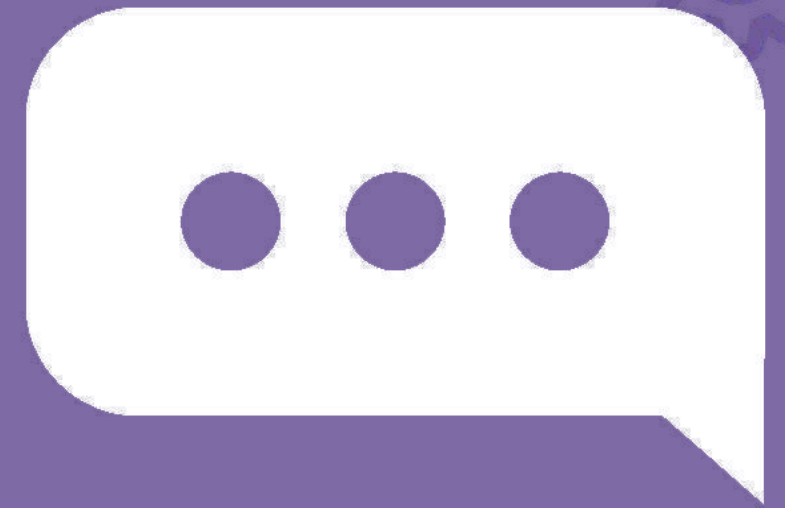
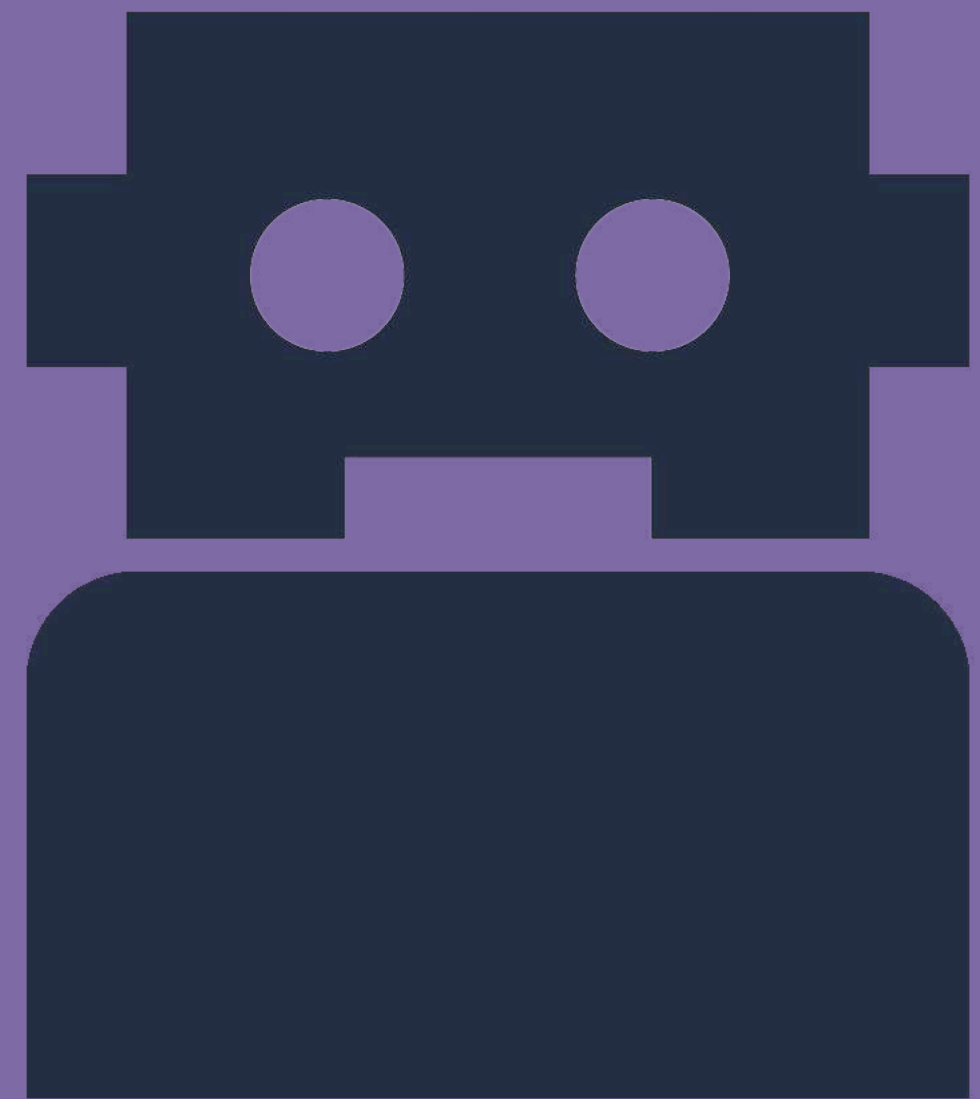
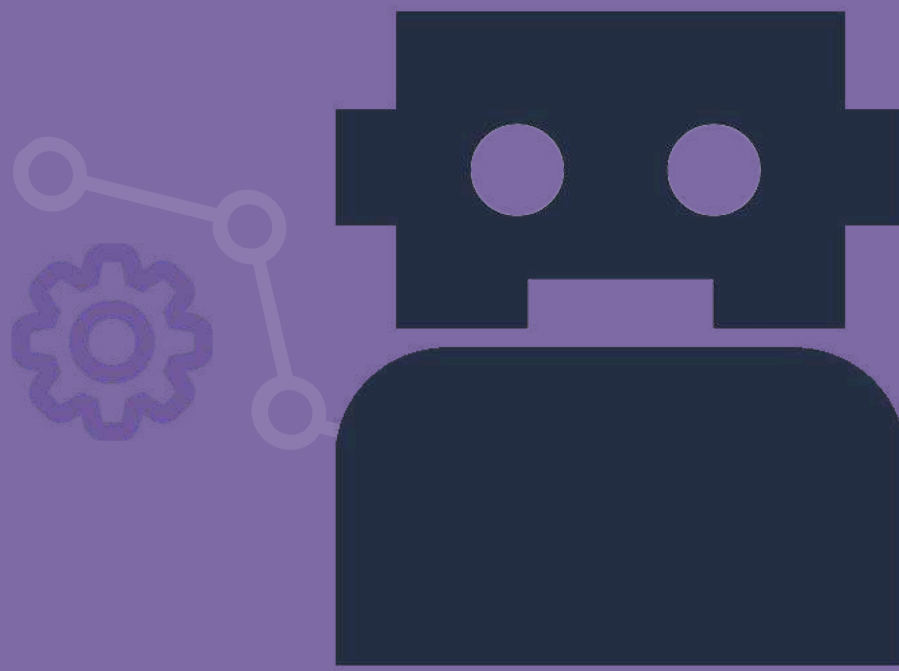
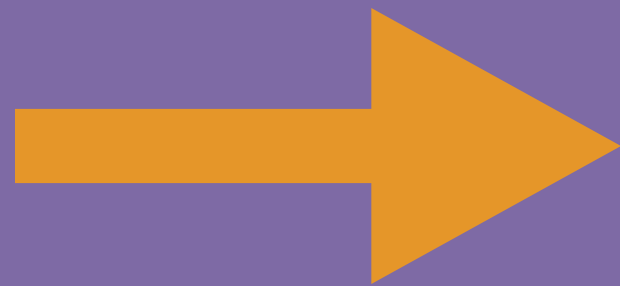


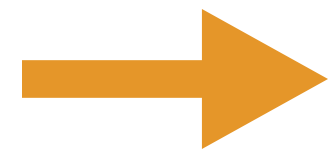
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Making the most of artificial intelligence

A guide to using AI with children
and young people



What's in this guide?



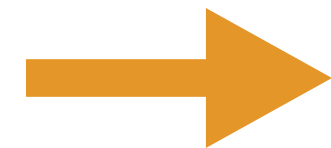
Exploring popular AI tools

Learn about the likes of ChatGPT, My AI, Google Gemini and more.



Using AI as a family

Explore fun, creative and skillful ways to use AI at home as a family.



Appendix & Glossary

Understand how AI helped with this guide and discover a glossary of terms.



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Exploring popular AI tools

Select the tool you'd like to learn about:

→ **ChatGPT**

→ **My AI**

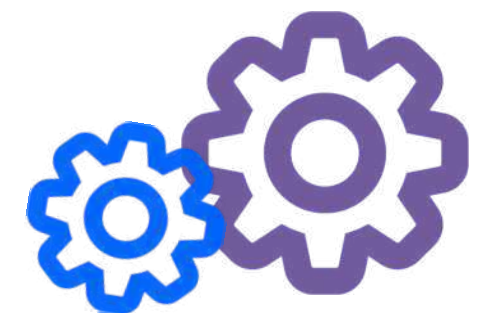
→ **Google Gemini**

→ **Character AI**

→ **Replika**

→ **Perplexity**

→ **Other tools**



Exploring popular AI tools

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What is ChatGPT?

ChatGPT helped write the following in response:

ChatGPT is a generative AI tool from OpenAI that can create human-like text in response to prompts. It can also generate images in different styles. It's used in chatbots, language translation tools and more.

ChatGPT learns from already-existing information and can understand natural language.

Good to know:

ChatGPT often refers to the online chat tool. However, ChatGPT also refers to the programme used in other apps or platforms.

A version of the online tool is free and available in-browser. Other versions might charge you to use it.



Exploring popular AI tools

Is ChatGPT safe for kids?

ChatGPT's generated text and images responses depend on the prompts it receives. Some versions have filters in place to protect children. However, you should still proceed with caution.

OpenAI, which is the creator of ChatGPT, require users to be over 13 with parent permission can do so. There are parental controls available to customise safety for teens.

Regardless, it's important for you to use ChatGPT with your child to help them understand safe use.

[Learn more about ChatGPT here.](#)

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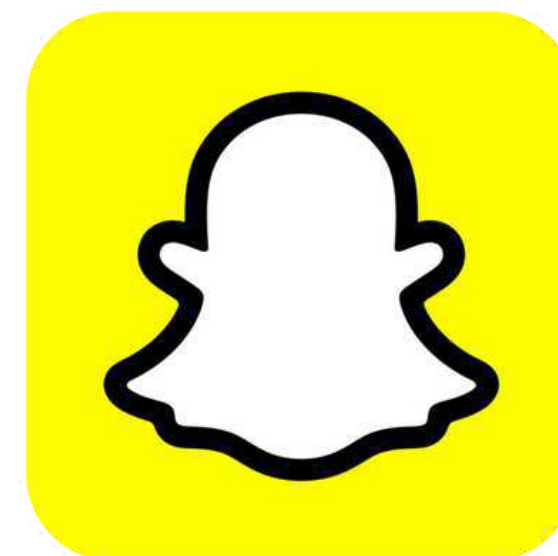


What is My AI?

My AI helped write the following in response:

My AI is a chatbot available on Snapchat and was added to provide users with a "new way to have fun and engaging conversations."

Because it is a chatbot, its responses might have more personality than an AI like ChatGPT. However, it actually uses the technology from ChatGPT and OpenAI to work.



Good to know:

Users cannot remove or unpin My AI from Snapchat unless they're a Snapchat+ subscriber.

Exploring popular AI tools

Is My AI safe for kids?

Like Snapchat, My AI is intended for users 13+.

Within My AI, there are safeguards to ensure it avoids violent, hateful, sexually explicit or otherwise dangerous responses.

However, some responses may still be biased, incorrect, harmful or misleading. This is because it draws on content written by humans that is from a variety of sources.

Users must think critically about what My AI responds to the prompts.

[Read more about Snapchat's My AI here.](#)

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What is Google Gemini?

Gemini helped write the following in response:

Google Gemini, formerly Google Bard, is an AI tool which can generate text, images and even video through the website or mobile app.

Different versions of Gemini are available for under-13s and 13+, using parental controls to manage access.

Good to know:

Gemini is integrated within many Android phones and in Google search, so can be easily accessed by a range of users.

The AI Overview provided on Google search, however, is not the same as the app. It is more likely to provide incorrect or made up information than if you ask questions directly within the tool.



Exploring popular AI tools

Is Gemini safe for kids?

Google provides different versions of Gemini for under-13s and 13+. If your child is under 13, you can control their access via the [Google Family Link parental controls app](#).

Schools which use Google Workspace for their students also have access to a version of Gemini which uses enhanced privacy and safety features to be allowed within schools.

Users over 13 have full access to Gemini, which means teens will have their data collected in the same way as adult's data is collected.

[Learn about Gemini to see how you can customise your child's safety.](#)

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What is Character AI?

Gemini helped write the following in response:



Character AI is an online platform which lets users have text- and voice-based conversations with AI 'characters'. These characters range from historical figures to fictional figures and celebrities.

Users can roleplay, get advice or practise language with chatbots they create or that others have created.

Good to know:

Like most AI platforms, users must be 13 or older. However, Character AI is moving away from allowing teens to use the chatbot feature due to harm that some teens faced. They will still be able to use the platform's guided 'story' feature.

Exploring popular AI tools

Is Character AI safe for kids?

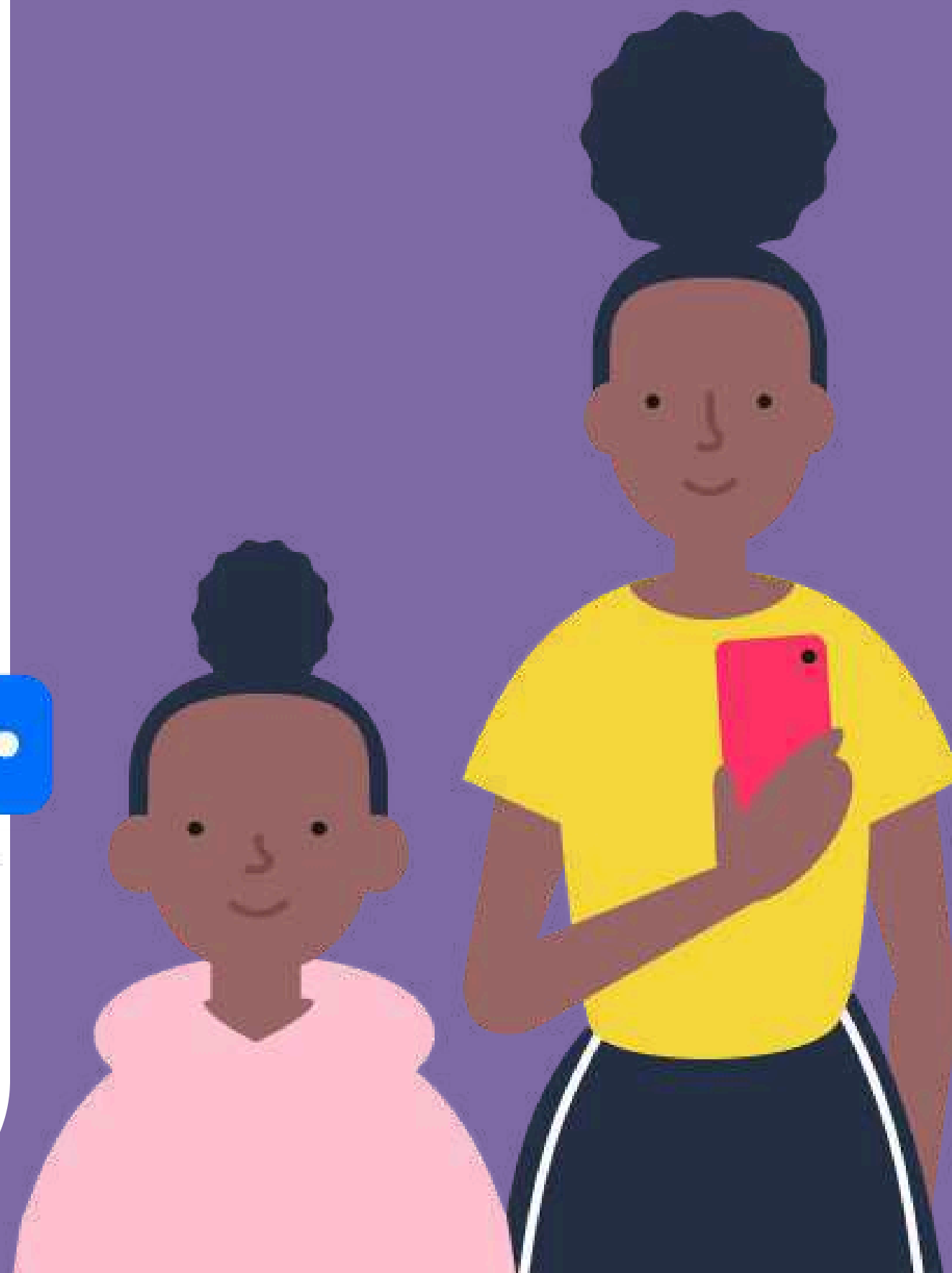
After various stories in the news about teens harming or killing themselves after using the platform, Character AI has introduced various features including time limits for teens using chatbots and parental tools.

However, joining the platform with a false age is very easy, meaning teens can bypass the restrictions put in place.

[Learn more about Character AI and how to keep your child safe.](#)



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What is Replika?

Gemini helped write the following in response:



Replika is an 18+ AI platform where users create an AI 'companion' called a replika. It's marketed as providing support in the same way as a friend or partner, learning from users' interactions to provide connection.

Good to know:

Premium versions of Replika allow a 'romantic partner' option, which lets users roleplay in sexual and intimate conversations.

Because the platform is intended for adults, there are no parental controls or similar settings to restrict children's use of the platform.

Children relying on chatbots for companionship may become too dependent on these relationships, especially if they struggle with companionship offline.

Exploring popular AI tools

Is Replika safe for kids?

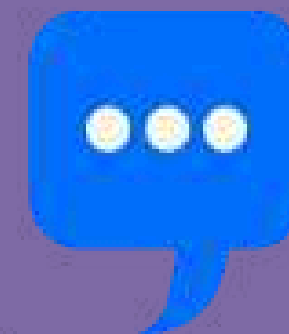
Replika is not a child-friendly platform and anyone under 18 should not use the platform.

Despite the age restrictions, Replika has minimal age verification. If your child tells the platform they are under 18, they won't be able to access Replika. However, there's nothing to stop them from lying about their age.

A child who struggles to make friends offline is at greater risk of joining Replika and similar platforms, so be sure to check-in regularly.

[Learn more about Replika here.](#)

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What is Perplexity?

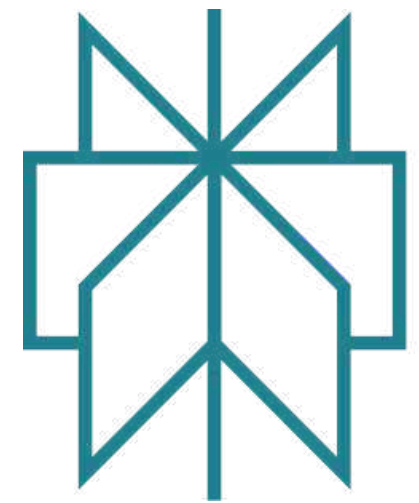
Perplexity helped write the following in response:

Perplexity is an AI tool that shares similarities to ChatGPT and Google Gemini. However, it is more geared towards research while ChatGPT and Gemini can be used in a lot of different ways.

Perplexity is built around live web search and always includes clear citations when providing responses.

Good to know:

Perplexity can write essays and research papers, citing sources to appear polished and academic. However, the citations it uses aren't always accessible or accurate, so young people should not copy its responses but rather look at the sources to help them write their own essays.



Exploring popular AI tools

Is Perplexity safe for kids?

Users must be 13 or older to use the platform. Anyone under 18 needs to get their parents' permission.

Older teens might use Perplexity to help with school work. However, there's a risk that young people use the responses word for word instead of learning the material themselves. This can make it difficult for them to apply this knowledge in exams or in their chosen career.

If your child uses Perplexity to help with school work, ensure they only use it to find sources, not to do the work for them.

[Learn more about Perplexity here.](#)

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Other AI tools

Artificial intelligence can be found across the internet.

AI has been around for many years, even before the internet. Within the digital space, it has been used in virtual chatbots, to power social media algorithms and more.

It will continue to develop, so it's important to keep an eye out for the latest tools. From virtual assistants to learning platforms, AI tools may offer users greater access to the online world.



NEXT SECTION

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Using AI as a family

Select the category you'd like to explore:

- **Bedtime routines**
- **Building skills and learning**
- **Creativity and making new things**
- **Homework and independent education**

Bedtime routines



Artificial Intelligence can help support bedtime routines in a range of ways from storytelling to creating schedules. In this section, explore ways to use AI together at bedtime.

Bedtime stories

AI like ChatGPT can create stories of just about anything. Use bedtime as an opportunity to test it out by asking your child to share what kind of story they want. Simply input the prompt into ChatGPT to get your story for something new every night.

[See example on the next page.](#)

Questions and answers

For children who are curious and may have a lot of questions before they go to bed, AI can be used to satisfy their curiosity. Put ten minutes aside so that you and your child can ask AI those burning questions to help settle their mind and learn about their world.

Example Story

To ChatGPT: "Tell me a children's bedtime story about a young girl named Freya who needs to fight a dragon to save her village."

Once upon a time, in a cozy village nestled near the foot of a majestic mountain, lived a courageous young girl named Freya. Freya had a heart full of kindness and a spirit that was as strong as the tallest oak tree.

One peaceful evening, as the sun dipped below the horizon, casting vibrant hues across the sky, a shadowy menace loomed over the village. A fearsome dragon named Emberclaw had awakened from its slumber deep within the mountains. Emberclaw's fiery breath and razor-sharp claws brought fear to the hearts of all who dwelled in the village....



Bedtime routines

Build calming habits

For anxious children, building routines with AI that give them strategies for calm could be useful.

Together, you can use it to brainstorm techniques for supporting calm. In some cases, these can build a mindful routine for bedtime.

However, your child should not use the tool by themselves for this purpose.



Advice for sleep

If your child struggles to fall asleep or stay asleep, involving AI might help them feel a little more in control.

Together, ask for tips on having a more restful night and then let your child take the lead on what they want to try, so they can practise mindfulness and wellbeing.

Building skills and learning

AI can help children build skills in critical thinking, problem solving and more when used appropriately.

Quiz time

Spend time as a family asking an AI chatbot to create quizzes on any topic to challenge each other. Choose topics on anything from science to pop culture to see who knows the most.

Riddles and puzzles

Instead of quizzes, ask AI to generate riddles or puzzles to see who can figure them out quickest.

Research questions

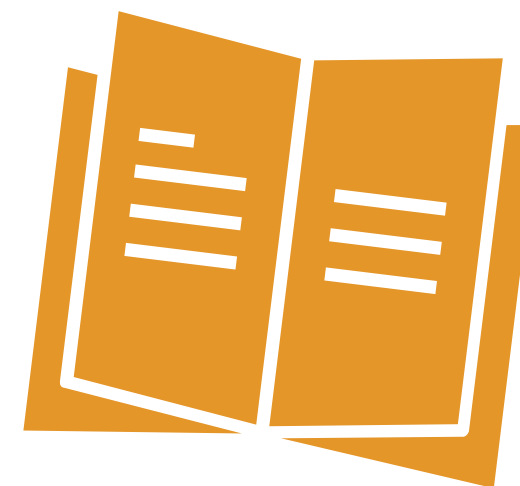
Choose a topic your child is interested in and use AI to explore it. What makes the sky blue? How do planes fly? Where are the rarest frogs on Earth? As a family, explore your child's interests with questions and answers from AI tools like ChatGPT. This is also a good time to teach them how to fact-check information they receive from chatbots.

Using AI as a family

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Creativity and making new things

Using AI can help inspire creativity or help your family bond in fun and hilarious ways.



Game night

Take traditional activities like 20 Questions, trivia and word association, and add AI to see who can beat the computer.

Storytelling relay

Have AI write the first part of a story, then each family member takes turns writing the next part. Use a time limit for the best results and laughs.

Creativity and making new things

Act it out

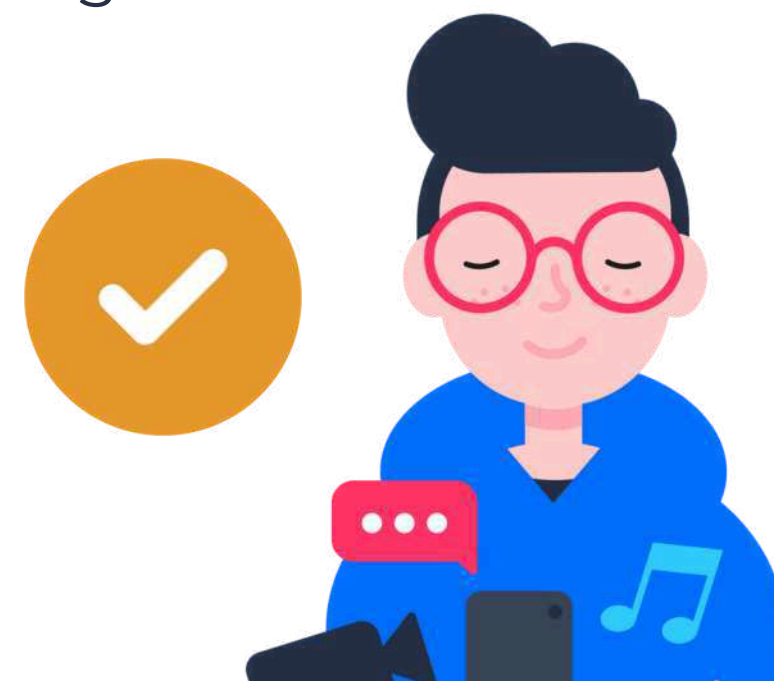
Ask ChatGPT or other AIs to create prompts for games like charades to play as a family. Or turn its suggestions into drawing challenges.

One word stories

See how far you can get into creating a story one word at a time. In ChatGPT, write something like "Let's create a story one word at a time. I'll start: Once" to try it out.

Character creation

If you have a budding author in your midst, show them how to use AI to think up new names for characters, places and more so they can focus on the writing.



Creativity and making new things

Writing prompts

If your child likes to write stories, help them practise those skills by asking AI to provide writing prompts. Be specific about the request such as "give me writing prompts for children" to get the best results. You can also ask it to provide a character, setting and genre to write about as seen in the screenshot here.

Give me a character, setting and genre for me to write about.

Character: Lily, a curious young inventor with wild, curly hair.

Setting: A futuristic city nestled in the clouds, where floating buildings and advanced technology abound.

Genre: Steampunk adventure.

Now, it's your turn to weave a thrilling tale in this imaginative world!

Homework and independent education

While children should not use AI to do their homework for them, they can use AI to support their school work.

Get clarification

If your child is stuck on a homework question and needs clarification, you can input it into an AI like ChatGPT together to ask for help understanding. This could work really well for children with learning difficulties like ADHD or Autism.

Break down problems

If your child is struggling on difficult questions, you can ask AI together to break it down into smaller steps so it seems more manageable. You can input a question and ask AI: 'help me break this problem into steps'.



Homework and independent education



Resource support

AI tools draw information from different places online, which means not everything it says is accurate. But if your child is doing a research project, AI can be a good place to start. 'Show me websites where I can learn about frogs', for example, can give a list of different sources. Together, check they are trustworthy and reliable websites.

Proofreading / editing

Once your child finishes writing their work, they might not be sure about their spelling, punctuation or grammar. Or they might just want to see if there are other things to improve. If you work together to input their responses into AI, they can find pointers to help them polish their writing and understand how to take it to the next level.

Homework and independent education

Study and revision tips

If your child is sitting their GCSEs or A-Levels, or if they are having trouble with a school text, AI can help them organise their notes and provide helpful tips to revise in ways that work for them. Have a play around with it to see what it comes up with!



Things to remember:

AI is a great tool to help develop skills, but children need guidance to know how to use it appropriately for school. Help them use it to support their work so they can build good habits when it comes to using AI tools.

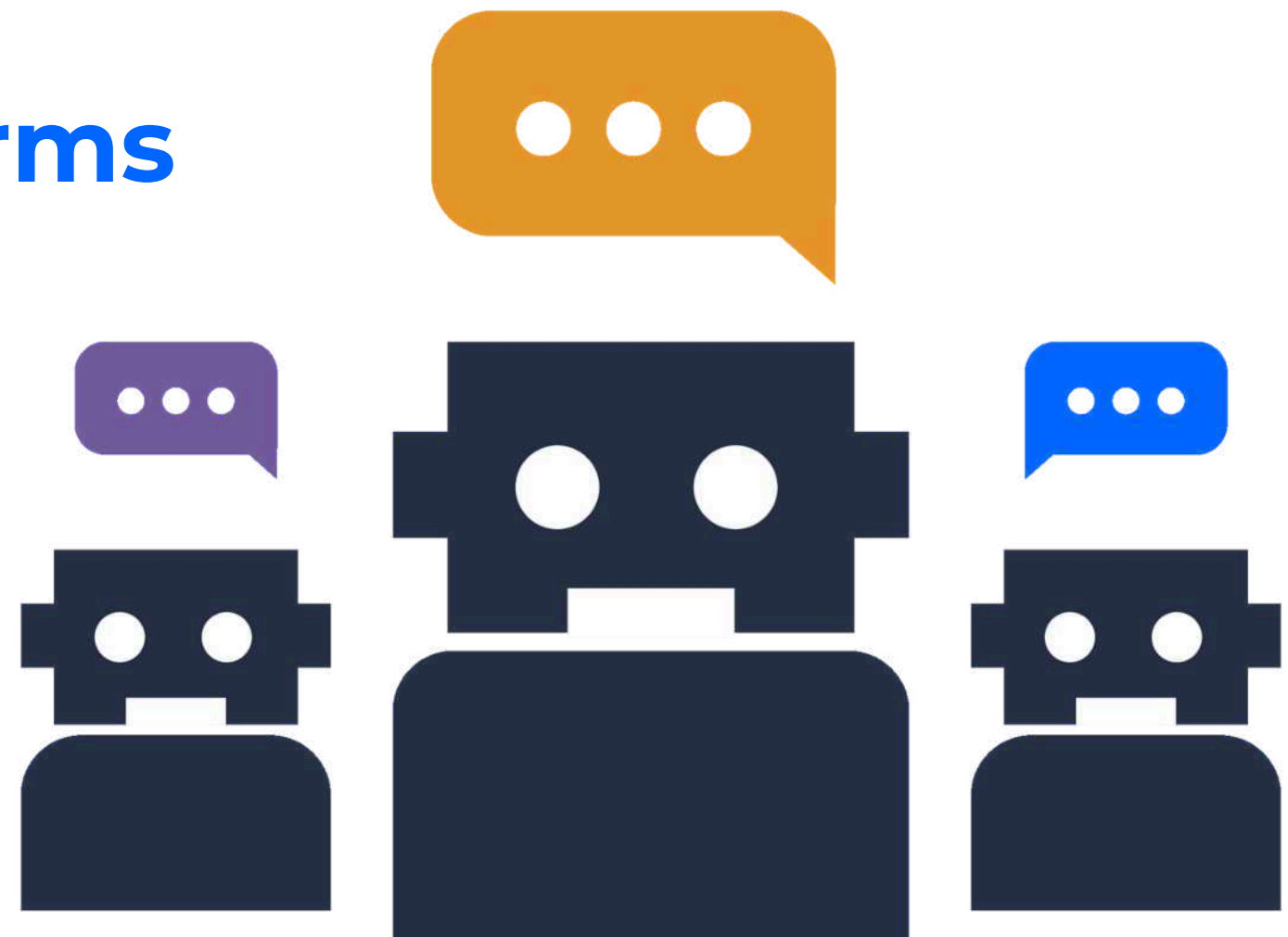
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Appendix & Glossary

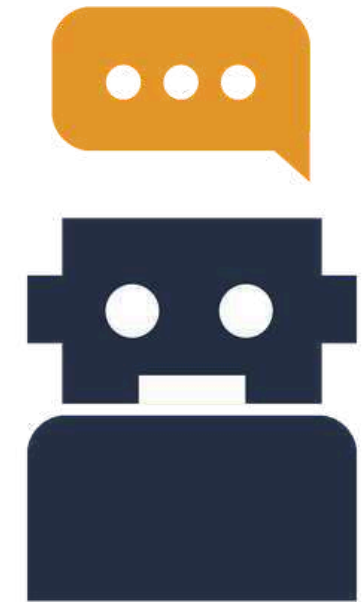
Select the section you'd like to go to:

- **How we used AI**
- **Glossary of terms**



How we used AI

AI helped create this guide. See where we used it and how we adapted it to be accessible.



We used ChatGPT, My AI, Google Gemini and Perplexity to help write the explanations of what the different AIs were.

This was done by asking ChatGPT to tell us what the AI tool was, then choosing the most relevant parts of its explanation, simplifying it and using it in this guide. We did not copy and paste responses.

We also cross-checked the responses for accuracy or added our own researched information.

ChatGPT also generated some of the ideas for how to use it for skill-building, creativity, family time and more. However, all instructions for this were written by Internet Matters, not AI.

Glossary of terms

There are a lot of terms associated with AI. Explore some in this section to build your knowledge.

Algorithm

A set of instructions or rules followed by a computer program to solve a specific problem or perform a task such as recommending content on social media. Algorithms are used in AI systems to process and analyse data.

Artificial Intelligence (AI)

The field of computer science that deals with the creation of intelligent machines that can perform tasks as if with human intelligence. Informally, 'AI' refers to the machines themselves.

Bias

In general terms, bias is a prejudice in favour of or against something -- sometimes without knowing. With AI, bias refers to the unfair or unequal impact of some AI systems on specific groups of people. This is due to data or design that provides biased information to the AI.

Glossary of terms

Deep Learning

A way computers learn by themselves using a web of connections called a neural network. It helps them recognise patterns without having to be told everything.

Ethics

The moral rules and guidelines for responsible AI. It's all about treating everyone equally, keeping information private, being open and honest about how AI is used and taking responsibility for any mistakes.

Machine Learning

A part of AI that focuses on helping machines to learn and improve from experience without being programmed (see Deep Learning). It involves algorithms that analyse data and make predictions or decisions.

Natural Language Processing (NLP)

A branch of AI that focuses on enabling computers to understand, interpret and generate human language. NLP is used in applications like voice recognition (such as Alexa), chatbots (like My AI) and language translation (like Google Translate).

Glossary of terms

Neural Network

A computer system designed to act like the functioning of the human brain. Neural networks are a key part of many AI models. They make deep learning possible.

Responsible AI

The practise of designing, developing and launching AI systems in ways that are accountable, transparent, fair and beneficial to individuals and society. Responsible AI promotes ethical considerations and ensures the positive wellbeing of users and impacted communities.



[BACK TO START](#)