



Parent Safeguarding Newsletter

Spring One 2026

The Age of Artificial Intelligence

Fact:

AI isn't coming - it's already in classrooms, playgrounds, in students' pockets. AI can enhance learning, reduce teacher workloads and support digital literacy...
...but it can also influence pupil behaviour, mental health and lead to online risks.

Facts:

- 50% of 8-17 year-olds say they use AI
- 35% of children who use them say talking to an AI chatbot is like talking to a friend
- 17% of teenagers would trust an AI-generated news article more than one written by a human
- 53% of teenage children say they've used some form of online mental health support in the past year, with 25% using AI chatbots
- 71% of vulnerable children are using AI chatbots

AI Safeguarding risks fall into 3 categories

DeepFakes/manipulated content which is the following:

Exposure to fake news, images, or videos that normalise harmful beliefs.

*Use of manipulated images for bullying, harassment, or sexual humiliation
Increased fear, shame, and anxiety from threats to share fake content.*

AI Chatbots & Simulated Relationships which is the following:

Over-reliance on AI for emotional support or advice

Reinforcement of negative beliefs about self, others, or society

Reduced help-seeking from trusted adults Confusion about boundaries, consent, and appropriate relationships

Algorithmic Influence, Misinformation & Belief Shaping which is:

Repeated exposure to misogynistic, extremist, or grievance-based content

Development of distorted worldviews and hostile attitudes

Increased anxiety, anger, or identity confusion

Reduced resilience to challenge alternative perspectives

The 3 Critical Pillars to AI Safeguarding:

Protect: Keeping students safe in their online environment.

Detect: Spotting the most vulnerable through their use of AI tools.

Empower: Equipping students and staff to thrive in the age of AI.

At St Edward's we educate our children about online safety and how to use the internet responsibly. AI can seem quite scary in a world where children are exposed to so much content online. However, if we continue to work with our school community, we can ensure that our children stay safe whilst using technology and use it for the right reasons which can be hugely beneficial. Click on the link below for more information for parents/carers on the use of AI.

<https://www.nspcc.org.uk/about-us/news-opinion/2025/artificial-intelligence-safety-tips-for-parents/>

10 Top Tips for Parents and Educators

SUPPORTING SAFE USE OF AI

Artificial Intelligence (AI) is increasingly woven into young people's digital lives. It can offer some educational benefits and day-to-day assistance. However, it also raises concerns about misinformation, privacy, fairness, and safety. This guide provides parents and educators with practical strategies to support young people to navigate AI tools responsibly, and to use them safely and with discretion.

1. DEMYSTIFY WHAT AI REALLY IS

Children encounter AI in many online places, including games, streaming platforms, and school tools. Explain that AI uses patterns from past data to make new things, but it doesn't think or feel like humans. Use age-appropriate examples, like how recommendations on YouTube or Netflix work, to build understanding and prevent scary myths about AI taking all-knowing jobs.

2. TALK ABOUT RISKS OF MISINFORMATION

AI can create convincing fake information, including deepfakes, fake photos, and fake facts. Encourage children to think critically about what they see and hear. Teach them to double-check information using reliable sources, check for biases and value conflicts, and to ask an adult if something doesn't seem right.

3. DISCUSS DATA AND PRIVACY

Explain that AI systems learn by collecting lots of data, sometimes including personal information they young people do not intend to share. Teach them to only provide personal information when necessary, understand terms like 'reading eye' permissions, and to review what a company's privacy policies say about how data is used.

4. ENCOURAGE CREATIVE USE OF AI

Support children when using AI tools to explore ideas, create art, or build projects. This builds confidence, imagination, and independent thinking. When children use AI creatively, rather than just passively accepting it, they are more likely to stay engaged and make thoughtful choices.

5. USE AGE-APPROPRIATE AI TOOLS

Not all AI platforms are suitable for children. Choose tools designed for education, accessibility, and safety. Review terms of use and privacy settings, and make sure you choose age-appropriate tools. For example, some chatbots have safety conversations but should only be used with guidance and supervision in place.

6. USE AI TOGETHER

Exploring AI tools together can help adults learn more about how they work and spot potential issues. Try co-writing a story with an AI writing assistant or experimenting with an AI art tool. This encourages curiosity, helps you stay informed about the latest AI tools, and shows your children safe and responsible ways to explore AI.

7. SET BOUNDARIES FOR AI USE

Establish when, where, and how AI tools can be used. Just as you would with any digital technology, set limits on how long your child can use AI tools to complete homework or assignments. Establish rules about when and where AI tools can be used, and consider boundaries for sharing content you create.

8. WATCH FOR OVERRELIANCE

While AI tools like translation apps, math helpers, and writing assistants can be useful, they can also encourage children to rely on AI to support their thinking and research. Encourage effort and persistence. Celebrate when your child finds a solution on their own, and remind them that relying too heavily on AI can limit their understanding.

9. TEACH DIGITAL ETHICS AND LITERACY

Help children understand AI tools as software, not magic. Discuss digital citizenship, including digital identity, digital safety, and digital security. Encourage children to think critically about what they see online, and to understand that not all online content is true. Encourage them to think about how AI tools are used in the real world, and to consider the impact of AI on society.

10. STAY CURIOUS AND INVOLVED

Stay curious about AI and staying informed helps you support your child's safe use. Follow the news, ask questions, and keep the conversation going. If you're unsure, ask a trusted adult or teacher for help. Encourage your child to share what they learn about AI with you.