



For parents and carers

AI technology is increasingly part of all our lives, so this Safer Internet Day we are starting a conversation about how to use it safely and responsibly. Use these top tips to help keep you and your loved ones safe online.

■ Enjoy going online together and talk regularly about your family's online lives

The internet is amazing and can help us all to access information and entertainment. Spend time online with your child to understand how they are using technology and talk together about the good and the bad parts of being online. Talk about your own experiences and find other opportunities to get the conversation started, like stories in the news. Make sure your child knows they can talk to you about anything that they see or experience online.

▲ Understand where AI technology is being used and the impact it can have

From summaries on search engines, to voice assistants and photo editing tools, AI powered features are being added to many of the apps and devices we use day-to-day. Look out for information and warnings notifying you where AI technology is in use or where content has been created using AI. Help your child to recognise these too. Remember, AI can make some tasks simpler but may also collect data about you and your family, or share unreliable information, so consider how to use it safely and responsibly.

● Recognise what safe and responsible use of technology looks like

To use technology, including AI, safely and responsibly, it's important to reflect on the potential impact it can have on yourself and others. How does your use of technology make you feel? How can you use technology with kindness and respect for others? Does your use of technology benefit you or help you build skills? How might it affect you now, and in the future? Ask these questions of your own internet use, as well as your family's.

◆ Stay informed with free resources

Young people have told us about the incredible ways they're using AI, but also about their worries for what it means for the future. Issues such as the environmental impact of AI, what it means for job prospects, and the threat of deepfakes can seem scary but remember, you don't need to have all the answers. Stay informed using free resources like those produced for Safer Internet Day and talk to your child about their concerns about new technology – you can always work together to find more information.

✨ Know where to go for help if something goes wrong

Like any technology, using AI comes with risks. Some AI tools, like ChatGPT, have built-in reporting features where you can raise issues such as inappropriate or harmful content. Many social media platforms also allow you to report content you suspect has been created with AI. Additionally, AI generated content can break the law. If you see illegal images that show child sexual abuse (including AI generated images), you should report these to the IWF and on the platform where they are being shared. If someone creates an image of you or your child using AI these can also be reported on the platform where they are being shared, and AI generated nude images can be reported to Stop NCII (for images of adults) and Report Remove or Take It Down (for images of under 18s).



For parents and carers of 3-7s

This Safer Internet Day, we are starting a conversation about how to use AI technology safely and responsibly. Whilst your 3 to 7 year old may not yet be ready to use the internet independently, use our top tips to start good online habits now that will help keep them safe in the future.

■ Enjoy going online together

Spending time online together with family is an important learning experience for the youngest internet users. Not only will you both enjoy the quality time together, but you can supervise their usage and guide them to make the safest choices.

▲ Talk about their online experiences

Help give your child the words to explain what they're experiencing online by starting conversations about the internet and technology as early as possible. Talking regularly about what they love doing online, as well as any worries they may have, will help establish this habit and mean they're more likely to come to you for help as they get older.

● Make use of settings and controls

Parental controls and other safety settings can help protect your child from online harms, including upsetting or inappropriate content. Think about how your child uses technology, for example if you have a smart TV or a voice assistant at home, and explore specific settings to support your household.

◆ Introduce simple ideas about AI technology

You don't need to be a computing expert to start conversations at home about AI. Explaining that a voice assistant is a computer, not a person, or helping your child to understand that not everything they see online is real, is a good start. Encourage them to ask questions about the technology in their lives, and even if you don't know the answers, you can find them out together.

✨ Make sure they know they can always come to you

The most important thing for your child to know is that you are always there to support them, online and offline. Encourage them to talk to you if anything they experience makes them feel worried or upset, and show them they can trust you to stay calm, listen and help make things better.