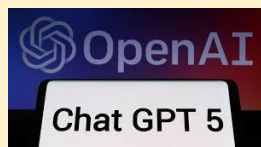




Online Safety for Schools



Best Advice to Keep Children Safe Around AI

1. Supervise Use & Stay Involved

- Know what platforms your child is using and why.
- Keep usage in shared spaces (e.g., living room) rather than bedrooms.
- Encourage open communication — children should feel safe reporting uncomfortable interactions.

2. Use Age-Appropriate Platforms Only

- Many AI companion tools are **18+** for good reason.
- Younger users should stick to AI tools designed for education, not emotional companionship.
- Check age ratings & terms of service.

3. Explain AI Limitations in Simple Terms

Children must understand that:

- AI is **not a friend**.
- It does **not truly understand emotions**.
- It can give **unsafe or incorrect advice**.
- It can act unpredictably.

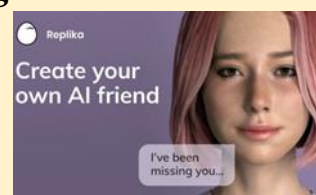


Position AI as a tool — not a therapist, mentor, or romantic partner.

4. Build Critical Thinking

Teach children to question what AI tells them:

- “Is this safe?”
- “Does this align with what trusted adults would say?”
- “Could this harm me or someone else?”



Reassure them that talking to a trusted adult is always the safest step.



5. Monitor for Behavioural Changes

Warning signs AI use may be becoming harmful:

- Increasing secrecy about online activity
- Emotional attachment to an AI chatbot
- Withdrawal from friends/family
- Loss of interest in offline activities
- Requests to be online late at night



If changes are seen → engage in conversation and reset boundaries.

6. Limit Time Online

- Set healthy boundaries (time of day, time spent).
- Encourage a balanced routine: sleep, physical activity, social time, homework.

Overuse increases risk of emotional dependency.

7. Use Safety Settings & Filters

- Enable content moderation & parental controls when available.
- Block unknown or 18+ platforms.
- Use child-safe devices/accounts.

Schools should implement:

- Network filtering
- Device management
- Safety training



8. Teach Personal Information Safety

Children should never share:

- Full name
- Address
- School name
- Photos
- Private family details

AI platforms may store data, so children must minimise what they reveal.



9. Set Clear Boundaries on Conversations

Children should be taught to stop interacting if AI:

- Talks about sex
- Asks personal questions
- Encourages harmful behaviour
- Tries to maintain secrecy
- Gives mental-health advice

They must report these incidents immediately.

10. Prioritise Real Human Support

AI is not equipped to handle:

- Mental health struggles
- Self-harm risks
- Abuse disclosures

Teach children: “If you have a problem or worry, talk to a trusted adult first — not AI.”

If a child expresses emotional distress → contact a counsellor, GP, or emergency services if necessary.

Messaging for Children

You can share this simple message:

AI is not your friend — it’s a computer program.

If it says something weird, scary, or personal, stop talking to it and tell an adult.

Key Message for Parents & Schools

The greatest safety tool is adult engagement.

Conversation + Involvement + Supervision = Safer Use.

Children are most unsafe when they:

- Use AI unsupervised
- Seek emotional support from chatbots
- Keep their online activity secret



Suggested School Actions

- Integrate online safety into curriculum
- Regularly review student digital behaviour
- Provide parent training/workshops
- Build reporting pathways
- Ensure filtering/monitoring systems are in place
- Include AI safety in safeguarding policy

Suggested Parent Actions

- Ask your child what AI tools they use & why
- Use them together to model safe behaviour
- Keep devices out of bedrooms after bedtime
- Set tech-free time daily

QR CODE FOR DETAILS CURRENT ONLINE SAFETY WORKSHOPS



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