

Safer Use of AI

Tips for using AI and Chat GPT safely and responsibly

Promote critical thinking

Explain that AI tools can be used to help them research and learn but they shouldn't accept any responses they receive as the truth. Encourage them to question, verify and think critically.

Encourage human interaction

Students should not just rely on AI tools for research and learning. They still need to know how to use other online resources but most importantly, they need to talk to others: friends, family, teachers. This is an invaluable aspect of learning that will help them in life too.

Check the rules

Exam boards have updated their rules to include a section on the use of AI tools in assignments and coursework. Any use of AI tools needs to be acknowledged appropriately. Any misuse of AI tools in work will be considered malpractice.

Online Safety
Newsletter

Spring 2023

Artificial Intelligence (AI) and Chat GPT

AI solutions are becoming increasingly popular. Recently, Chat GPT was released as an AI solution that was intended to mimic human conversation. However, it has been used for a lot more purposes, including writing and debugging programs, composing music, writing business pitches, summarising text, among many others.



What are the risks?

Inaccuracy

AI tools build their responses from sources online which might not always be accurate. Answers could contain errors or inaccuracies.

Reinforcing bias

AI tools build their responses from sources online which could be biased. This could potentially reinforce some stereotypes around gender, race and disability.

Lack of accountability

Ultimately AI tools are machines so can't take responsibility for the responses they generate. This could include responses that use someone's work without crediting them.

Stifling creativity

If children rely on AI tools for everything, this will affect their ability to solve problems independently.

Ofcom's Media Use and Attitudes Report 2023

Statistics and trends related to online safety

Popular platforms for under 18s

YouTube: 88%

WhatsApp: 55%

TikTok: 53%

Instagram: 41%

Ages of online gamers

3-4 year olds: 18%

5-7 year olds: 34%

8-11 year olds: 67%

12-15 year olds: 76%

16-17 year olds: 72%

Access to internet at home

97% of children had access to internet at home

89% of children played games

25% of children played games with strangers

22% of children talked to strangers online

Interesting stats

70% of 12-17 year olds were confident they could spot a fake profile but 23% were unable to do so when tested

£38 was the average monthly spend on video games

Telegram

Telegram has been growing in popularity recently as a messaging app. While it can deliver messages faster than any other application, including WhatsApp, there are some concerns regarding how safe it is for use by children.



Telegram

Secret chats

Secret chats allow messages to be deleted after a specific period of time. This can make it impossible for someone to prove that someone has been abusive or inappropriate towards them.

Contact with strangers

Telegram offers channel and group function which allows users to join groups based on interests or location. These support chat options as well as video and voice calls.

Possible cyberbullying

Groups on Telegram are managed by admins who can remove the option to post replies. This could lead to a cyberbullying victim not able to respond to a message targeting them.

Unmoderated content

Telegram mainly relies on users' self-moderation, meaning users are expected to report any illegal or inappropriate content. This has led to the spread of such content in the app in the past which had led to its temporary removal from app stores in the UK.

Advice for parents and carers

If your child wants to use Telegram, make sure they use the privacy settings to restrict who can see their phone number, profile photo and when they were last seen online.

Users can block accounts that send them unsafe or upsetting content, although Telegram itself will not necessarily take any further action.

How to avoid the effects of echo chambers

Advice to parents and carers

Talk about challenges

Explain how it is OK for someone to challenge what they believe and that criticism of their opinion is not of them

Discuss unhealthy feeds

Explain how social media algorithms work by showing them more content they have engaged with before to keep them coming back to the platform

Vary their digital diet

Have a read through online news stories with your child and compare how the same story is reported on different publications to show the importance of checking a wide range of sources for information

Encourage debate

Debate requires people to assess the merits of an opposing argument to be able to counter it

British values

Discuss the core principles of democracy, tolerance and kindness towards others, the rule of law and individual liberties and try to tie them to what they experience online to help them be more resilient and robust

IWF Report Remove Tool

The Internet Watch Foundation provides a tool that enables any young person under 18 to report a nude image or video of themselves that has appeared online. The IWF will then review this content and work to have it removed if it breaks the law.

As part of Report Remove, a young person has to verify their age and ChildLine also ensures that all young people are safeguarded and supported throughout the whole process.

The tool can be found on the ChildLine website using the link below:

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/report-remove/>

Digital Echo Chambers

An echo chamber is an environment where a person only comes across ideas and opinions that are similar to their own. The way social media algorithms work to show specific content to different users has helped digital echo chambers become increasingly prevalent over the last 5 years.

The danger of this is that it exposes users to a constant bias of opinions that reinforce their own, which can gradually push someone into taking more extreme views. Young people are also more impressionable and can be more easily influenced by things they see and read online, particularly when it's something they already agree with.

WhatsApp Chat Lock Feature

WhatsApp have launched a new feature that enables users to lock individual chats removing them from the inbox and placing them in their own folder which is protected from access using the device's password or biometrics. This also stops any notifications from these chats popping up on the device's home screen.

To access these chats, you need to slowly pull down on the inbox and then enter the device password or biometric data.