

AI - Is AI developing intelligence or closing our minds?

ONLINE SAFETY @ HARRIS.

February 2025

Issue 3

“The percentage of 13- to 18-year-olds who said they had used generative AI increased from 2 in 5 (37.1%) in 2023 to 3 in 4 (77.1%) in 2024. Literacy Trust - 2024”

WHAT IS AI & HOW ARE CHILDREN USING IT?

Artificial intelligence, like any digital tool, can be incredibly supportive, time-saving and life changing, but used in the wrong way it can be destructive. AI ranges from the common Chat GPT, helping young people form question responses, to APP's that are able to change voice recognition and images. Image generators are one of the fastest growing app downloads amongst young people which allow them to design from scratch or use existing images in alternative or inappropriate ways. The term “deepfake” is used when an image of a real person looks so realistic it has to be verified by additional technology that it has been generated.

As of February 2025, Britain is one of the first countries to release new laws and guidance for AI that is used in sexual abuse or grooming cases.



Research Says

Over 35% of teens have said they have been misled by AI generated content online. This may have been videos, voice notes, images or data. Teens often say they understand to question sources like newspapers and stories on the television, but often miss the most used platforms and material sent from friends. This has created a distrust in technology with the next generation, but also a blind walk into the deep web, where distinguishing between real people and fake is challenging. Some have even said this has transferred into their relationships in real life too due to the amount of time they spend online and the anxiety this has given them.

https://www.common sense media.org/sites/default/files/research/report/teens-trust-and-technology-in-the-age-of-ai_v2_web.pdf (February 2025)

<https://www.gov.uk/government/consultations/ai-regulation-a-pro-innovation-approach-policy-proposals/outcome/a-pro-innovation-approach-to-ai-regulation-government-response>



IN THE MEDIA...



Raising AI: An Essential Guide to Parenting Our Future



The Social Dilemma (2020)

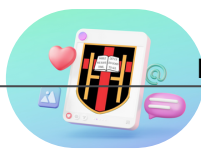


The Teens in AI Podcast

AI RELATIONSHIPS - A GROWING TREND

<https://www.aiplusinfo.com/blog/navigating-ai-relationships-teen-perspectives/>

With the fast growing trend of forming relationships online, AI chat has made way for young people to form relationships with AI chatbots who they feel are their real boyfriends/girlfriends. These virtual companions are accessed through apps and platforms, and their goal is simple: to simulate human conversation and connection. Teens, especially those navigating social anxiety or challenges with forming face-to-face relationships, are increasingly turning to AI to meet their emotional and social needs.



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Top AI Generators to look out for...



AI YouCam Generator

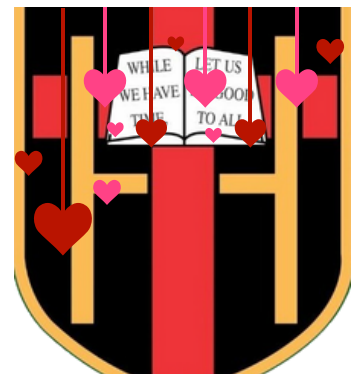


AI ChatBot AI Generator GP Talk

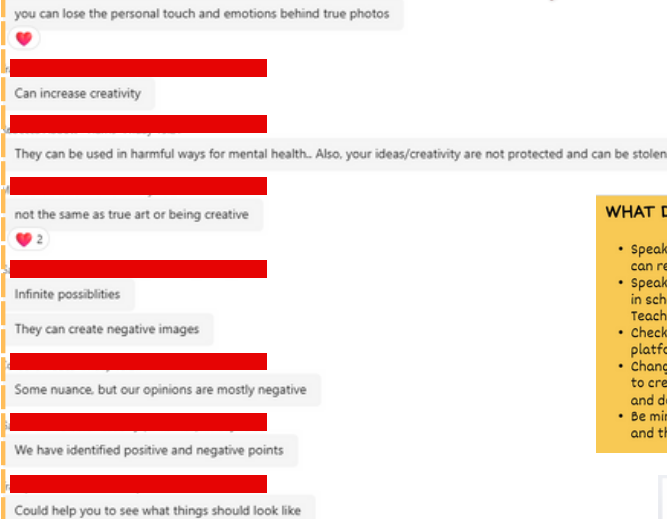


Character AI

Internet Safety Week @ Harris (10th-14th February)



Live Online Assemblies... The challenges of AI.



1. What are Chatbots?
www.youtube.com/watch?v=gmuHEvvpYoU
2. How do AI image generators work?
www.youtube.com/watch?v=1P-7Mi4JnOg

WHAT DO I DO IF I THINK I AM A VICTIM?

- Speak to your parent or carer who can report this to the police.
- Speak to a trusted member of staff in school (Tutor, Head of Year, Teacher or Safeguarding Lead).
- Check your privacy settings on all platforms and your device.
- Change and update your passwords to create more complicated options and don't share with others.
- Be mindful of the content you share and the people you talk to online.

PSHE -

Y7 - Staying Safe Online

Y8 - Interpreting Information Online

Y9 - Protecting your Personal Data

Y10 - Misinformation and Extremism

Y11 - Understanding Online Misinformation

Computing



Online safety

screen time, how much is too much

Personally, I think that screen time should be a maximum of 1/2 an hour at a time if you are constantly on screens but if you are on it for one time a day to relax, maybe 2-3 hours. That is what I do. I am on my phone for a little bit at school but when I come home and have done all the things that need to be done I call my friends for about 2-3 (sometimes 4 on the weekend) and just relax by talking to them and having us time by doing what we want. It's a really good way to just communicate without other people around you but sometimes people take it the wrong way and spend too much time online and it causes them to lose interest if spending time with important people in their life and fall into the void of screens.



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