



For this year's Safer Internet Day, children explored the impact that Artificial Intelligence (AI) could have on their lives. They also discussed how AI could be used positively and how to use AI safely, responsibly, and thoughtfully.

Using AI to alter images

What are AI image generator and moderator tools?

It is when Artificial Intelligence is used to create or modify images, for example it could be used to swap faces, change expressions or for more sinister reasons, such as to remove clothes. These images are often very realistic and therefore difficult to see that they are fake.

What does my child need to know about using these tools?

- Manipulation of images of friends or other children– if you are using images of other people, then consent must always be sought.
- The tools should not be used to create images that can embarrass or hurt others- this is a form of online bullying.
- Copyright issues– who owns the copyright? These images could be reused by others, which can affect their own digital footprint.

What should I do?

- Chat to your child if they are using these tools and ascertain the reason why. Ask them to show you the images that they have created.
- Check the age ratings of any apps/websites that your child is using and set up appropriate parental controls.
- Develop your child's digital literacy by teaching them to recognise online risks and to behave responsibly online

Further information

- <https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-to-children-about-ai>
- <https://oursaferschools.co.uk/2025/02/18/understanding-image-consent-at-schools>

Smartphones and Social Media

For anyone looking to better understand how smartphones and social media affect children and young people, there are several helpful resources:

Web resources

- **Smartphone Free Childhood** offers extensive guidance and research:
<https://www.smartphonefreechildhood.org/>

Books

- ***The Anxious Generation* by Jonathan Haidt** provides clear insights into the challenges young people face in a digital world.

Documentaries (Some include distressing content.)

- ***The Social Dilemma*** – Explores how social media platforms shape behaviour and influence users.
- ***Childhood 2.0*** – First-hand perspectives from young people on the impact of smartphones and social media.
- ***Screened Out*** – Examines how screen exposure affects the brain, including dopamine responses.
- ***Plugged In*** – A parent-focused resource with relatable stories about managing technology.
- ***Disconnected*** – Features children discussing burnout, anxiety, and anger linked to digital device use.



REMINDER

We don't wish to have phones in school. Any reasons for having them with you must be shared with Mr Dampier in advance.