



Safer Internet Day: Navigating the World of AI Together

Tuesday 10th February 2026

The UK Safer Internet Centre (UKSIC), established in 2011, is a leading global partnership helping to make the internet a great and safe place for everyone.

Safer Internet Day 2026 will take place on the 10th of February 2026, with celebrations and learning based around the theme '**Smart tech, safe choices – Exploring the safe and responsible use of AI**'.

A Guide for Parents and Carers

Artificial Intelligence (AI) is quickly becoming a part of our daily routines—from the way we search for information to the filters we use on our photos. This Safer Internet Day, we want to help our school community use these tools safely, responsibly, and with confidence.

Here are five top tips to help you support your child in the digital age:

1. Explore the Online World Together

The internet is an incredible tool for learning and fun. The best way to understand how your child uses it is to join in!

- **Be Curious:** Spend time online with your child to see which apps and games they enjoy.
- **Keep Talking:** Use news stories or daily experiences as "conversation starters" about the good and bad parts of the internet.
- **Open Doors:** Ensure your child knows they can come to you with anything they see or experience, without fear of judgment.

2. Spot the AI in Everyday Apps

AI isn't just "robots"—it's tucked away in search engines, voice assistants (like Alexa or Siri), and photo editing tools.

- **Look for Labels:** Many apps now include warnings or icons when content is AI-generated. Help your child learn to spot these.
- **Check the Facts:** Remind your family that while AI can make tasks easier, it can sometimes provide unreliable information or collect more data than you realise.

3. Model Responsible Use

Using technology well is about more than just safety; it's about reflection. Ask yourself and your children these questions:

- The Feeling Test: How does using this app or tool make you feel?
- The Kindness Rule: Are we using this technology with respect for others?
- The Future Lens: How might using this tool benefit us now, and how might it affect us later?

4. You Don't Need All the Answers

Many young people are excited about AI but also worried about things like "deepfakes," future jobs, or the environment. It is okay not to be an expert.

- Learn Together: If your child asks a question you can't answer, use it as an opportunity to find out the truth together.
- Use Free Resources: Look for official guides from Safer Internet Day to stay updated on the latest trends and risks.

5. Know How to Take Action

If something goes wrong, knowing where to turn can make all the difference. Most AI tools and social media platforms have built-in reporting features for harmful content.

- Inappropriate AI Content - Use the "Report" button within the app (e.g., ChatGPT or TikTok).
 - Illegal/Abusive Images - Report to the IWF (Internet Watch Foundation).
 - Non-Consensual Images (Adults) - Use StopNCII.org.
 - Non-Consensual Images (Under 18s) - Use Report Remove or Take It Down.

