Be AI Aware on Safer Internet Day

For Teenagers

✸ Top Tips for Using AI Responsibly ▼

Trust a Human, Not a Chatbot

While AI chatbots can mimic human behaviour well, they don't understand your emotions or experiences. If you have a problem, their advice will be limited by their training data. This means that AI can get things wrong. It's better to talk to a trusted adult about anything that concerns you.

Know Your Deepfakes

Remember, not everything you read or see online is real. AI deepfakes can be created using images, videos or voice recordings that have been shared online, so be careful what you share online and be critical about what you see online.

Stop, Think, Check

Double-check AI-generated information. Whether it's world news or getting help with an assignment, make sure you check it against other reputable sources. Some AI tools have fact-checkers you can use.

Avoid Sharing Your Personal Data

Your personal data belongs to you. Be careful when sharing things like your name, photos or any personal information with AI. Your data may be used by AI companies in ways you might not expect or want. Check your settings regularly to make sure you understand – and are happy with – how your data will be used and shared.

Report Harmful and Illegal Content!

Harmful and illegal content is never acceptable – even when the content is generated by AI. If you ever see anything online that is harmful or illegal, report it to the platform where you see it. You should also talk to a trusted adult about anything that concerns you.