



Safeguarding Newsletter for Parents

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This newsletter provides useful ideas and ways to keep your children safe when they are online.

As a parent or carer you play a key role in helping your child to stay safe online. You don't need to be an expert on the internet to help keep your child stay safe online. The following advice and resources are there to support you as you support your child to use the internet safely, responsibly and positively.

This issue focuses on Artificial Intelligence (AI)

What is AI?

AI is when a computer/machine can learn and perform tasks like a human.

Its popularity continues to increase, and examples include:

- Virtual assistants like Alexa and Siri.
- Chatbots such as ChatGPT and My AI from Snapchat

Potential Risks of AI?

Chat apps - A simple search of "AI Chat" within the App store highlights the number of apps already available and just scrolling through, you can see that they are not suitable for children with many rated as 17+.

Image manipulation - there are AI tools that can be used to digitally remove clothes from photos, which clearly raises serious safeguarding and privacy concerns.

Deepfakes - there are also AI tools that create realistic, fake videos which can be used to spread misinformation or cause harm.

Child Rescue Coalition discuss the dangers in more detail here:

<https://childrescuecoalition.org/educations/the-dark-side-of-ai-risks-to-children/>

How can I protect my child?

As always, to keep your child safe online, it is important to:

Develop your child's digital literacy by highlighting the risks of AI and showing them how important it is to verify what they see online.

Set up appropriate parental controls on their devices.

Chat to your child regularly and ensure your child knows that they should talk to you or another trusted adult if anything concerns them.

Further information

For further information, the NSPCC and Internet Matters provide useful guides on their websites:

- <https://www.nspcc.org.uk/about-us/news-opinion/2025/artificial-intelligence-safety-tips-for-parents>
- <https://www.internetmatters.org/resources/parent-guide-to-artificial-intelligence-ai-too>