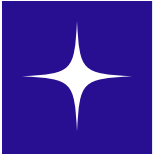




ARTIFICIAL INTELLIGENCE

Safety Tips for Parents

St. Teresa's Church, Dumfries



Overview

One of our fellow parishioners, Judex, recently attended a webinar with Kate Edwards around the theme of AI and keeping children safe.

Kate Edwards is an online safety expert with over 15 years of experience focused on education and prevention. At the NSPCC, Kate leads on developing the Child Safety Online strategy and developing advice for parents, ensuring the voices of young people are amplified through their work.

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 AI tools appearing like ChatGPT. There can be many positives to the use of AI in helping to find information, making creative content and getting support quickly through chat functions. However, as with other areas of online use, it comes with risks to children as well.

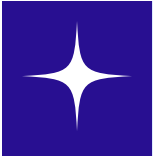


Definition of AI

“AI, or **Artificial Intelligence**, refers to the simulation of human intelligence in machines that are programmed to think, learn, and perform tasks that typically require human cognition. These tasks include problem-solving, understanding natural language, recognizing patterns, learning from experience, and making decisions. AI systems can be classified into two categories:

1. **Narrow AI** (or Weak AI): Specialized in performing specific tasks, such as voice assistants (like Siri), recommendation systems, and self-driving cars.
2. **General AI** (or Strong AI): A theoretical form of AI that can understand, learn, and apply intelligence across a wide range of tasks, mimicking human cognitive abilities.” [ChatGPT]

“Technology with the ability to perform tasks that would otherwise require human intelligence and which, usually, have the capacity to learn or adapt to new experiences or stimuli, including machine learning, speech and natural language processing, robotics and autonomous systems.” [LexisNexis]



Other AI Terms

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

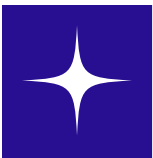
These are the tools used to create AI generated content by entering a series of commands to generate new content or edit an existing image or video.

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.



Safety Concerns around use of AI

The content that children see might not be age appropriate, legal or promote healthy behaviours. They can also experience harms such as bullying and sexual abuse through the misuse of AI content generators to create realistic looking content intended to cause harm.



6 Steps to Ensure Your Child's Safety:

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 which resembles your child's likeness, this can be reported via [Report Remove](#).

4) Remind them to check sources

AI summaries and chatbots can be helpful tools to get quick answers to a question but it's important to know it's coming from a reliable source. Sources should be listed and will often have links so they can be checked. If the source is not listed or is not a reliable source, it's good to encourage them to check a trusted site for themselves.

5) Signpost to safe sources of health and wellbeing advice

We know young people will use the internet to get advice and answers to questions which could mean they come across advice from an AI bot or summary. It's important they access safe information from reliable sources, so it can be helpful to make sure they know of child-friendly safe sites such as [Childline](#).

6) Make sure they know where to go for help

Ensure your child knows they can talk to you or another safe adult like a teacher if anything worries them online or offline. They can also contact Childline 24/7 on 0800 11 11 or via email or online chat, there are lots of ways they can get [support](#).

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