



# 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 many educational benefits and play-for-story educational resources, it can raise concerns about privacy, safety, and equity. This guide provides parents and educators with practical strategies to support young people in navigating AI tools responsibly, safely, and ethically.

## 1. DEMYSTIFY WHAT AI REALLY IS

Help your children to understand what AI means and what it does, including generative, learning, platforms, and others. Explain that AI does particular things just like humans do, but it doesn't think or feel like humans. Use age-appropriate examples. Encourage and allow children to think about how AI can be used positively and responsibly. Encourage your children to ask questions about AI and keep learning as often as possible.



## 2. TALK ABOUT RISKS OF MISINFORMATION

AI can identify convincing fake information, including fake news, fake reviews, fake advertisements, and fake images. Encourage children to be critical consumers of AI-generated information and news. Encourage them to think critically about the information they receive, including who created it, what it means, and what it is trying to communicate.

## 3. DISCUSS DATA AND PRIVACY

Explain that AI is used everywhere, by analyzing lots of data, including your own. Encourage children to think about how they can protect their privacy by being careful with the information they share online. Encourage them to consider how AI might be used to track them or identify them.

## 4. ENCOURAGE CREATIVE USE OF AI

Support children when using AI tools to express ideas, create art, or build projects. This might involve using AI to generate ideas, find information, or complete tasks in new ways. Encourage them to experiment with different AI tools to find the ones that work best for their unique needs and interests.

## 5. USE AGE-APPROPRIATE AI TOOLS

Not all AI platforms are suitable for children. Choose tools designed for education or consider using educational tools that have been designed for children. Encourage your children to use age-appropriate tools. For example, some educational AI tools, such as Duolingo, have specific guidelines and requirements for children.

## ALL THE ANSWERS

$$12+12 = 1212$$



## 6. USE AI TOGETHER

Explaining AI tools together can help children understand how they work and spot potential issues. Encourage children to ask questions as you explain how different AI tools work. This encourages curiosity, helps them stay informed, and builds trust. Encourage your children to ask questions and share their thoughts during joint learning.

## 7. SET BOUNDARIES FOR AI USE

Establish rules, routines, and boundaries for AI use that fit your family's unique needs. For example, you might decide that it's OK to use AI tools for homework, but not for entertainment, or to avoid an experimental use of AI that could affect your family's privacy or safety.

## 8. WATCH FOR OVERSOLIANCE

Some AI tools can be used to support learning, but others can be used to distract, manipulate, or harm. Encourage children to think critically about the information they receive and how reliable it is. Encourage them to ask questions and consider the source of the information.

## 9. TEACH DIGITAL ETHICS AND LITERACY

Help children recognize when they are being manipulated or tricked. Encourage them to use AI to support their learning and respect others. Digital ethics and literacy are key skills for success. Encourage them to think about how they can use AI tools to support their learning and development.

## 10. STAY CURIOUS AND INVOLVED

Stay involved in your child's learning and encourage your support and guidance as you learn. Follow school resources that explain how AI is being used in your child's classroom. Encourage your child to ask questions and share their thoughts about the ways AI is being used in their classroom and how it can be used to support learning and development.