

STAY SAFE WITH AI

10 Golden Rules for Young People

NEVER share personal information

Name, address, school, phone number, photos; keep them PRIVATE. AI chatbots store conversations.

THINK before you trust

AI can sound confident but be completely wrong. Always check important facts with trusted sources.

CHECK with REAL

Read carefully, Evaluate the source, Ask for evidence, Look for other sources.

STOP and tell an adult

If something AI shows you is scary, confusing, inappropriate, or asks you to do something unsafe, TELL someone.

DON'T trust every image or video

Deepfakes look real but are AI-generated. Check: odd hands, blurry edges, strange blinking, robotic voice.

PROTECT your passwords

Never share passwords with AI chatbots or anyone online. Use strong, unique passwords for every account.

SET time limits

AI apps are designed to keep you engaged. Agree on daily screen time limits with your family.

BE KIND online

Never use AI to bully, create fake content of others, or spread misinformation. Treat others as you'd want to be treated.

DO YOUR OWN WORK

Using AI to cheat on homework means YOU don't learn. Use AI as a helper, not a replacement for thinking.

TALK about AI

Discuss AI with your family, friends, and teachers. Share what you learn and ask questions!

Need Help? Contact:

CEOP (online exploitation): ceop.police.uk | **Childline**: 0800 1111 | **IWF** (harmful content): iwf.org.uk

Talk to a parent, teacher, or trusted adult; they're here to help!

AI Educational Toolkit • learnai.sbs