Information Sheet for Parents: AI and Safe, Appropriate Use

What is Artificial Intelligence (AI)?

AI stands for “Artificial Intelligence.” In simple terms, it refers to computer systems that can do tasks which normally require human intelligence, such as understanding language, recognising images, or solving problems.

Common examples include virtual assistants (like Siri or Alexa), chatbots, and recommendation systems (like those on YouTube or Netflix).

Benefits of AI for Children

- ✔ Supports learning by providing personalised help and resources.
- ✔ Encourages creativity through interactive tools (e.g. drawing apps, coding games).
- ✔ Offers accessibility features for children with additional needs.

Risks of AI for Children

- x Exposure to inappropriate or misleading content.
- x Privacy and data protection concerns—personal data may be collected.
- x Over-reliance on technology or reduced critical thinking skills.
- x Potential for misuse, such as plagiarism or cheating.

Guidelines for Safe and Appropriate Use (At School and Home)

1. Only use school-approved AI tools and apps.
2. Ensure children understand which information should remain private (e.g., never share full names, addresses, or passwords).
3. Supervise children when using AI-powered platforms, especially when interacting with chatbots or online content.
4. Discuss with children the purpose and limitations of AI—remind them that AI is not always accurate.

Privacy and Data Protection Tips

- ✔ Check privacy settings on any AI tool or app before use.
- ✔ Teach children not to share personal information online.
- ✔ Regularly review the apps and websites children use.
- ✔ Use strong, unique passwords and enable parental controls where available.

Signs of Misuse & How to Talk to Your Child

- ➢ Sudden changes in behaviour (e.g., secrecy, anxiety about devices).
- ➢ Use of AI to complete homework or assignments dishonestly.
- ➢ Receiving inappropriate recommendations or messages.

How to talk:

Stay calm and ask open-ended questions. Explain why some uses of AI are unsafe or unfair. Encourage your child to speak up if something feels wrong or uncomfortable.

Recommended Age-Appropriate Tools and Settings

- ➢ Use AI-powered tools designed for children, with robust safety features (e.g., YouTube Kids, educational chatbots).
- ➢ Set up parental controls on devices and apps.
- ➢ Follow age ratings and school guidance for digital resources.

Resources and Further Reading

https://www.nspcc.org.uk/keeping-children-safe/online-safety/

https://saferinternet.org.uk/blog/artificial-intelligence-explained

School's Online Safety Policy (see website)

School Policies and Contact Information

Christian Fellowship School follows national guidance on online safety and regularly reviews its policies relating to technology and AI use. For questions, concerns, or to request more information, please contact the school office

Next Steps for Parents/Carers

- ➢ Talk to your child about how they use technology and AI at home and in school.
- ➢ Review privacy settings and controls on devices together.
- ➢ Stay informed by reading the resources above.
- ➢ Reach out to the school if you have concerns or need advice.