Online safety at home:
Parents and Carers Newsletter
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AI generated content and AI tools like chatbots, content generators and summaries are quickly appearing across popular online apps and services. There are also popular and free to access AI tools appearing and potentially encouraging children to use, like ChatGPT.

What are AI tools and AI generated Content?

AI generated content

This is where an image, video or voice recording has been created using an online generator. These can be completely artificial, meaning none of the content is real, or they can be altered versions of existing real content.

AI content generators

These are the tools used to create AI generated content by entering a series of commands to generate new content or edit an existing image or video.

AI chat bots

These are chat functions where you are speaking with a bot rather than a real person. They will often only respond to short messages and will usually introduce themselves as a bot. However, the bots can often be given human names.

AI summaries

This is where a platform gathers and summarises information, usually found at the top of a page or search engine result. The AI will often take information from across a range of sources and list the sources within the summary.

More information?

Thinkuknow is the education programme from the National Crime Agency's Child Protection Command CEOP (NCA-CEOP) whose aim is to protect children and young people from sexual abuse online.

For more information, advice and guidance, visit their parents website and download their home activity worksheets for fun, online safety activities to do with your family.

Steps you can take to help keep your child safer online

1.) Talk about where AI is being used.

A good place to start is by having open conversations with your child about where they are seeing AI tools and content online. This is an opportunity to talk about the risks and benefits they are experiencing.

2) Remind young people not everything is real

You can remind them that not everything online is real and much of what we see may have been edited.

AI is continually evolving but there can be common indicators to show something is AI generated but remember it is not always obvious. Some of these indicators can be an overall 'perfect' appearance, body parts or movements appearing differently or not looking 'true to life'.

3) Discuss misuse of generative AI

It's important to address the misuse of generative AI to create harmful content in an age-appropriate way. Make sure that your child knows it's not OK for anyone to create content to harm other people. If they ever experience this or are worried about someone doing it, then they can report that. If you are concerned about how someone is behaving towards a child online this can be reported to law enforcement agency CEOP.

If a sexual image or video has been created, this can be reported via Report Remove.