

Safer Internet Day 2026

Resources for use with 7 to 11 year olds

Smart tech, safe choices – Exploring the safe and responsible use of AI

Smart tech, safe choices quiz

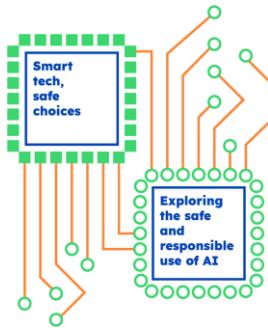
The quiz can also be found online at: saferinternet.org.uk/sid-quiz

- 1) Maisie asks AI to generate a scary image for her to see what it does. The image is scarier than she thought it would be and makes her feel nervous. What should Maisie do?
 - a) Ignore what she has seen and delete the image.
 - b) Tell a trusted adult about what happened.
 - c) Generate another image that is happier.

Correct answer: b

It is best for Maisie to talk to a trusted adult. If she ignores it, it may continue to play on her mind but an adult can help her with the emotions she's feeling and try and help her not to see things like this again. It can feel tricky to talk to an adult when you've made a mistake, but everyone makes mistakes and a trusted adult would want to help.

- 2) Noor is looking for facts about France before she goes on holiday there. Noor asks AI for some information about France, but what it says doesn't match what she has researched so far. What should Noor do?
 - a) Check the facts with other sources to make sure they are correct.
 - b) Ask the AI if what it said was correct.
 - c) Forget about what she saw before and trust the AI.



Correct answer: a

AI can tell people lots of information on different topics, but it isn't always right. AI works by putting together information from patterns it has found in all the information it has access to. Sometimes it may mix up information or create something completely untrue. It would be best for Noor to check what the AI said with other sources that she trusts, or ask an adult if she isn't sure.

3) Remi forgot to do their homework and only realised in the morning before they were leaving for school. Remi has heard about an AI tool that can answer questions for you and thinks it would be able to do their homework really quickly. What should Remi do?

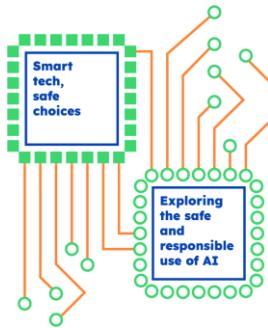
- Use the AI to do their homework, no one will know!
- Use the AI but change a few things to make it slightly different.
- Do their best with the homework in the time that they have.

Correct answer: c

It can be tempting to take credit for something that AI has created, but if Remi does this it means that they will lose out on the learning they would have gained from doing the homework. There could also be further consequences if their teacher finds out, so it is best for Remi to be honest and do it themselves.

4) Zac has fallen out with one of his friends and it has been getting him down. He doesn't know what to do so he decides to talk to an AI chatbot about it. The chatbot seems friendly. What should Zac remember?

- Chatbots are just like people.
- Chatbots shouldn't be relied on for advice and support.



- c) Chatbots give good advice.

Correct answer: b

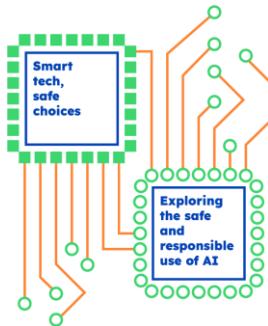
Although chatbots can be fun, Zac shouldn't rely on it for advice and support. A person is much better suited to help him as they can listen with care and empathy. A chatbot cannot feel and may not give suitable advice. There are plenty of trusted adults that would want to talk to Zac if he needed help.

- 5) Addie's friend has shared a picture of someone in their class, but it has been edited to look silly using AI. What can Addie do?
 - a) Generate a silly picture of her friend to show her what it feels like.
 - b) Laugh along, it's not real.
 - c) Ask her friend to take it down and tell an adult.

Correct answer: c

Even if a picture is AI-generated, it can still be hurtful. It is important to think about the impact this could have on the person it is of, and that they could be upset by the image. If she feels comfortable to, Addie can talk to her friend about why it is wrong and she can talk to an adult about it to see if there's anything else they can do.

- 6) Fatima is using an AI tool. She is considering what information she can put in, and what she needs to keep private. Which of these does Fatima need to keep private?
 - a) Her favourite animal.
 - b) A TV show she likes.
 - c) Her address.



Fatima needs to remember to keep her personal information safe when using AI, as information about her could be stored by the AI tool. She shouldn't share things like her name, her address or what she looks like.

7) Mahir has noticed that there is a new AI feature on a game he uses. It looks really interesting so he wants to try it. What should Mahir do?

- a) Ask his parents if it is okay for him to use.
- b) Ask his friends to see if they have tried it.
- c) Check it out to see if it seems alright.

Correct answer: a

Sometimes you might see a new AI feature on an app or game you already use, or you may see an AI app that you think seems interesting. It is always best to check with a trusted adult to make sure this is okay for you to use before you try it. They can help decide if it is appropriate, and if there are any expectations around how you use it.

8) How should using AI make you feel?

- a) Curious and confused.
- b) Excited and unsure.
- c) Happy and safe.

Correct answer: c

It is important that you feel happy and safe whenever you use new technology, and that includes AI. If you ever start to feel worried, unsure or upset, tell a trusted adult about it and ask if they can help.