

In this issue:

- What are AI tools?
- 6 Tips
- Nudify Apps

The Achieve and Learn Trust believes that nothing is more important than safeguarding the young people in our schools.

This week we have a focus on AI in time for Internet Safety Day on Tuesday 10th February

What are AI tools and AI generated content?

AI generated content

This is where an image, video or voice recording has been created using an online generator. These can be completely artificial, meaning none of the content is real, or they can be altered versions of existing real content.

AI content generators

These are the tools used to create AI generated content by entering a series of commands to generate new content or edit an existing image or video.

AI chat bots

These are chat functions where you are speaking with a bot rather than a real person. They will often only respond to short messages and will usually introduce themselves as a bot. However, the bots can often be given human names.



AI summaries

This is where a platform gathers and summarises information, usually found at the top of a page or search engine result. The AI will often take information from across a range of sources and list the sources within the summary.



6 top tips: how to support your children to use AI safely

1) Talk about where AI is being used

A good place to start is by having open conversations with your child about where they are seeing AI tools and content online. This is an opportunity to talk about the risks and benefits they are experiencing.

2) Remind young people not everything is real

You can remind them that not everything online is real and much of what we see may have been edited. AI is continually evolving but there can be common indicators to show something is AI generated but remember it is not always obvious. Some of these indicators can be an overall 'perfect' appearance, body parts or movements appearing differently or not looking 'true to life'.

3) Discuss misuse of generative AI

It's important to address the misuse of generative AI to create harmful content in an age-appropriate way. Make sure that your child knows it's not OK for anyone to create content to harm other people. If they ever experience this or are worried about someone doing it, then they can report that. If you are concerned about how someone is behaving towards a child online this can be reported to law enforcement agency [CEOP](#). If a sexual image or video has been created, this can be reported via [Report Remove](#).



4) Remind them to check sources

AI summaries and chatbots can be helpful tools to get quick answers to a question but it's important to know it's coming from a reliable source. Sources should be listed and will often have links so they can be checked. If the source is not listed or is not a reliable source, it's good to encourage them to check a trusted site for themselves.



5) Signpost to safe sources of health and wellbeing advice

We know young people will use the internet to get advice and answers to questions which could mean they come across advice from an AI bot or summary. It's important they access safe information from reliable sources, so it can be helpful to make sure they know of child-friendly safe sites such as [Childline](#).

6) Make sure they know where to go for help

Ensure your child knows they can talk to you or another safe adult like a teacher if anything worries them online or offline. They can also contact Childline 24/7 on 0800 11 11 or via email or online chat, there are lots of ways they can [get support](#).

What are Nudification Apps?

The invention of 'Nudify' platforms is affecting young people all over the world. Children (usually young girls) are discovering fake nude images of themselves being shared around their schools and communities. Typically, these images are created by their peers using 'Nudify' apps. This process is non-consensual and damaging.

How can Nudify apps affect my child(ren)?

There have been some cases of 'Nudify' apps being used in schools. In most of these cases, a boy (or a few boys) take clothed, normal photos of their girl classmates from social media, put them into a 'Nudify' app, and, for a small fee, a fake nude photo is generated.



Then, these photos are shared with their fellow classmates via social media platforms. This, of course, affects the victims on many levels: emotionally, psychologically and socially. The victims now have to live with the fact that there are nude images of them in the world, possibly forever. They've also likely lost trust in their peers and are dealing with feelings like shame and anger. For the young people who have created these photos, they can face consequences ranging from suspension to time in custody. Creating these images is illegal.

5 THINGS WE NEED TO TALK ABOUT AT HOME...
because being part of our children's online lives helps to keep them safe and happy.

- 1. KEEP IT PRIVATE**
 - Don't share personal information like your email address or date of birth.
 - Turn ON privacy settings to protect your stuff.
 - Don't add people you don't know.
 - Turn OFF location sharing.
 - If you wouldn't share with a stranger on the street, don't share it publicly online.
- 2. KEEP IT POSITIVE**
 - Think about how much information you are sharing online.
 - A comment that you leave on someone's page or what you post when out with friends, may not give the best impression of you.
- 3. KEEP IT REAL**
 - If you wouldn't say it to someone's face, don't say it online.
 - Be the same person online as you would be in real life.
 - Beware fake profiles. Other people may not be who they say they are.
- 4. KEEP IT HEALTHY**
 - Find a healthy balance with screen time. The Internet is designed to be addictive.
 - Avoid gaming or any screen time for at least an hour before bedtime.
 - The number of 'likes' you get does not define you as a person.
- 5. KEEP TALKING TO ME**
 - You can always talk to me if you are worried or uncomfortable about anything online.
 - Tell me about what you like online, and what you don't like.
 - Sometimes you won't know the best thing to do. Don't simply react - talk it over first with an adult you trust.

www.cybersafeireland.org

35% of children have never or rarely spoken to a parent about online safety.

How Should I talk to my child(ren) about "nudify" apps?

This is an important conversation. It's also a tough one to have.

Make sure your child is feeling safe and comfortable before you start to talk about this subject. It's important to instill in your children that 'Nudify' apps are wrong.

This is a great time to have a conversation about consent. Creating and sharing a naked photo of someone without their knowledge or permission violates their right to consent, and should not be done.

Ask your children if they've heard of this happening in their schools or communities. Make sure they know that

they can tell you about incidents like this without getting in trouble.

Make sure your child(ren) understand the stakes of using apps like these. They are causing harm to their peers that cannot be reversed. They can also face consequences at school or even legally.

Start talking to your children about their digital lives early and often. Make sure they know you are a trusted resource and confidant when it comes to all things online safety. Then, they will know they can come to you with questions about any issue, including 'Nudify' apps.

My child has been a victim of a Nudify app. Where can I turn to for help?

If your child was harmed by a classmate, tell the school immediately. Get a clear plan of action from the school.

- what is the punishment for the creator of these images? What will the school do to make sure your child feels safe at school going forward?
- Next, you should: Alert the police, and make sure to tell them your child is under the age of 18.
- Report the incident to the NSPCC's REPORT REMOVE platform to help it get cleared from the web. Seek help for your child from a licensed mental health professional or ask for support from your school's Pastoral Staff. They can help your child work through their feelings and trauma.



**Nude image of you online?
We can help take it down.**