback loops. They've implemented privacy-focused training practices but **may still retain data**.

Data handling follows Google's privacy protocols, though the specifics are pretty hidden. Data shared via Google Workspace integrations has **different protections** than consumer use.

Privacy Options

What privacy options do they have?

Users can select a "no data retention" option. Enterprise customers get **stricter** data privacy guarantees.

Business/enterprise ensures data isolation and follows strict enterprise-level privacy rules.

Marketed as having enhanced privacy features, **especially for corporate clients**.

Once you have an account, you can opt for "Incognito" mode which **anonymises** data.

The Fine Print

What's the devil in the detail?

The free version **may use data** for training, but API use typically includes a data opt-out. Privacy terms are updated regularly.

Microsoft's terms emphasise GDPR compliance and focus on **minimising** data retention.

The privacy policies highlight **minimal** data usage, though they retain **flexibility** to store necessary information.

Google's terms often **allow for substantial data analysis**, but enterprise contracts offer stricter privacy terms.

Control

Are there dials to toggle?

4o & Pro Include a data retention toggle. API users can **opt out** of data collection.

Users don't have direct toggles, but enterprise users have access to configurable privacy settings.

For API or enterprise users, customisation is available **upon request**.

Nope.