Keeping Our Children Safe Online: 6 Top Tips for Using AI Safely

Artificial Intelligence (AI) is becoming an increasingly common part of everyday life. From chatbots and search engines to games, videos and social media, children may already be coming across AI without even realising it.

AI can be a fantastic tool for learning and creativity, but it is important that children understand how to use it safely and responsibly. Here are **six simple tips** to help parents and carers support their children at home.

1. **Talk about AI** 💬

Chat with your child about where they might see AI being used, such as in games, videos or online searches. Encourage them to share their experiences and discuss both the benefits and possible risks.

2. Remember – not everything online is real! 🔍

AI can create very realistic pictures, videos and information. Remind children that what they see online isn't always genuine. Encourage them to question anything that looks unusual or too good to be true.

3. Be kind and responsible ❤️

Explain that AI should never be used to create upsetting, unkind or harmful content about others. Encourage children to tell a trusted adult if they see or experience anything that makes them uncomfortable.

4. Check the facts ✅

AI doesn't always get things right! Encourage children to check information with trusted websites, books or adults rather than believing everything a chatbot tells them.

5. Use trusted sources for advice 🌟

If children have questions about their health, feelings or worries, remind them that speaking to a trusted adult is always best. Websites such as Childline also offer safe, child-friendly information and support.

6. Know where to get help 🤝

Make sure your child knows they can always talk to you, a teacher or another trusted adult if something online worries or upsets them. Children can also contact **Childline on 0800 11 11**, free of charge, for confidential support.

Working Together to Keep Children Safe

Our key message is simple: Be curious, think carefully, stay kind and always ask for help if something doesn't feel right.

By keeping conversations open and taking an interest in our children's online activities, we can work together to help them enjoy the benefits of technology while staying safe.