



Safeguarding at Fulwood

Artificial Intelligence (AI)

A Pupil Guide

We Care • We Challenge • We Commit

What is AI?

AI (Artificial Intelligence) is a type of technology that helps computers do things that usually need human thinking, like answering questions, recommending videos, or even creating pictures and music.

You probably use AI every day without realising. It is in:

- **Voice assistants** like Siri and Alexa
- **YouTube and Netflix** suggesting what to watch next
- **Snapchat and TikTok** creating filters and recommending content
- **Learning apps** like Duolingo and ChatGPT

AI can be useful, fun and interesting, but it is important to use it safely and wisely.

AI Tools You Might Use

AI is used in school, at home and in games. Here are some examples:

AI in School

- **Scratch with AI** – A fun way to learn coding with AI-powered features
- **Duolingo** – Helps you learn new languages by adapting to how well you are doing
- **ChatGPT and Bard** – Chatbots that answer questions and explain things
- **Google Lens** – Lets you scan text and pictures to find quick answers

AI for Creativity

- **Canva** – Helps design posters and presentations
- **DALL-E and Deep Dream Generator** – Create pictures from words using AI
- **AI Music Makers (like AIVA and Soundraw)** – Create music with AI

AI in Everyday Life

- **Siri and Google Assistant** – Answer questions and set reminders
- **YouTube and Netflix** – Suggest videos based on what you watch
- **Snapchat and TikTok** – Use AI for filters, effects and video recommendations

How AI Helps in School

AI is becoming a big part of learning. Here is how it is used in class:

- **Personalised Learning** – Some apps adjust lessons to match what you need help with
- **Homework Help** – AI chatbots can explain tricky questions
- **Research** – AI helps you find useful information quickly
- **Checking Work** – Some schools use AI to check assignments and give feedback
- **Helping Teachers** – AI can help teachers plan lessons and support students

However, AI should help you learn, not do the thinking for you. Always try to understand things yourself.

How to Use AI Safely

AI is powerful, but it is important to be careful. Here is how you can stay safe:

- **Do not share personal information** – Never tell AI your full name, school or address
- **Check if information is true** – AI sometimes makes mistakes. Always double-check facts
- **Be careful with AI-generated content** – AI can create fake images, videos or news. Think before sharing
- **Do not rely too much on AI** – AI can help, but you still need to use your own brain and skills
- **Think critically** – Just because an AI suggests something does not mean it is right or good for you

What Are Deepfakes?

A **deepfake** is a type of AI-generated content that makes it look like someone said or did something they never actually did. Deepfakes can be:

- **Fake videos** – AI can change someone's face and voice to make it look like they are saying something they never said.
- **Fake photos** – AI can create completely made-up images that look real.
- **Fake audio** – AI can copy someone's voice and make it say things they never actually said.

Deepfakes can be fun in filters and entertainment, but they can also be used to spread false information or trick people.

How to Spot a Deepfake

- Look for **strange facial expressions** or **blurry areas** around the face.
- Check if the **voice sounds unnatural** or **words do not match lip movements**.
- Search online to see if a **real version** of the video exists.
- If something seems shocking or too good to be true, **question it before believing or sharing it**.

If you ever see a deepfake that worries you, speak to a teacher, parent or trusted adult.

AI and Online Safety

AI is used in games, social media and apps. Here is how to stay safe:

- **Privacy** – Some AI apps collect data. Use privacy settings and only trust safe apps
- **Fake Content** – AI can create realistic but fake images or videos. Always check sources
- **Screen Time** – AI is designed to keep you watching and scrolling. Take breaks
- **Stranger Danger** – AI chatbots and games can connect you with others. Be careful who you talk to online

AI and Ethics: Thinking About Right and Wrong

AI is not perfect. Sometimes it can be unfair, make mistakes or spread false information. That is why it is important to:

- Question what AI tells you
- Think about whether AI is being fair
- Talk to an adult if something seems wrong

Fun Ways to Explore AI

If you want to learn more about AI, try these activities:

- **Create AI Art** – Try using DALL-E to turn words into pictures
- **Make Music** – Use an AI music generator to compose a song
- **Chat with AI** – See how ChatGPT responds to different questions
- **Code with AI** – Try coding simple AI projects with Scratch

AI is exciting, but the most important thing is to use it wisely and safely. If you ever feel unsure, talk to a parent, teacher or trusted adult.

Want to Learn More?

These websites have more information about AI and online safety:

- **Parent Zone** – www.parentzone.org.uk
- **Internet Matters** – www.internetmatters.org

- **BBC Bitesize AI Guide** – www.bbc.co.uk/bitesize

By learning about AI, you can use technology in a smart, safe and creative way.