



Staying Safe with AI: A Guide for Students

What is AI?

AI stands for **Artificial Intelligence**. It's a type of computer technology that can:

- Answer questions
- Help you make decisions
- Create writing, pictures, or even videos from text

AI is improving quickly and becoming more realistic, which is exciting — but you still need to use it safely.

What Are the Risks?

AI itself isn't bad, but **some people use it in the wrong ways**.

Here are things to watch out for online:



Fake Messages or Scams

AI can help someone write very realistic messages to trick people into:

- Sharing personal information
- Clicking on unsafe links



Fake Images or Videos (Deepfakes)

AI can create photos or videos that look real even when they aren't. These can be used to:

- Spread false information
- Make it look like someone did something they didn't



Fake Accounts (Catfishing)

Some people use AI made profile pictures to pretend to be someone else. This might be to:

- Get you to trust them
- Ask you questions they shouldn't
- Make you share things you normally wouldn't



AI "Friend" Chatbots

Some AI tools act like real people and might try to become your "friend." These can feel fun at first, but they might:

- Give you unhelpful advice
- Say things that make you uncomfortable
- Encourage you to keep secrets

If this ever happens, stop using the chatbot and talk to an adult.

How You Can Stay Safe

Your teachers will help you learn about AI in school — but you can also help yourself at home:

Talk Openly About AI

Talk to your parents or carers about:

- What AI can do
- What might be risky

Make Good Choices Online

Think before you:

- Share personal information
- Talk to strangers online
- Click on links from people you don't know

Tell a Trusted Adult if Something Feels Wrong

If anything online ever makes you uncomfortable, you won't get in trouble.

Adults can help — that's what they're there for.

School Help Advice Reporting System

SHARP

If something doesn't feel right, please speak to a trusted adult in school. You can also use **SHARP** to report anything that is worrying you, or if you are concerned about a friend. Reporting concerns helps keep everyone safe.

Being an **upstander** means speaking up when something isn't right. You don't have to deal with things on your own, and you won't be getting anyone into trouble. You will be listened to and supported.

