



Safeguarding at Fulwood

Artificial Intelligence (AI)

A Parents/Carer Guide

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What is Artificial Intelligence (AI)?

Artificial Intelligence (AI) is the technology behind computer systems that can perform tasks that typically require human intelligence. These tasks include recognising speech, understanding language, making decisions, and solving problems.

You and your child already interact with AI every day—whether it's voice assistants like Siri and Alexa, recommendation systems on YouTube and Netflix, or AI-powered learning apps. Understanding AI can help families navigate the digital world with confidence and make the most of technology in a safe and responsible way.

Guide to AI Tools

AI is becoming more common in both education and entertainment. Below are some AI tools your child may encounter at school and at home:

Educational AI Tools

- **Scratch with AI Extensions** – A beginner-friendly programming platform where children can experiment with AI-powered features.
- **Duolingo** – Uses AI to personalise language learning experiences.
- **ChatGPT & Bard** – AI chatbots that assist with answering questions and providing learning support.
- **Google Lens** – Allows students to scan text and images for quick translations or search results.

Creative AI Tools

- **Canva** – Uses AI to help design posters, presentations, and graphics.
- **DALL-E & Deep Dream Generator** – AI tools that create images based on text descriptions.
- **AI Music Generators** – Platforms like Soundraw and AIVA help students compose music with AI.

AI in Everyday Apps

- **Google Assistant & Siri** – AI voice assistants that help with reminders, searches, and commands.
- **YouTube & Netflix** – AI recommends videos based on viewing habits.
- **Snapchat & TikTok** – Use AI for filters, content recommendations, and video enhancements.

Using AI in School

AI is playing an increasingly important role in education. Here's how AI is shaping learning in schools:

- **Personalised Learning:** AI-powered platforms can support some lessons adjustments for personalised learning.
- **Homework Assistance:** AI tools like ChatGPT and online tutoring systems provide explanations and feedback on assignments.
- **AI in Research:** Search engines and AI-driven databases help students quickly find relevant academic sources.
- **AI in Exams and Assessments:** Some schools use AI-powered systems to review student work.
- **Supporting Teachers:** AI helps teachers identify learning gaps and create tailored lesson plans.

While AI is a powerful learning tool, it should support—rather than replace—critical thinking and independent problem-solving.

Using AI as a Family

AI is now part of everyday life, and it's important to discuss its impact as a family. Here are some ways to make AI a positive force at home:

- **Talk About AI's Role:** Discuss how AI works and how it influences the content children see online.
- **Set Digital Boundaries:** Encourage a balanced approach to screen time and monitor AI-powered recommendations to prevent excessive use.
- **Explore AI Together:** Try out AI-powered educational tools and creative apps as a family to understand their benefits and limitations.
- **Teach AI Ethics:** Talk about bias in AI, misinformation, and responsible usage to help children develop critical thinking skills.
- **Encourage AI Creativity:** Support children in using AI tools for learning, coding, art, and music rather than just passive consumption.

Concerns for Parents to Watch Out For

While AI has many advantages, parents should be mindful of potential risks. Here are some concerns to be aware of:

- **Privacy Issues:** Many AI tools collect user data. Teach children to be cautious about sharing personal information and use trusted applications.

- **Misinformation & Bias:** AI-generated content is not always accurate or unbiased. Encourage children to fact-check information and question online sources.
- **Deepfakes & AI-Generated Content:** AI can create realistic but false images, videos, or audio recordings. Teach children to verify sources and be cautious about manipulated media.
- **Over-Reliance on AI:** While AI tools can assist with learning, children should not depend on them entirely for problem-solving or decision-making.
- **Online Safety:** AI-driven platforms may expose children to inappropriate content. Use parental controls and monitor online activity where necessary.
- **Manipulative Algorithms:** Social media and entertainment platforms use AI to maximise engagement, sometimes leading to excessive screen time. Help children manage their digital habits responsibly.

AI Keywords

Understanding these key AI terms can help parents and children navigate this evolving technology:

- **Algorithm** – A set of instructions that an AI follows to perform a task.
- **Machine Learning (ML)** – A type of AI where computers learn from data instead of being explicitly programmed.
- **Deep Learning** – A more advanced form of machine learning that mimics the human brain’s neural networks.
- **Bias in AI** – When an AI system unfairly favours certain groups or ideas due to biased data.
- **Chatbot** – A computer program that mimics human conversation.
- **Personalisation** – How AI tailors recommendations (e.g., YouTube suggesting videos based on past views).
- **Ethics in AI** – The study of right and wrong when developing and using AI technologies.
- **Automation** – Using AI to complete tasks without human intervention (e.g., self-driving cars, smart assistants).

Further Resources for Parents and Children

For more information about AI and how it affects young people, visit these websites:

- **Parent Zone** (www.parentzone.org.uk) – Guidance on digital parenting, including AI and online safety.
- **Internet Matters** (www.internetmatters.org) – Resources for parents and children to navigate AI, technology, and online safety.
- **BBC Bitesize AI Guide** (www.bbc.co.uk/bitesize) – Easy-to-understand explanations of AI and its role in education.

By learning about AI together, families can ensure that technology remains a beneficial and safe part of daily life. Understanding AI empowers both parents and children to use it wisely, creatively, and responsibly.