

Google wants to use your emails to train its AI — here's how to turn that off

Summary

The article describes how to opt out of Gmail's AI training feature. The article explains that Google uses users' emails to train its AI models for features like Smart Compose and AI-generated replies. The article also highlights that Google has opted out users in the EU, Japan, Switzerland, and the UK by default.

Amber Neely Fri Nov 21 2025, 01:06 PM EST



Gmail

Once again, Google has decided for you that your data is its toy. Here's how to stop Gmail from training its AI on your email.

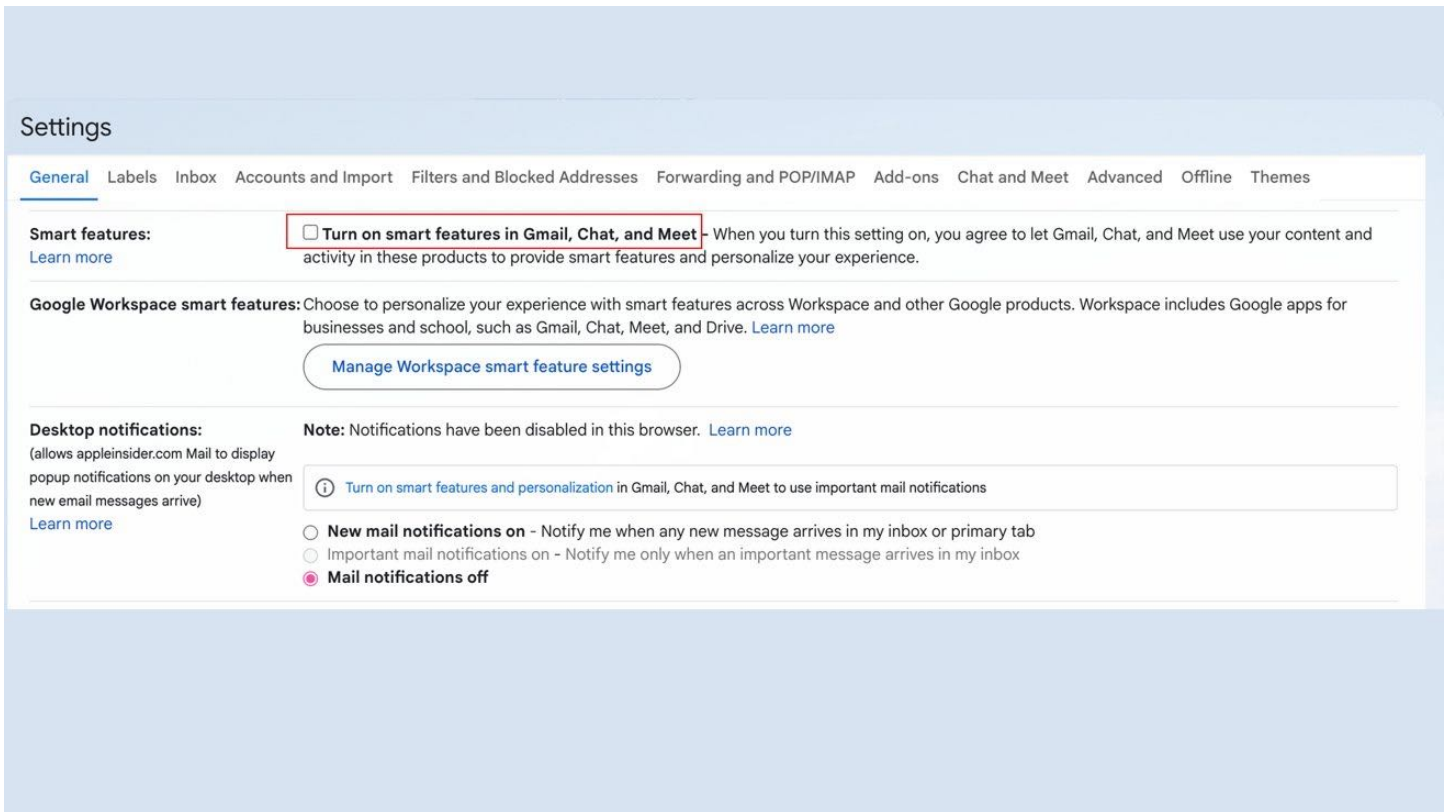
There's no shortage of big tech companies that want to use your data to train their large language models. Recently, I discussed how Meta wanted Facebook users to [grant it permission](#) to upload their entire camera roll to its cloud — perpetually.

This time, it's Google doing the data harvesting. Gmail now wants to use your emails — including any attachments you have — to train its AI models for features like Smart Compose and AI-generated replies.

For some reason, Google has made this feature opt-out by default, rather than opt-in. And, to make matters worse, it's actually enabled in *two* different places, not just one, as [spotted by Malware Bytes](#).

I, as well as my cohorts here at *AppleInsider*, strongly suggest turning the feature off. There's no reason Google should be able to access sensitive data like emails from your healthcare providers, utility bills and bank statements, or confidential workplace conversations without your explicit permission, if at all.

Here's a quick guide on how to disable Gmail AI training — be sure to do **both**, or else Google will still be able to use your data to some degree.



Disabling smart features in Gmail

How to turn off Google's AI training for Gmail, Chat, and Meet

1. Open Gmail on desktop or via the [iPhone](#) app
2. Tap or click the gear icon and select **Settings** or **See All Settings**
3. Scroll down to the **Smart Features** section
4. Uncheck the box that reads Turn on smart features in Gmail, Chat, and Meet
5. Desktop users will need to click "Save Changes"






Google Workspace smart features

Smart features in Google Workspace



When you turn this setting on, you agree to let Google Workspace use your Workspace content and activity to personalize your experience across Workspace. Workspace includes apps for businesses and schools, such as Gmail, Chat, Meet, Drive, and more. To learn more, visit the [Workspace website](#). Smart features include:

-  Show events from Gmail in Calendar (such as flight itineraries and invitations)
-  Personalized search (such as keyword suggestions, file suggestions, and more relevant results)
-  Ask Gemini to summarize content, create drafts, and find key information, along with other [Gemini for Workspace features](#)

Smart features in other Google products



When you turn this setting on, you agree to let Google use your Workspace content and activity to personalize your experience in other Google products. Smart features include:

Disabling smart features in Google Workspace

Once you've completed that, don't forget to do the second part as well.

How to disable Google Workspace Smart Features

1. Open Gmail on desktop or mobile
2. Tap or click the gear icon and select **Settings** or **See All Settings**
3. Scroll down and tap or click Manage Workspace smart feature settings
4. Toggle off Smart features in Google Workspace
5. Toggle off Smart features in other Google products
6. Click or tap **Save** if available

The setting applies to your account, not just the browser or app. This means you'll only need to disable the feature once for it to apply everywhere.

And, good news for users in the EU, Japan, Switzerland, and the UK: apparently, Google's been compelled to opt you *out* by default — so you won't need to make any of these changes.

As always, I suggest that you help friends and family who may not be as tech savvy navigate these features. Especially if they don't know what they're consenting to by using a service in the first place.