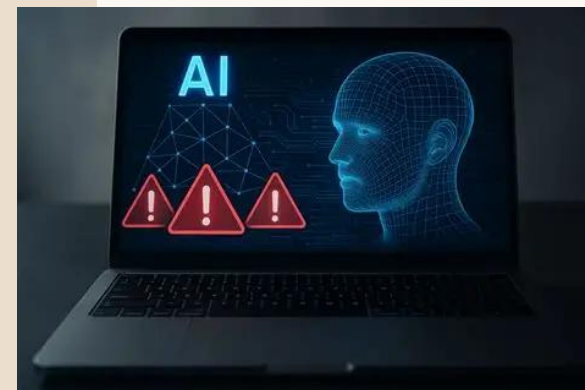




## Key takeaways for parents & carers

- ✓ **AI is already part of your child's digital world** - from search engines and social media to homework tools and chatbots.
- ✓ **Not everything AI produces is accurate** - children need support to question and check information.
- ✓ **AI can sound human, but it isn't** - children may form emotional attachments or trust it too easily.
- ✓ **Algorithms shape what children see online** - influencing opinions, behaviour, and exposure to content.
- ✓ **Privacy risks are increasing** - children may unknowingly share personal data with apps or tools.
- ✓ **Digital resilience matters more than restriction alone** - open conversations build safer habits than bans alone.
- ✓ **Small, regular conversations are the most powerful safeguard** - ongoing dialogue builds trust and awareness over time.



**Promoting safe, thoughtful and responsible digital use**



## Things you can say to your child:

- ✓ “How did you know that information was true?”
- ✓ “What do you think this app/tool is trying to do with your data?”
- ✓ “Can we check that together to see if it’s accurate?”
- ✓ “It’s okay to use AI tools, but they don’t always get things right.”
- ✓ “If something online feels confusing or strange, you can always come to me.”
- ✓ “Let’s talk about who or what you’re talking to online.”



**Promoting safe, thoughtful and responsible digital use** 



# Trusted support links

## **NSPCC Online Safety**

👉 <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

## **UK Safer Internet Centre**

👉 <https://saferinternet.org.uk/>

## **Internet Matters (parent guides, AI & parental controls)**

👉 <https://www.internetmatters.org/>

## **Childline (support for children and young people)**

👉 <https://www.childline.org.uk/>

## **CEOP Education (reporting and advice on online abuse)**

👉 <https://www.ceopeducation.co.uk/>

## **GOV.UK Online Safety Guidance**

👉 <https://www.gov.uk/government/collections/online-safety>

