

Top Tips

Top Tips for 7-11s



▲ Understand what AI is and how it can be used

Artificial intelligence technology is used by lots of people every day. AI suggests videos on streaming apps like Disney+ and Netflix, gives directions on map apps, can help translate different languages and can even create music and poems. Talk to your friends and family to see what they know about AI and where they have used it.

■ Consider how using AI can impact you and other people

Like a lot of other technology, AI can save us time and energy. You could use it to find the answer to a question, to check your spelling, or to create images or videos. Whilst AI can be a great tool, it's important that we think about when and how we are using AI, and don't use it in place of our own thinking and creativity, or to do things that may upset or worry other people.

● Remember that AI is technology and isn't perfect

Even though it might seem like it knows everything, AI can still get things wrong. If you are using AI to get information or help with something, it is important to think carefully about what it tells you and remember that it should never replace support from people you know and trust. If you are ever unsure about something AI has told you, check with other sources, this could include looking on websites you trust or talking to an adult.

★ Look out for signs that something might be AI generated

It can feel hard to tell if something has been created using AI or not. Some websites and apps will tell you that AI was used, but this doesn't always happen. There are some signs you can look out for including if it looks surprising or shocking, if it looks too perfect, or if there are details you know aren't true. If you see something you are not sure is created using AI or not, speak to an adult about the signs they look for and try to work it out together.

◆ Know where to get help

Although we know that AI can be used in a lot of great ways, remember there is always someone who can help if you are worried about something that has been created by AI or if you have concerns about the way you or someone you know is using AI. You can

Speak to trusted adults like your parents, grandparents, teachers, or club leaders about any concerns you have online.