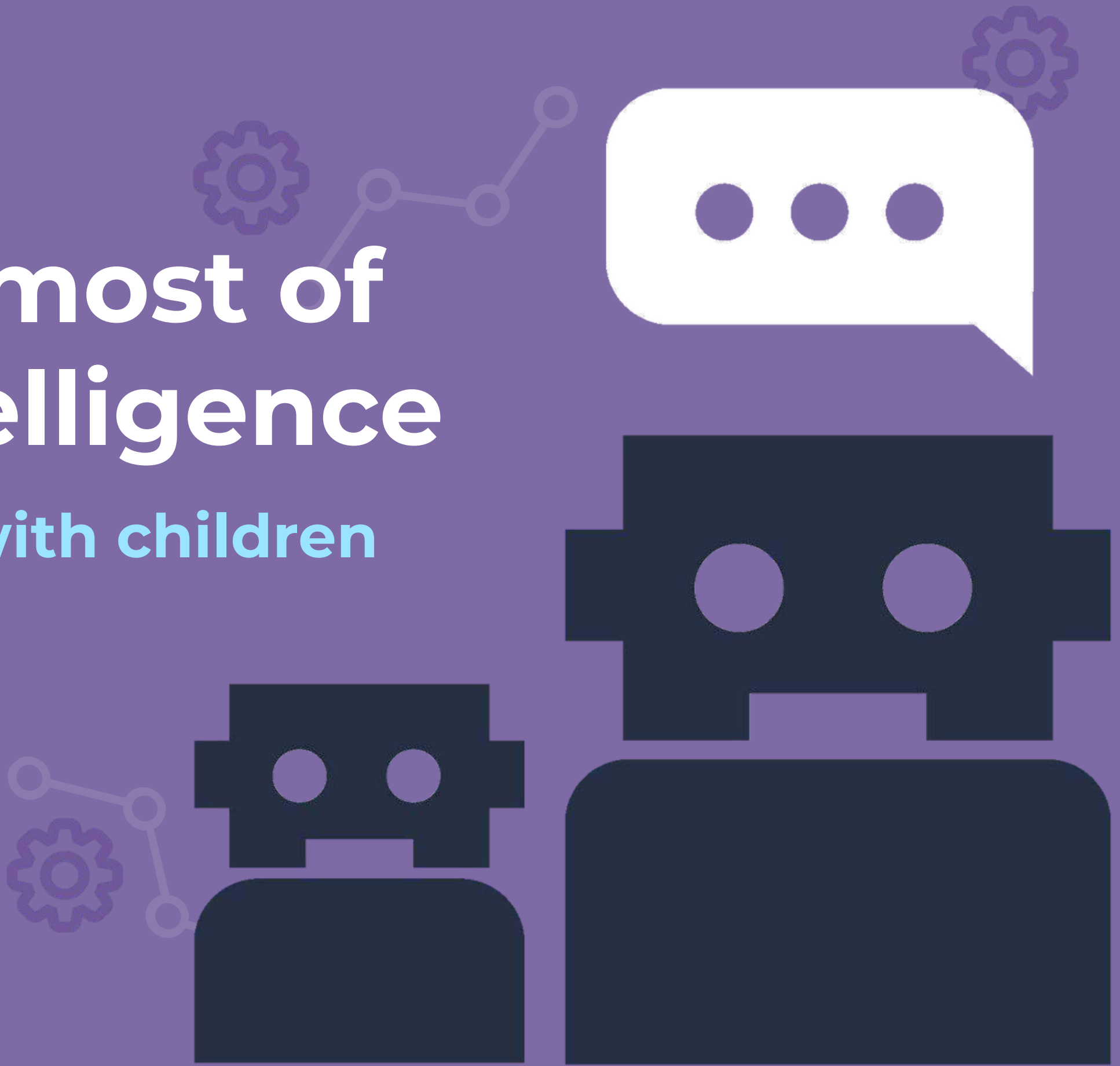
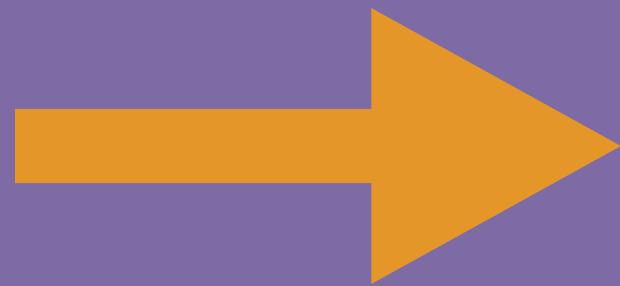


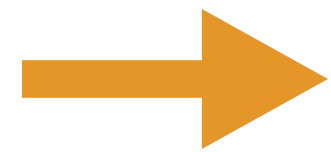
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# Making the most of artificial intelligence

A guide to using AI with children  
and young people

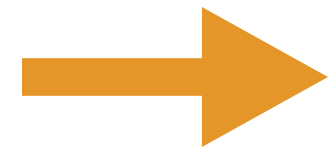


# What's in this guide?



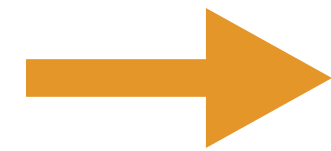
## Exploring popular AI tools

Learn about the likes of ChatGPT, My AI, Google Bard 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.



[Back to main menu](#)

# Exploring popular AI tools

Select the tool you'd like to learn about:

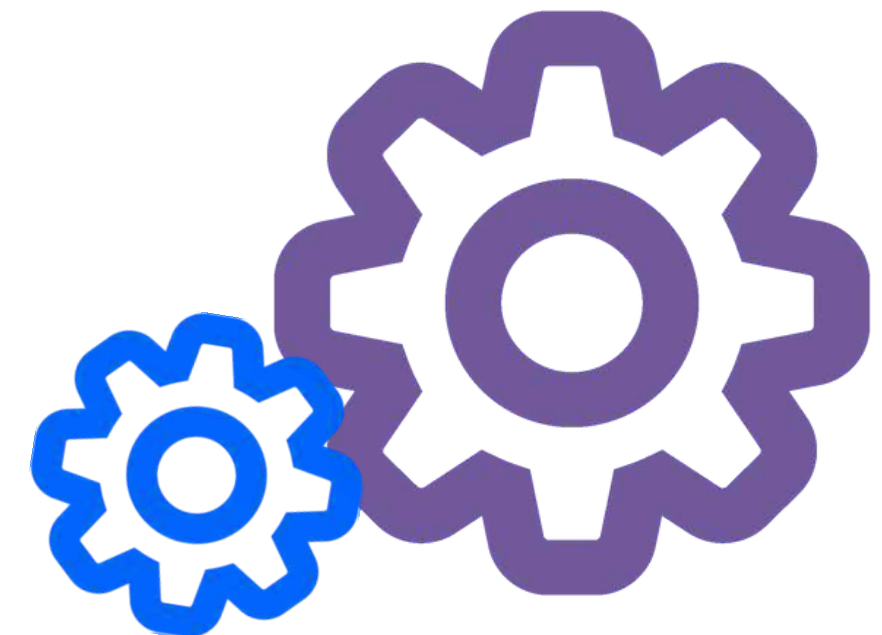
→ **ChatGPT**

→ **DALL-E**

→ **Google Bard**

→ **My AI**

→ **Other tools**



# What is ChatGPT?

## ChatGPT helped write the following in response:

ChatGPT is an AI tool from OpenAI that can generate human-like text in response to prompts. 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.

The online tool is free and available in-browser. Other apps and platforms, though, might use it and charge you to do so.

Exploring popular AI tools

## Is ChatGPT safe for kids?

ChatGPT's generated text responses depends on the prompts it receives. If used in a chatbot or app designed **for** kids, it the owner of that platform should have filters in place to protect children. However, that might not be guaranteed.

OpenAI, which is the creator of ChatGPT, require users to create an account to use the service. Only those over 13 who have parent permission can do so.

So, it's important for parents to use ChatGPT with their child to help understand safe use. There are currently no safety settings to control the content.

[Back to menu](#)



# What is DALL-E?

**ChatGPT helped write the following in response:**



DALL-E is a computer programme from OpenAI that makes pictures based on text prompts.

It can create detailed and realistic images by using a special kind of artificial intelligence.

## **Good to know:**

Like ChatGPT, DALL-E is hosted on OpenAI, which requires users to be 13 or older. Users must create an account and, if under 18, have parent permission to use the service.

Users require credits, which cost real money (\$15 USD for 115 credits) to generate these images.

Exploring popular AI tools

## Is DALL-E safe for kids?

DALL-E doesn't have control over the images it makes, so there's a chance that it could produce inappropriate or unsafe pictures. There aren't settings parents can use to prevent this.

Because of this, it's important to be careful when children use or see the pictures made by DALL-E. Parents should supervise its use.



[Back to menu](#)



# What is Google Bard?

## Bard helped write the following in response:

Google Bard is a large language model that can generate text, translate languages, write creative content and answer questions in an informative way.

### Good to know:

Users must login to Bard with a Google account. In the UK, users must be 13 or older to do this. Otherwise, they need parent permission.

There are no safety settings available within the tool itself for parents to use.

If you have any concerns about the safety of Bard, it suggests parents report them to Google.





Exploring popular AI tools

## Is Bard safe for kids?

According to Bard, it is generally safe to use. However, it's important to understand the potential risks of generated responses and content. These include content that is inaccurate, misleading, biased, offensive or otherwise harmful.

To help kids use Bard safely, parents can teach them to think critically about the information it generates and be aware of the biases that may be present in its responses.



[Back to menu](#)



Exploring popular AI tools

[Back to menu](#)

# 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+.

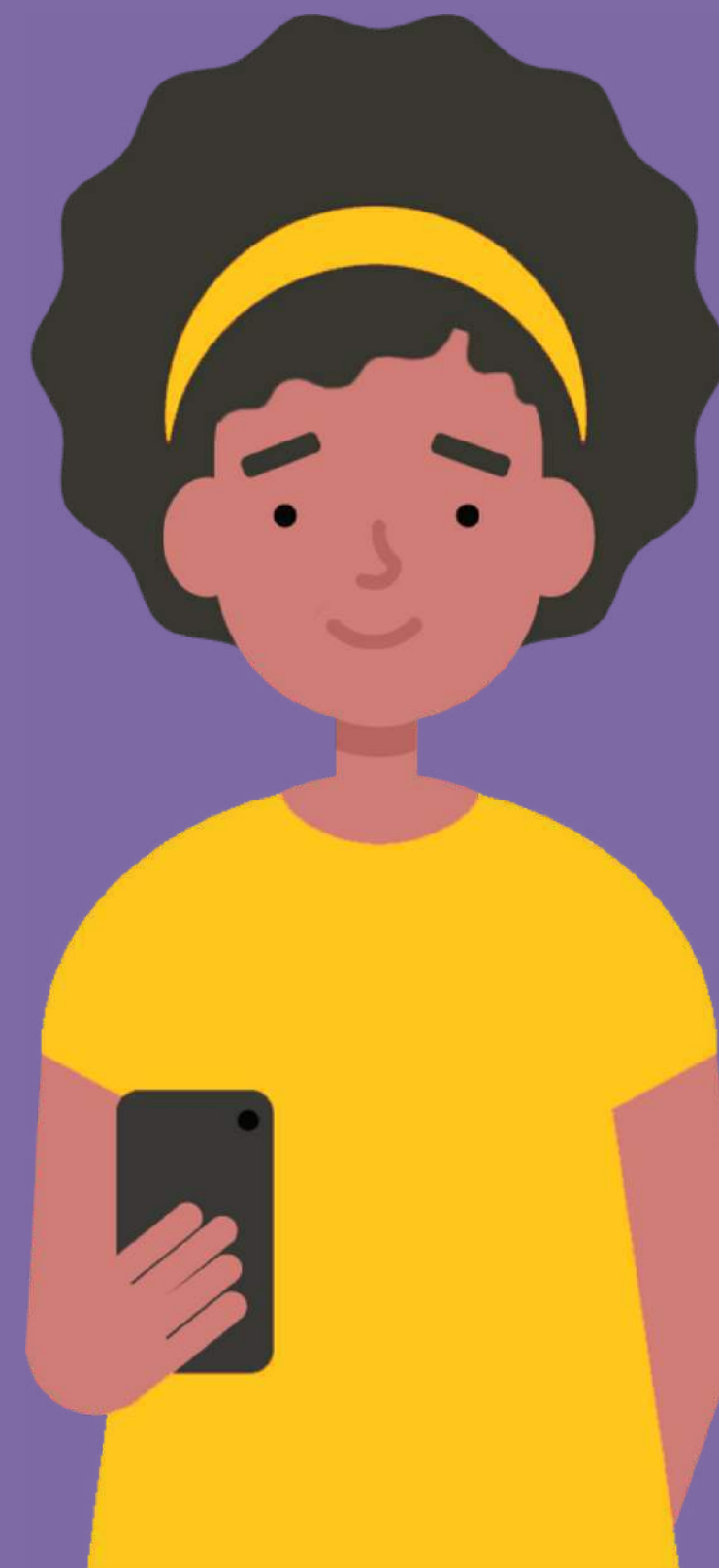
Within My AI, there are safeguards to ensure it avoids violent, hateful, sexually explicit or otherwise dangerous responses.

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.

[You can report issues directly to Snapchat.](#)

[Back to menu](#)



# 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**

[Back to main menu](#)

# 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 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 can 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. If they tell ChatGPT they feel anxious, they will receive tips for feeling calmer; if they feel sad, they'll receive tips on getting the support they need or finding positive outlets. In some cases, these can build a mindful routine for bedtime.



## 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.**

## Quiz time

Spend time as a family asking ChatGPT 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.

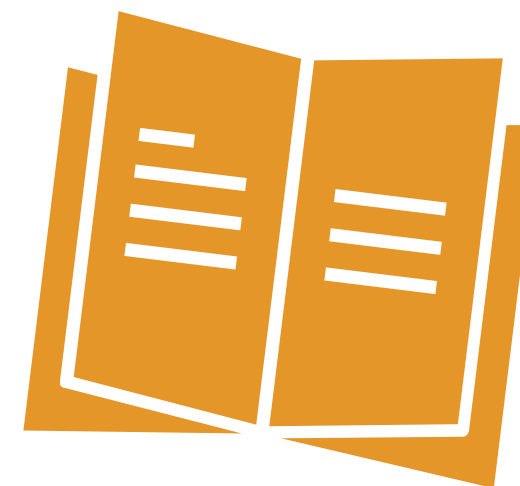


Using AI as a family

[Back to menu](#)

# 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

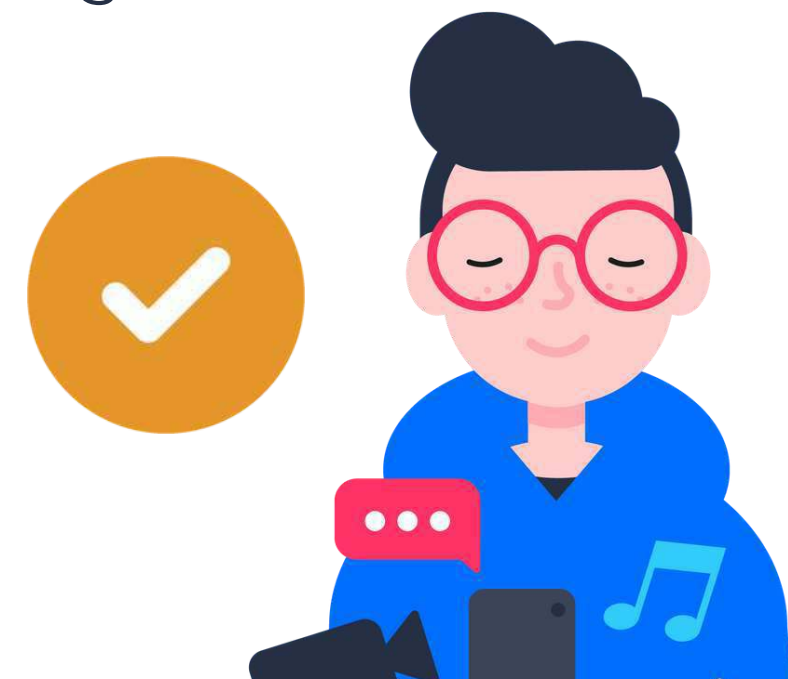
Ask ChatGPT or other AIs to create prompts for games like charades to play as a family. Or turn its suggestions into drawing challenges.

## 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, they can input it into an AI like ChatGPT 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, they can ask AI to break it down into smaller steps so it seems more manageable. They 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 is a good place to find resources. '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 they 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.

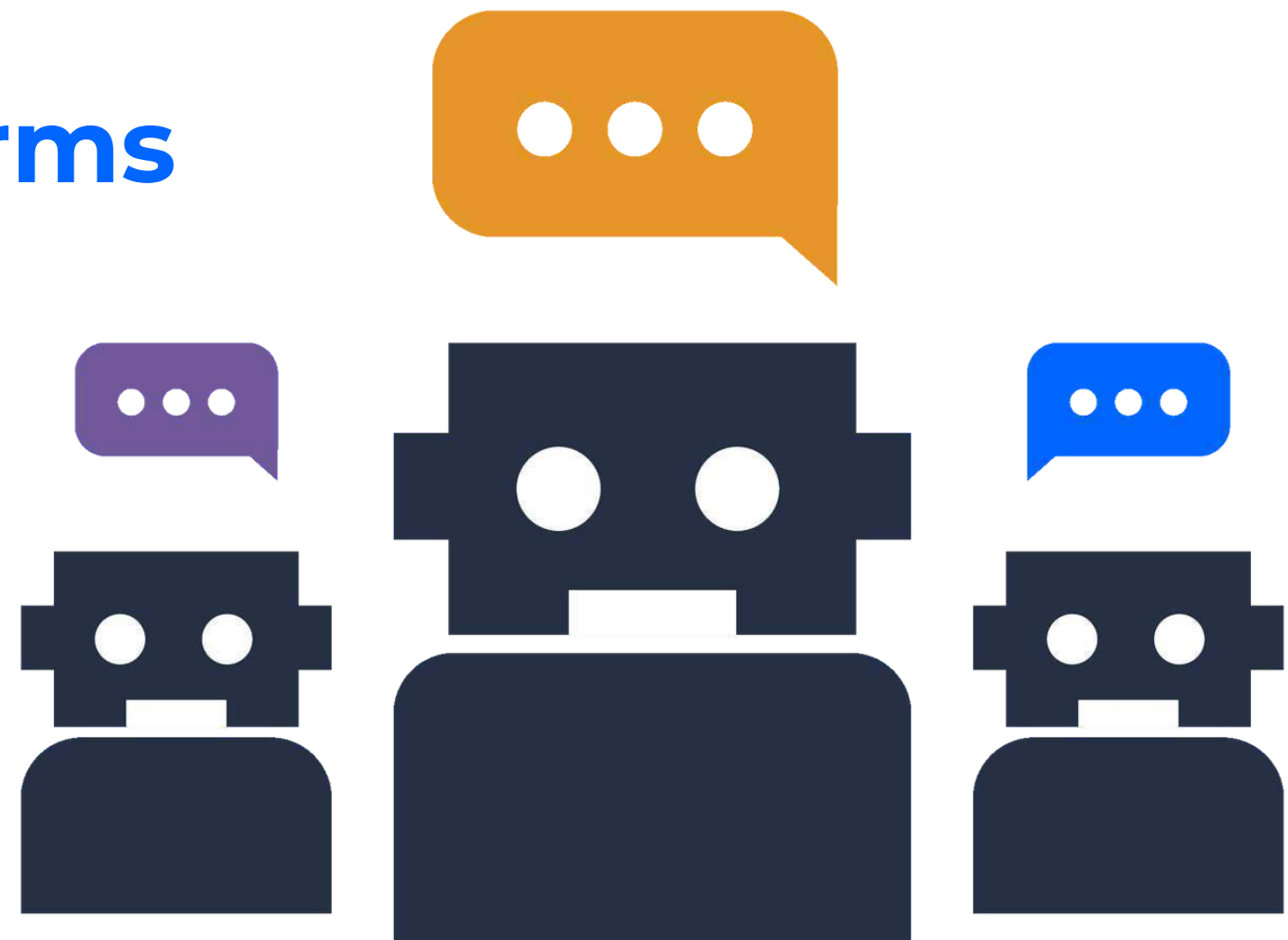
**NEXT SECTION**

[Back to main menu](#)

# 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.**

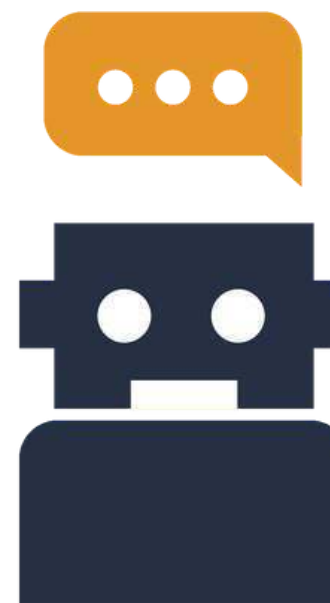
## Using ChatGPT, My AI and Bard

We used ChatGPT, My AI and Google Bard to help write the explanations of what the different AIs were. However, we most often used ChatGPT.

This was done by asking ChatGPT to tell us what the AI tool was, then asking it to simplify the language, then choosing the relevant parts to use and share.

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](#)