

## Top Tips For Understanding about AI

### Top Tips for 7-11s:

**Understand what AI is and how it can be used** Artificial intelligence technology is used by lots of people every day. AI suggests videos on streaming apps like Disney+ and Netflix, gives directions on map apps, can help translate different languages and can even create music and poems. Talk to your friends and family to see what they know about AI and where they have used it.

**Consider how using AI can impact you and other people** Like a lot of other technology, AI can save us time and energy. You could use it to find the answer to a question, to check your spelling, or to create images or videos. Whilst AI can be a great tool, it's important that we think about when and how we are using AI, and don't use it in place of our own thinking and creativity, or to do things that may upset or worry other people.

**Remember that AI is technology and isn't perfect** Even though it might seem like it knows everything, AI can still get things wrong. If you are using AI to get information or help with something, it is important to think carefully about what it tells you and remember that it should never replace support from people you know and trust. If you are ever unsure about something AI has told you, check with other sources, this could include looking on websites you trust or talking to an adult.

**Look out for signs that something might be AI generated** It can feel hard to tell if something has been created using AI or not. Some websites and apps will tell you that AI was used, but this doesn't always happen. There are some signs you can look out for including if it looks surprising or shocking, if it looks too perfect, or if there are details you know aren't true. If you see something you are not sure is created using AI or not, speak to an adult about the signs they look for and try to work it out together.

**Know where to get help** Although we know that AI can be used in a lot of great ways, remember there is always someone who can help if you are worried about something that has been created by AI or if you have concerns about the way you or someone you know is using AI. You can speak to trusted adults like your parents, carers, grandparents, teachers, or club leaders about any concerns you have online.

### Top Tips for 11-14s

**Understand what AI is and how it can be used** Artificial intelligence technology is used by lots of people every day. AI suggests videos on streaming apps like Disney+ and Netflix, gives directions on map apps, helps translate different languages and is used in some games which have NPCs (non-player characters). Talk to your friends and family to see what they know about AI and where they have seen or used it online.

**Think about what safe and responsible use of AI looks like** Although there are many tasks where AI can be helpful, there are also situations where using AI may stop us developing our own skills, provide misleading information, or be used to create harmful images or videos. It's important that if you decide to use AI, you use it safely and responsibly. This may mean that you use your own skills or knowledge before turning to AI, or that you fact check the information it provides.

**Remember that AI content can still be harmful** Remember that even if something was created with AI, it can still be upsetting, and some AI content can break the law. If you are using AI remember to ask yourself: is what I am creating kind? Will this cause people to worry or believe something that isn't true? If you ever see something online that makes you worried or upset, whether you think it is AI or not, talk to a trusted adult and report the content on the platform where you saw it.

**Consider the broader impact of AI technology** It can be exciting to see new technology emerge and develop over time, but everyone should get to choose whether they want to use that technology or not. Some people are worried about the environmental impact of AI, whilst others have questions about how it uses people's data. Be curious about the tools you are using and research the broader impact to help decide if it's something you want to use now or in the future.

**Know when to report and get further help** If you are using AI tools for information, advice or to be creative it is important to know where to go if you are worried, see something which upsets you or feel reliant on AI. If you have seen AI content online that you are concerned about, report this on the service or platform where you see it and speak to an adult. Remember that AI should never replace support from people you know and trust.

### **Top Tips for 14-18s**

**Understand what AI is and how it can be used** From video suggestions on streaming platforms to photo editing tools on our phones, AI powered features are being added to many of the services and devices we use. As AI use grows and develops, it can feel harder to recognise. Have conversations with people you know about how they are using AI, where they have seen AI online, and the signs to look out for that something was created by AI or not.

**Think critically about when and how you use AI yourself**

AI tools can save us time, give us inspiration, and even complete tasks on our behalf. Whilst AI can be helpful, it is important to get the balance right. Ask yourself if AI is helping you develop your skills or do you feel reliant on it? Is it inspiring your creativity or limiting it? Remember that the information given by AI is not always reliable and that as new AI tools are developed, not all of them will be safe or trustworthy. Make sure that you use AI positively and responsibly, and that you check the information it provides.

**Explore the ethical implications of new technology** Technology is a part of all our lives, but new developments can have unexpected impacts for individuals and society. Everyone should get to choose whether using new technology feels right for them, but we also have a responsibility to create an online world that is safe and fair for everyone. There are debates about the environmental impacts of AI, concerns around data use and creative ownership, and evidence that some tools can be harmful or biased. Be an informed user of new technology by doing your own research and listening to the perspectives and experiences of other people.

**Support others to understand what safe and responsible use of AI looks like**

Be an AI role model for the people around you. If you feel comfortable and skilled in using AI, think about ways that you can guide and support others. You might help an older relative to plan a holiday itinerary or help a younger sibling to recognise when the information from AI is inaccurate. You could also test your family's AI knowledge by taking one of the Safer Internet Day quizzes.

**Speak out and get support if you need it** If you see AI being used in negative or harmful ways, such as for spreading false information or to bully others, report it on the platform where you see this happening. Although AI can be a source of advice or support, if you are struggling with any issue, online or offline, then it is best to talk to a trusted adult or your friends.

**UK Safer Internet Centre**

We are a partnership between  
Childnet International, Internet Watch Foundation and South West Grid  
for Learning.





**Online issues** (click on the links below to find out more)

Coerced online child sexual abuse

Cyberflashing

Gaming

Misinformation

Online Bullying

Online Challenges

Parental controls

Pornography

Reporting

Sexting

Sextortion

Social Media