

Generative AI

Giving parents and carers everything they need to know about online issues, including insights and experiences direct from young people.

What is generative AI?

AI systems are designed to complete tasks and solve problems that in the past would have needed human thinking. Generative AI (genAI) allows us to ask AI to create things for us, such as photos, music, emails, and recipes. GenAI is able to work with and process vast amounts of information to complete the task it is set. GenAI can be found on many different platforms, apps and websites.



Where are young people using genAI for?

- Asking questions
- Studying and revision
- Getting advice
- Planning
- Coding
- Being creative through art or music
- For ideas and inspiration
- Drafting messages and emails
- Analysing data



One of our youth board members loves to use GenAI to answer random questions that pop into their head

What do young people like about genAI?

- Easy to use
- Can be accessed on many platforms
- Explains and breaks down complex information
- Offers them a different way to learn
- Can create a range of things
- Gives freedom to ask questions without judgement from another person

What are young people's concerns about genAI?

- How much they can trust the information it provides
- It can be used to create scams, deepfakes or nude images
- Being falsely accused of using genAI in their school work
- Concern about bias in some information that genAI provides
- Using genAI might limit their own skills and creativity
- Other young people using it to write their homework or essays and taking the credit
- Replacing human connections and interactions

What strategies do young people use to keep themselves safe when using genAI?

Lots of young people we speak to are aware of some of the challenges of using genAI and are already finding ways to keep themselves safe. For example:

- Fact checking information they received from genAI using other sources
- Being aware that content they see online may be created by genAI and how this could impact what they see
- Using clues like unusual language in text, and strange shadows or glitches in pictures and videos
- Actively looking at other people's opinions in the comments to see if it is reliable
- Not clicking on any links in messages they suspect to be sent by genAI
- Looking for genAI labels on content they view

Key term explainer: Deepfakes



A deepfake uses genAI to create images or videos that show something that never happened. For example, a real person saying something that they never said, often very realistically. These can be created to bully and harass people and can include pornographic images. Celebrities are often the victims of deepfake images and videos.



How can you help?

Talk

- Talk to your child about genAI. Ask if they are using it or would like to. Discuss how they may be using it and the positives of using AI but also make them aware of how they can use it safely
- Talk about the difference between talking with GenAI and people. Remind your child that genAI cannot experience emotions, empathise or understand the nuances of a situation, so there's always a place for talking to a person, whether that is a trusted adult or a medical professional
- Remind your child that genAI tools may collect data they enter, so they should think carefully about what they are sharing with it

Research

- Research the age rating for genAI platforms your child wishes to use
- Be aware of any policies your child's school has for genAI and support your child to follow them
- Be aware that genAI technology is developing rapidly and work together to help keep your child up to date with signs that something has been created using genAI

Support

- Remind your child that genAI can be a useful tool to help inspire them or to start a task, but they should also use their own ideas in anything they create
- Young people tell us they may turn to genAI to learn about a topic without judgement, so do remind your child that they can always reach out to you or other trusted adults for support
- Help your child understand that not all the content they see online will be true and how they can check information they see using different sources
- Help your child to report any content that worries or upsets them



"I have experienced many teen girls crying because boyfriends dumped them with AI. At 17/18, young love is important, and it's not right to get dumped in that way. I have really pushed up some of my emails using AI, for emailing CEOs but I would never dump a partner. Social interactions need to be protected." Anna, 17

Talking about GenAI with your family

Top tip - Try to keep the conversation positive but if something concerning does come up please visit our [help page for parents and carers](#).

Explore

Have you heard of generative AI or genAI?
What do you think genAI does?
What do people use genAI for?
Would you like to use genAI?
Have you ever used genAI? If so, which ones?

Discuss

How do you think genAI works?
What do you think about genAI?
Do you trust genAI?
How could we test how trustworthy genAI is?

Examine

What would you use genAI for?
Is there anything you would not use genAI for? Why?
What are people better than genAI at?

