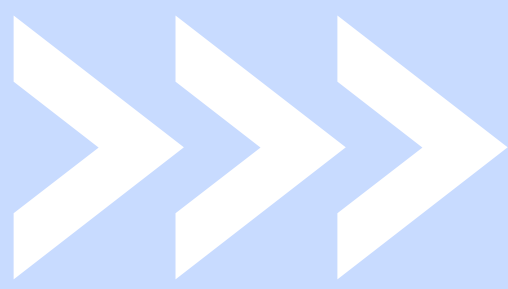


SAFER



 UK Safer Internet Centre

INTERNET DAY



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

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.



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.



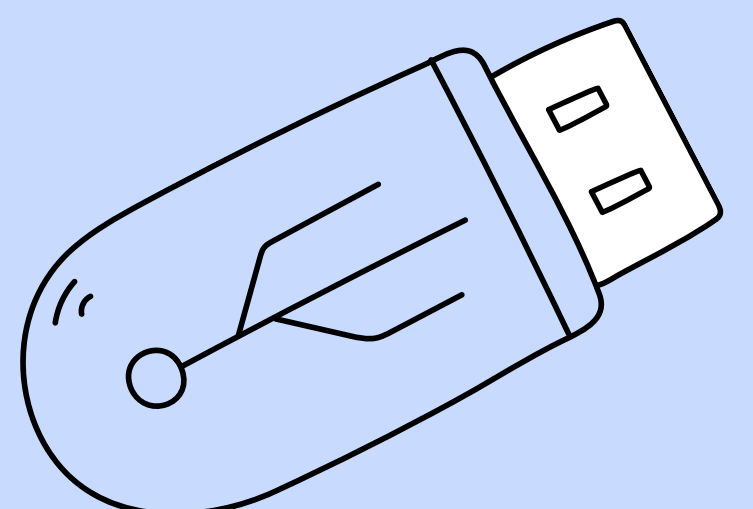
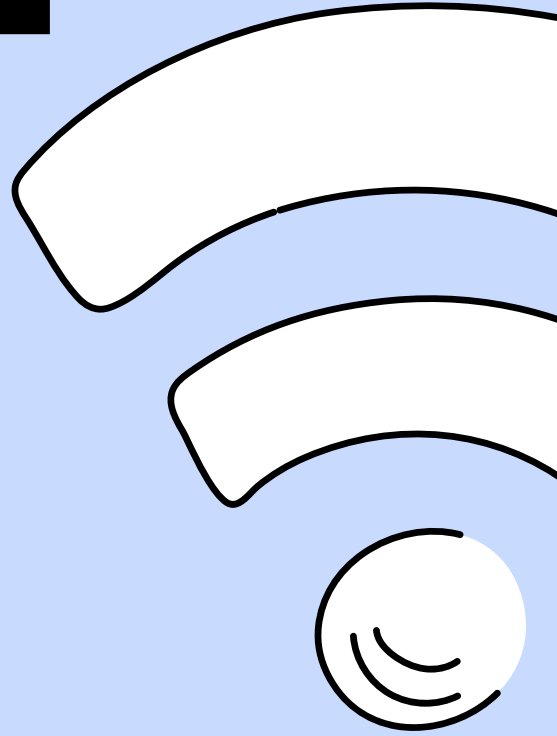
Understand where AI technology is being used and the impact it can have

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. 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.

Stay safe online!



www.saferinternet.org.uk



Smart tech, safe choices



Stay informed with free resources

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Know where to go for help

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, 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.

Exploring the safe and responsible use of AI

