



Smart tech, safe choices
– Exploring the safe and responsible use of AI

Safer Internet Day 2026

What is AI?

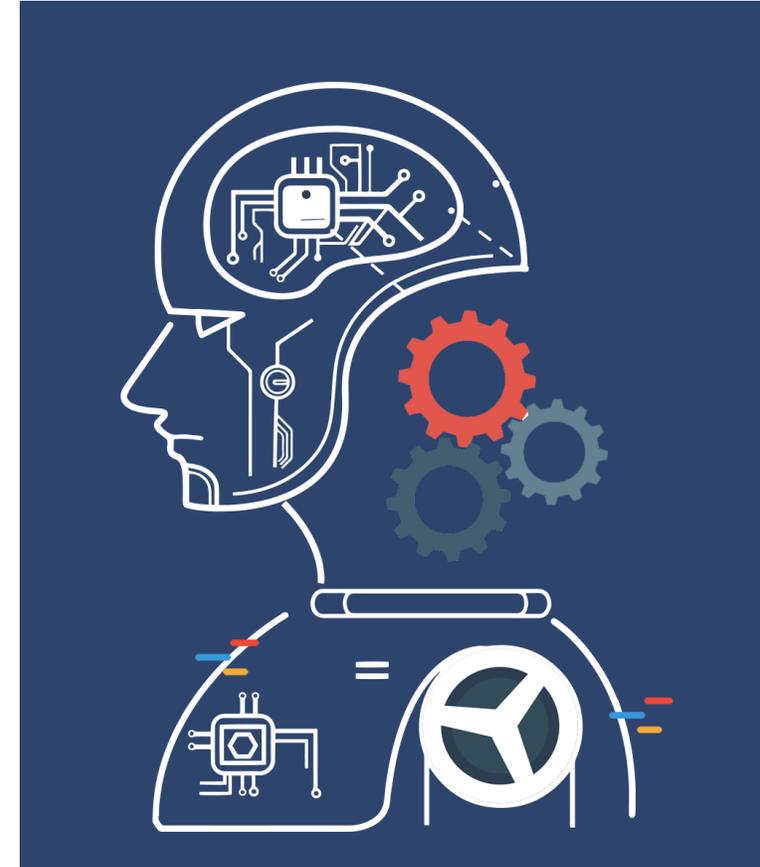




AI (Artificial Intelligence) is a type of computer, which has been designed to try and do some of the things a human can do in a fraction of the time a human can do it.

Human vs. AI

What does a human
have that AI can never
replace?



...a brain...





INTELLIGENT

MACHINES

BBC

NEWS



Your brain allows you to do the important things that AI cannot:

01

Show emotions

02

Be creative

03

Make links that are not driven purely by data

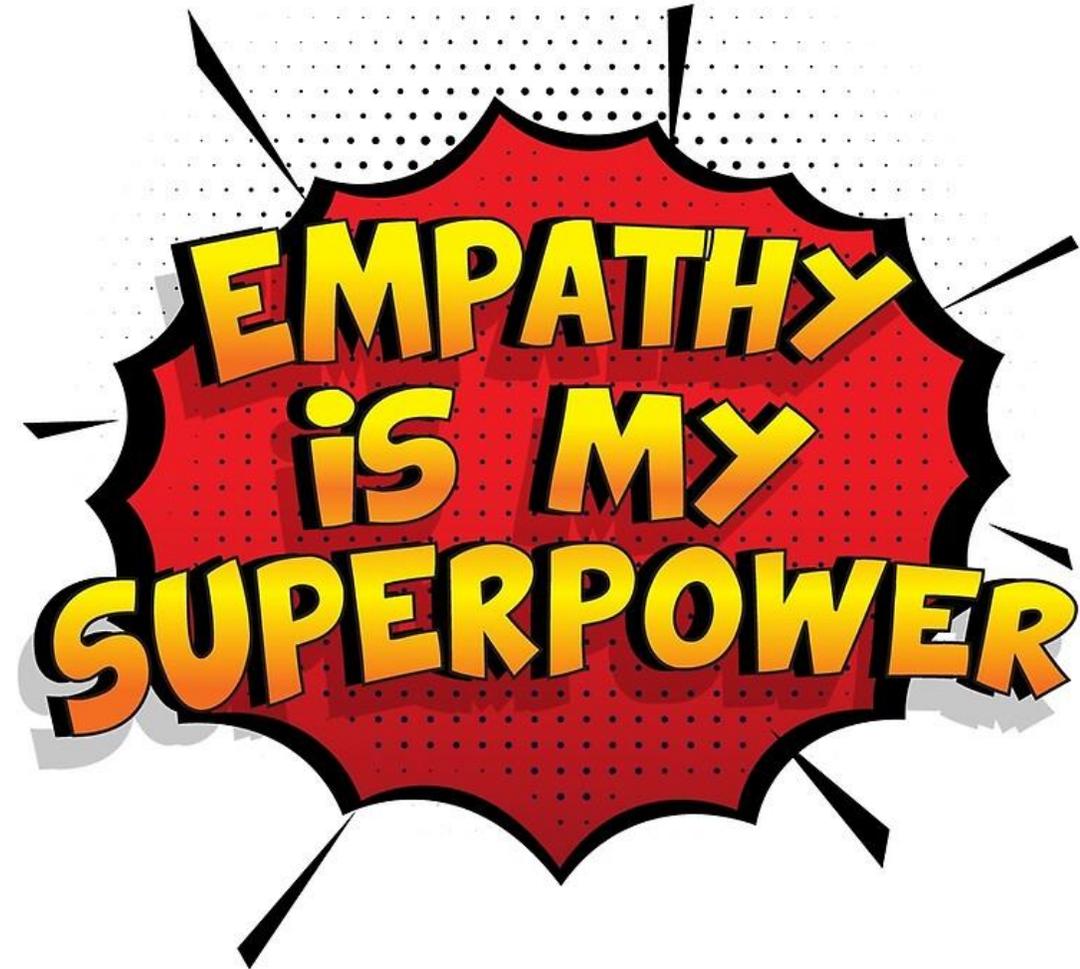
04

Learn, process and make links by interacting with the outside world

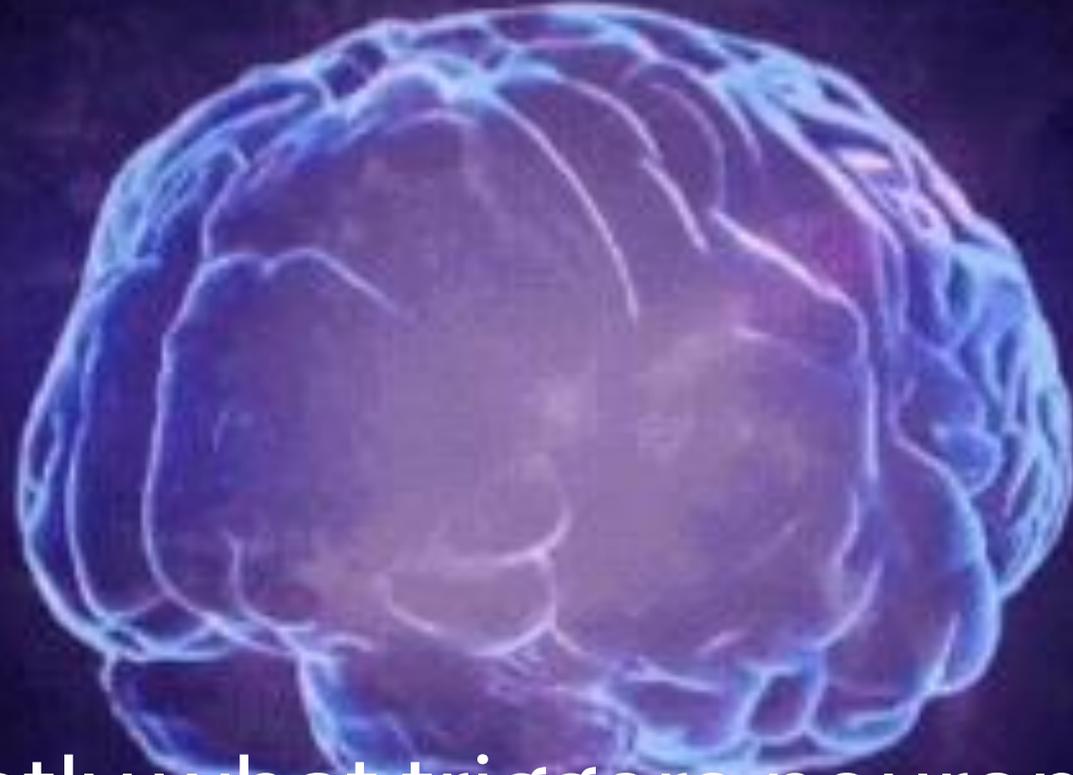
This will eventually be our
superpower against AI.

But we need to ensure that:

- we are in control
- we use AI responsibly
- we continue to train our brain to be effective at doing the things it does
- we continue to learn



...and learning is hard, it's supposed to be a challenge!



But this is exactly what triggers neuroplasticity, where the brain physically changes and develops by forming new synapses (connections)

**What do we use AI
for?**



Artificial intelligence technology is used by lots of people every day.

You might have seen AI in action if:

**How can using AI
impact you and other
people?**



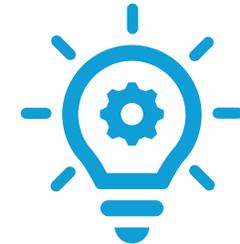
The positives...



Like a lot of other technology, AI can save us time and energy.

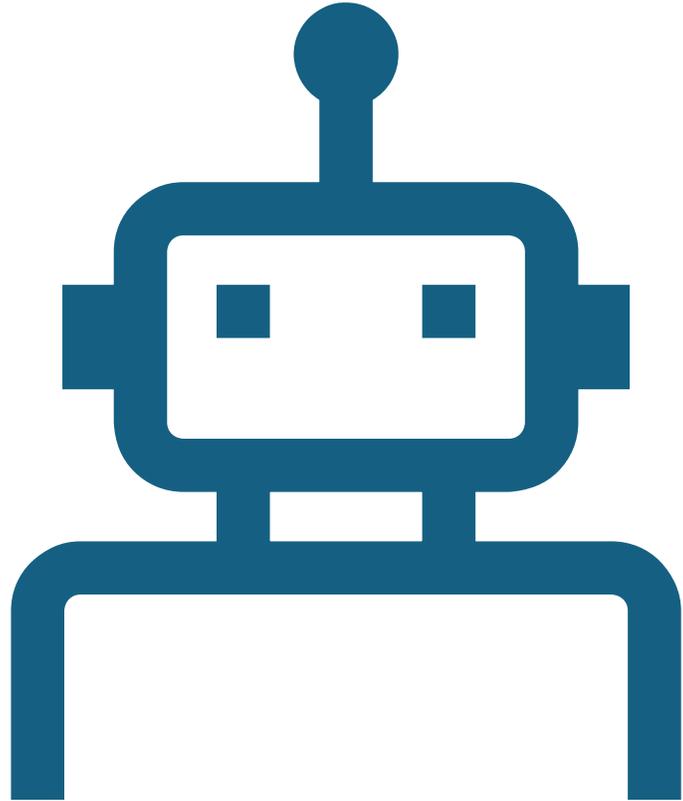


You could use it to find the answer to a question, to check your spelling, or to create images or videos.



AI can help us to understand the world in different ways.

Be aware...



Whilst AI can be a great tool, it's important that we think about:

when and how we are using AI

not using it in place of our own thinking and creativity

not using it to do things that may upset or worry ourselves or other people

Remember: AI is technology and isn't perfect!



Even though it might seem like it knows everything, AI can still get things wrong.



If you are using AI to get information or help with something, it is important to think carefully about what it tells you and remember that it should never replace support from people you know and trust.



If you are ever unsure about something AI has told you, check with other sources, this could include looking on websites you trust or talking to an adult.

**How do I know if
something is real or
AI?**



AI or Real?



It can feel hard to tell if content has been created using AI or not.



Some websites and apps will tell you that AI was used, but this doesn't always happen.



There are some signs you can look out for.

Signs to look out for...

other side
of the story



AI or **REAL?**

What if I need help?





Although we know that AI can be used in a lot of great ways, remember there is always someone who can help if you are worried about something that has been created by AI or if you have concerns about the way you, or someone you know, is using AI.

Who could you ask for help?