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What is ChatGPT?

ChatGPT is a natural language processing system created by OpenAI and used by companies such as Microsoft and Google. It takes input in the form of text and uses deep learning to generate a response.

The technology is based on an AI-generated algorithm GPT (Generative Pre-trained Transformer) and is used to create conversational systems which can answer questions and provide recommendations or advice.

ChatGPT has taken the world by storm – allowing anyone with an internet connection to use natural language processing to solve problems or get answers. Individuals have already started utilizing ChatGPT to write essays, answer interview questions, research medical conditions and much more.

And with the recent release of the OpenAI source code, companies, and software developers are baking it into their products and increasing its reach.

Online Safety Newsletter



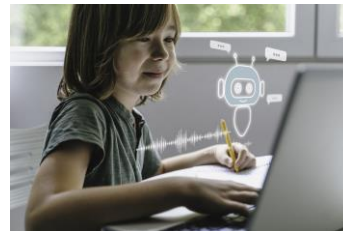
Welcome to this edition of our Online Safety Newsletter.

We will be covering the following topics:

- Artificial Intelligence (AI) and the dangers to children
- The Online Safety Act and what it means for parents

Of course, we will include the latest news and useful websites you can visit for further support.

If you have missed any Online Safety Newsletters, they can still be found [here](#).



Artificial Intelligence

Artificial Intelligence (AI) is becoming an integral part of children's daily lives, shaping how they learn, communicate, and engage with the digital world. From AI-powered educational platforms to social media algorithms and gaming experiences, AI influences children in ways that many parents, educators, and policymakers may not fully understand. While AI offers numerous benefits, it also presents significant risks, particularly concerning online safety, privacy, and mental well-being.

AI systems process vast amounts of data to make predictions, recognise patterns, and generate responses. Children interact with AI in various forms, including:

- Smart assistants (e.g., Siri, Alexa, Google Assistant) that respond to voice commands
- AI-driven educational platforms that personalise learning experiences
- Social media algorithms that curate content based on user behaviour
- AI-powered gaming experiences that adapt difficulty levels and suggest content
- Content moderation tools designed to detect and filter harmful material

While AI can enhance children's experiences by making learning more engaging and personalised, it also exposes them to new risks that require careful management.

Useful Websites:



Information, Advice and Support to
Keep Children Safe Online
(internetmatters.org)



Keeping children safe online |
NSPCC



Parents and Carers - UK Safer
Internet Centre



Childnet — Online safety for young
people



Parent Zone | At the heart of digital
family life



E-safety Guides for Schools |
National Online Safety



CEOP Education (thinkuknow.co.uk)

The Negatives of AI and Our Children's Future

The benefits that AI promises are incredibly exciting, but as with any technology, there are potential risks and drawbacks.

1. A Reduced Amount of Human Interaction
2. The Creation of a Larger "Digital Divide" – those who have access and those that don't.
3. Diminished Creativity and Problem-Solving Skills
4. Ethical Implications of Data Collection
5. A Reduction in Critical Thinking

For more information visit: <https://kidslox.com/guide-to/ai-for-kids/>

The Risks of AI for Children:

1. AI-Generated Harmful Content

One of the most concerning aspects of AI is its ability to generate and distribute harmful content. AI-generated risks include:

- Deepfake images and videos, which can be used for cyberbullying or exploitation
- AI-generated child sexual abuse material (AI-CSAM), a growing concern for law enforcement
- Misinformation and fake news, leading to confusion and potential radicalisation
- Algorithmic biases, which can reinforce stereotypes and discriminatory content

A recent report by the UK's Online Safety Bill committee highlighted that AI-powered algorithms are responsible for over 70% of the misinformation spread on social media platforms.

2. AI-Facilitated Cyberbullying and Grooming

AI-powered platforms can be manipulated by predators and bullies:

- Chatbots and AI-generated personas can be used to manipulate children into sharing personal information
- Algorithm-driven targeting can expose children to harmful individuals
- Deepfake technology can be used to create false representations of children, leading to reputational harm

According to the UK Safer Internet Centre, one in three children aged 8-17 have experienced cyberbullying, and AI-driven tools are increasingly used to facilitate online abuse.

3. Privacy Risks and Data Exploitation

AI relies on vast amounts of personal data, raising concerns about:

- Children's data being collected and used without proper consent
- AI-driven advertising that tracks and profiles young users
- Lack of transparency in how AI systems process children's data
- Potential security breaches exposing sensitive information

A study by the Information Commissioner's Office (ICO) found that 87% of the most popular children's apps collect personal data, often without clear parental consent.

In The News:

- **Tech firms face demands to stop illegal content going viral**

Tech platforms could be forced to prevent illegal content from going viral and limit the ability for people to send virtual gifts to or record a child's livestream, under more online safety measures proposed by Ofcom.

- **Microsoft to cut up to 9,000 more jobs as it invests in AI**

Microsoft has set out plans to invest heavily in artificial intelligence (AI) and is spending \$80bn (£68.6bn) in huge data centres to train AI models.

- **Millions of websites to get 'game-changing' AI bot blocker**

Millions of websites - including Sky News, The Associated Press and BuzzFeed - will now be able to block artificial intelligence (AI) bots from accessing their content without permission.

Many prominent writers, artists, musicians and actors have accused AI firms of training systems on their work without permission or payment.

- **'Fast tech' warning as demand for cheap gadgets heats up**

Demand for so-called "fast tech" - cheap electronic items often quickly binned or abandoned in drawers - is growing, a not-for-profit that works to reduce electronic waste has warned.

4. Mental Health and Psychological Impact

AI-driven platforms can negatively affect children's mental well-being:

- Addictive social media feeds designed to maximise engagement and screen time
- AI-curated content that reinforces unrealistic beauty standards and social pressures
- Algorithmic personalisation that creates echo chambers, limiting diverse perspectives

A recent NHS survey found that one in six children aged 5-16 now have a probable mental health disorder, with social media and AI-driven content playing a contributing role.

5. Lack of AI Literacy Among Children and Parents

Many children and parents lack the necessary knowledge to navigate AI safely:

- Inability to distinguish AI-generated content from real content
- Limited understanding of AI privacy settings and potential risks
- Lack of awareness of AI-driven persuasion techniques

A UK government report found that less than 40% of parents feel confident in managing their children's online safety, highlighting the need for improved AI education.

Information taken from: <https://www.digitalresistance.org.uk/the-risks-and-benefits-of-ai-safety-for-children/>

The Online Safety Act

The Online Safety Bill – now the Online Safety Act - is set out to make the internet safer.

"The Online Safety Act is a landmark piece of legislation and is a real step forward in making the UK the safest place to be online as a child."

Jess Edwards, Senior Policy Advisor

The criminal offences introduced by the Act came into effect on 31 January 2024. These offences cover:

- encouraging or assisting serious self-harm
- cyberflashing
- sending false information intended to cause non-trivial harm
- threatening communications
- intimate image abuse
- epilepsy trolling

These new offences apply directly to the individuals sending them, and convictions have already been made under the cyberflashing and threatening communications offences.

Interesting Articles

Ofcom - Children and parents: media use and attitudes report 2025

This report looks at media use, attitudes and understanding among children and young people aged 3-17.

Click [here](https://www.ofcom.gov.uk/consult/condocs/children/children25/children25.pdf) to download it.

Logging Off: The Human Cost of Our Digital World by Adele Zeynep Walton
From workers being fired by algorithms, to online forums dedicated to revenge porn and encouraging suicide, to censorship of marginalised voices and the turbulent impacts of AI, Logging Off reveals that our digital world is currently fuelling crises that only empathy, agency and humanity can resolve. This book is a call for a radical reclamation of our digital world, for a more humane future that empowers us all.

New campaign aims to keep children safe online this summer

The Safer Kids campaign, launched by Get Safe Online in partnership with North Wales Police and the Police and Crime Commissioner, aims to promote safer internet use among young people across North Wales.

Full guidance and resources are available here:

<https://www.getsafeonline.org/safehappkyidsonline/>

Porn sites commit to robust age verification checks to protect children

The regulator Ofcom says children in the UK will be better protected from online pornography from July, as major providers, such as Pornhub, agree to bring in robust age checks.

Read more here:

<https://www.itv.com/news/2025-06-26/porn-sites-commit-to-robust-age-verification-checks-to-protect-children>

National Online Safety Guides

This website has many up-to-date guides specifically for parents. You can create a free account and download them. Just visit:

<https://nationalonlinesafety.com/guides>

Here are a few examples of the ones they have:



We want to hear from you!

If there is a particular topic you would like us to cover, please contact your school's office and we will try and get it in the next edition.

In the meantime, have a lovely summer holiday and we look forward to welcoming you and your children back in September.

Key Messages:



ZIP IT

Keep your personal stuff private and think about what you say and do online.



BLOCK IT

Block people who send nasty messages and don't open unknown links and attachments.



FLAG IT

Flag up with someone you trust if anything upsets you or if someone asks to meet you offline.

Zip it, Block it, Flag it is our Online Safety message that we share with children alongside SMART rules for being safe online. Please take the time to look at these key messages and go over these with your children at home.

