

**Safer Internet
Day 2026**

Tuesday
10 February

AI AWARE: Safe, Smart and in Control

Teacher Information and Script



6th Class Lesson



Co-funded by
the European Union



An Roinn Oideachais
agus Óige
Department of Education
and Youth

DCU

Ollscoil Chathair
Bhaile Átha Cliath
Dublin City University

About Safer Internet Day

Safer Internet Day (SID) is an EU wide initiative to promote a safer internet for all users, especially young people. Safer Internet Day in Ireland is promoted and coordinated by Webwise, the Irish Internet Safety Education Awareness Programme. The Theme for Safer Internet Day is “Together for a Better Internet”.

The aim of the day is a call on young people, parents, teachers, schools, government, businesses to join together to make the internet a safer and better place for all, and especially for children and young people.

Safer Internet Day is a day to promote safe and responsible use of the internet, a day for us to consider all the different ways we use the internet and how we can make the internet a safer and better place for all, and especially for children and young people.

AI Aware: Safe, Smart and in Control

This Safer Internet Day 2026 lesson, AI Aware: Safe, Smart and in Control, will explore new and emerging technologies in our world, in particular, developments in artificial intelligence. It will give pupils an opportunity to learn about new technologies, such as Generative AI (Gen AI), the opportunities and challenges, and how to engage with them in a safe and responsible way.

This lesson was developed in collaboration with Dublin City University with special thanks to Dr Dónal Mulligan.



Guidance for Teachers

Before introducing the topic of Artificial Intelligence (AI) into the classroom, it is important that you are confident and well informed about the basics of AI and Generative AI. Here are some useful resources, guidance and considerations for educators:

- **Guidance on Artificial Intelligence in Schools:** [gov.ie/en/department-of-education/publications/guidance-on-artificial-intelligence-in-schools](https://www.gov.ie/en/department-of-education/publications/guidance-on-artificial-intelligence-in-schools)
- **AI in Schools Hub:** The AI Hub supports teachers and school leaders engaging with AI oidetechnologyineducation.ie/ai-hub/
- **AI and Online Safety: Considerations for Schools:** Read about the challenges and concerns for schools with AI use: [webwise.ie/ai-online-safety/ai-in-education/](https://www.webwise.ie/ai-online-safety/ai-in-education/)
- **Online Course: AI for Schools;** this one-hour online course provides teachers and school leaders with an understanding of AI. It explores the considerations for schools in using AI for educational purposes, including its potential benefits, limitations and ethical considerations. **Enrol here:** oidetechnologyineducation.ie/onlinecourses/ai-for-schools/
- ***AI Tool Age Restrictions:** Most AI tools have an age limit which can vary from app to app but the minimum being at least 13 years of age. Therefore, children under the minimum age requirement should not be using these AI tools. You must get parent or legal guardian's permission before introducing AI tools in the classroom. Here is a list of minimum age requirements of the most popular AI apps. **Please note these can be subject to change.**



Guidance for Teachers

- Co-Pilot: 13 years old, for those under 18, you must have your parent or legal guardian's permission to use the Services.
 - SnapChat My AI: 13 years old, for those under 18, you must have your parent or legal guardian's permission to use the Services.
 - Chat GPT: 13 years old, for those under 18, you must have your parent or legal guardian's permission to use the Services.
 - Character AI: 16 years old, those aged under 16 are not authorised to use it.
 - Gemini: 13 years old to use Gemini with a personal or school Google Account and 18 or over to use Gemini with a work account.
 - Meta AI: 13 years old, for those under 18, you must have your parent or legal guardian's permission to use the Services.
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- **Familiarise yourself with Gen AI:** Familiarise yourself with a Gen AI tool to see how it works before beginning the lesson. Ask yourself: Where might it be useful for learning? Where could it cause problems?
 - **Good Practice Videos of AI in Schools:** These videos show examples of how schools are exploring the use of AI to support learning. View [here](#).



AI Aware: Safe, Smart and in Control

Safer Internet Day 6th Class Lesson Script

Learning Intentions:


- By the end of the lesson, pupils will:
- Understand what Artificial Intelligence (AI) is, including a type of AI called Generative AI and how it works.
- Recognise some potential benefits and drawbacks of using Gen AI.
- Reflect on how we can use Gen AI in a safe and responsible way.

Resources Needed:


- Projector and audio
- PowerPoint slides
- Teacher Script
- Copies of Activity Sheet 1 and Safer Internet Day Take Home Activity
- Video: What is AI? - AI explained for and by children! (part 1):
https://www.youtube.com/watch?v=TeA3w5_SOA

Safer Internet Day 6th Class Lesson Script

Script

 What is Safer Internet Day?
webwise.ie/saferinternetday

- A day to create awareness of a better internet for ALL users
- Safer Internet Day will be celebrated on Tuesday, February 10th 2026
- Over 200,000 young people celebrated Safer Internet Day in Ireland in 2025



Timing: 1 minute

Script:

Tell pupils that today they are joining millions of people around the world in celebrating Safer Internet Day, a day for promoting a safer and better internet for all users, especially children. This year for Safer Internet Day we are going to explore the growing presence of Artificial Intelligence in our world.

 Safer Internet Day 2026
AI Aware: Safe, Smart and in Control

On Safer Internet Day, let's take time to:

- Understand what Artificial Intelligence (AI) is, including a type of AI called Generative AI (Gen AI) and how it works.
- Recognise some potential benefits and drawbacks of using Gen AI.
- Reflect on how we can use Gen AI in a safe and responsible way.




Timing: 2 minutes


Script:

Today, We are going to take time to:

- Understand what Artificial Intelligence is, including a type of AI called Generative AI and how it works.
- Recognise some potential benefits and drawbacks of using Gen AI.
- Reflect on how we can use Gen AI in a safe and responsible way.

 AI Aware: Safe, Smart and in Control

Let's Brainstorm:
What comes to mind when you hear the words: Artificial Intelligence



Timing: 2 minutes

Script:

Brainstorm: Using think-pair-share ask pupils to brainstorm what comes to mind when they hear the words: Artificial Intelligence.


Collate feedback on the board.

Safer Internet Day 6th Class Lesson Script

Script

webwise Explained: Artificial Intelligence

- Artificial intelligence (AI) refers to computer systems that can gather information and put it together to perform a task in a human-like way.
- AI systems have been “trained” to also become good at tasks like these and like us they did that by using “data” – information about the world.
- Recent AI systems can talk to us and understand us really well, but older and simpler AI systems were already using data to recommend things to us



Timing: 1 minute

Script:

Explain: What is Artificial Intelligence?


AI refers to computer systems that can gather information and put it together to perform a task in a human-like way. As humans, we are very good at processing information – we can see, hear, read, remember... and then we can find patterns or make decisions based on all that information. That’s part of what makes us intelligent!

AI systems have been “trained” to also become good at tasks like these and like us they did that by using “data” – information about the world. They’ve taken in huge amounts of writing, images, sounds, and other data, and by finding connections and patterns in it, they can understand and use these in similar ways to an intelligent human. This is pretty impressive – and maybe even a little bit scary that a machine can seem to think like us!

Recent AI systems can talk to us and understand us really well, but older and simpler AI systems were already using data to recommend things to us (like what video to watch next on YouTube) or to make decisions by putting things in categories (like finding all photos on your phone that have a cat in them, or recognising faces in a video).

webwise Explained: Artificial Intelligence

Watch Watch this video by Members of Children’s Parliament (aged 10-12) from Edinburgh to find out more.



Timing: 2 minutes

Script:

Watch this video to find out more:

What is AI? - AI explained for and by children! (part 1):
https://www.youtube.com/watch?v= TeA3w5_SOA


Safer Internet Day 6th Class Lesson Script

Script

webwise Explained: Artificial Intelligence

After watching the video answers the following questions:

- What does AI mean?
- List one example of the type of data or information an AI tool is trained on?
- What four tasks does the video list that AI is good at?
- Give one example the video mentions about where AI can be found in our lives?
- AI is good at classifying things - putting them in groups. What tasks might AI be helpful with by classifying things for us?



Timing: 7 minutes

Script:

Video Questions: After watching the video answers the questions on the slide.

Go through answers and gather pupils' feedback. Here are some suggested answers for AI examples not already mentioned: AI personal voice assistants such as Siri or Alexa, recommendations on what to watch or listen to, or a robot vacuum hoovering the floor by itself, self-driving cars, etc.

***Key Vocabulary:** The video mentions **algorithms** - an algorithm is a series of instructions designed to solve a problem or complete a task.

In the video the example used to explain how a Gen AI tool works is; the training data or information is the ingredients, and the algorithm is the set of instructions that help the tool write the answer or output it gives you.

webwise Explained: What is Generative AI?

Generative Artificial Intelligence (also known as Gen AI) is a type of computer program that can create new things like stories, pictures, and music, based on what it has learned from lots of information or data.

Gen AI systems learn from massive amounts of data to form a model of how words work together in language, how colours look in various images, what musical notes sound good to us, etc., and they can seem to create new examples based on this.



Timing: 1 minute

Script:

Explain: What is Generative AI?

While some of the Artificial Intelligence types that we have discussed help us by sorting things into categories, making predictions from a set of possible outcomes, or making recommendations from a list of available things, Generative AI is different. We use this name for AI tools that can **'create' or 'generate' completely new things** (e.g., text, pictures, videos, music) rather than choosing from existing options. Generative Artificial Intelligence (also known as Gen AI) is able to create new text, speech, images, videos and sounds by using data/information they have been trained on.

Safer Internet Day 6th Class Lesson Script



Explained: What is Generative AI?

Generative Artificial Intelligence (also known as Gen AI) is a type of computer program that can create new things like stories, pictures, and music, based on what it has learned from lots of information or data.

Gen AI systems learn from massive amounts of data to form a model of how words work together in language, how colours look in various images, what musical notes sound good to us, etc., and they can seem to create new examples based on this.



Continued...

Script:

Gen AI systems learn from massive amounts of data to form a model of how words work together in language, how colours look in various images, what musical notes sound good to us, etc., and they can seem to create new examples based on this.

It's important to say that Gen AI can only do these amazing tasks because they have been able to access so many existing examples of writing, images, sounds, etc. It may seem like their outputs are creative in the same ways that humans are, but we should be careful to note that these Gen AI tools are *derivate* – the things they make are based on the examples they have seen.

This has also made a lot of people angry because their writing, songs, artworks, photos, and other human creations were used to train Gen AI tools in lots of cases, without their permission. There are many court cases from artists and companies whose data has been used.



Role Play Activity: Act like a Gen AI tool

Gen AI can only give answers based on the information they've been trained on.

Now we are going to do an activity to help us understand the benefits and drawbacks that come with using Gen AI.



Timing: 10 minutes

Script:

Role Play Activity: Act like a Gen AI tool

Explain: As we've discussed Gen AI can only give answers based on the information they've been trained on. Now we are going to do an activity to help us understand the benefits and drawbacks that come with using Gen AI.

Step 1. Train the AI

Choose 3–5 pupils to be the “Gen AI tool”. Give learners **Activity Sheet 1: Training Data Cards** (these facts are what the AI ‘model’ has learned from).

* **Teacher Note:** Not all “facts” on the training cards will be factually true. This is to demonstrate how AIs sometimes “hallucinate” or give incorrect or made-up answers.

Explain to learners that as the “Gen AI” they can answer questions using **only** the information provided on the training cards, and nothing else. They cannot use any outside knowledge.

Safer Internet Day 6th Class Lesson Script

Continued...

Script:

Training Data: Facts about Dogs:

- Dogs have four legs.
- All dogs bark.
- Labradors like swimming.
- All dogs are black and white.
- A dog's sense of smell is 40 times stronger than a human's.
- Puppies need lots of sleep.
- Guide dogs help people who cannot see.
- Dogs come in many different sizes.
- Some dogs are trained to help the police.
- Dogs like to play fetch.
- Dogs wag their tails to show they're happy.

Step 2. Asking the AI Questions

- The rest of the class plays the role of “users” and “prompt” or ask the Gen AI questions from a prompt list.
- Prompt Questions:
 - List 5 facts about dogs.
 - What do dogs look like?
 - Are dogs better than cats?
 - Should I get a dog as a pet?

Step 3. Discuss and Reflect

Use the following questions to guide pupils to reflect on the experience:


- *What could our Gen AI answer well?* (Basic facts about dogs).
- *What couldn't it answer?* (Anything outside the training data - like advice about owning a dog or comparing cats and dogs).
- *Did it ever sound silly or give the wrong information?* (Shows how Gen AIs can make mistakes or give biased and incomplete information).
- *What kind of mistakes or bias could a real AI make if its training data wasn't complete, balanced, or correct?* (For example, what if the training data had said “Dogs are better than cats” - would that be fair? Or that all dogs are black and white? This is wrong and inaccurate.)

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Role Play Activity: Act like a Gen AI tool

Questions/Prompts:

- List 5 facts about dogs.
- What do dogs look like?
- Are dogs better than cats?
- Should I get a dog as a pet?



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Role Play Activity: Reflection

- What could our Gen AI answer well?
- What couldn't it answer?
- Did it ever sound silly or give the wrong information?
- What kind of mistakes or bias could a real AI make if its training data wasn't complete, balanced, or correct?
- What does this teach us about using Gen AI tools?



Safer Internet Day 6th Class Lesson Script


Continued...

- *What does this teach us about using Gen AI tools?*
 - Gen AI doesn't "know" things – it can only answer using what it's been trained on.
 - If there are gaps in information training data or if it is unfair/biased on a topic, or just inaccurate and wrong, then the Gen AI's answers will be too.
 - This is why checking Gen AI answers and knowing its limits is important!
-

webwise^{ie} Exploring the Benefits and Challenges of Gen AI

Imagine your older sibling was using a Gen AI tool to help with a project.

- What's one way it could be helpful?
- What's one thing that could go wrong?




Timing: 3 minutes

Script:

Ask pupils: Imagine your older sibling was using a Gen AI tool to help with a project. What's one way it could be helpful? What's one thing that could go wrong? Pupils share quick ideas — write them on the board under two headings: Helps (Benefits) / Challenges.

webwise^{ie} Scenarios: Benefit or Challenge?

- Gen AI explains a tricky topic in a simpler way.
- Gen AI gives an answer that sounds convincing and right but is factually wrong.
- A college student asks Gen AI to write their essay instead of writing it themselves.
- Gen AI suggests new ideas for a story or design project.
- The Gen AI chatbot feels like chatting to a real person, so someone starts telling it personal things and looking for advice on a medical condition they have or how to deal with someone who is bullying them.



Timing: 5 minutes

Script:

Next, read out short scenarios on Gen AI use. Pupils decide: **Benefit or Challenge? (or both?)**

- Gen AI explains a tricky topic in a simpler way. **(Benefit)**
- Gen AI gives an answer that sounds convincing and right but is factually wrong. **(Challenge – hallucination/accuracy problem)**
- A college student asks Gen AI to write their essay instead of writing it themselves. **(Challenge – plagiarism/over-reliance)**
- Gen AI suggests new ideas for a story or design project. **(Benefit – creativity boost)**
- The Gen AI chatbot feels like chatting to a real person, so someone starts telling it personal things and looking for advice on a medical condition they have or how to deal with someone who is bullying them. **(Challenge – privacy risk / oversharing/ unsafe information)**

Safer Internet Day 6th Class Lesson Script



Scenarios: Benefit or Challenge?

- Gen AI only shows one side of an issue because of biased training data.
- Gen AI uses lots of electricity and water in massive data centres, which can harm the environment.
- Gen AI helps a language student practise French vocab without feeling embarrassed.
- The Gen AI tool being used was trained on art, music, or books without the original creators' permission.



Continued...

Script:

- Gen AI only shows one side of an issue because of biased training data. **(Challenge – bias/unfairness)**
- Gen AI uses lots of electricity and water in massive data centres, which can harm the environment. **(Challenge – environmental impact)**
- Gen AI helps a language student practise French vocab without feeling embarrassed. **(Benefit)**
- The Gen AI tool being used was trained on art, music, or books without the original creators' permission. **(Challenge – intellectual property/fairness)**

Pupils vote by hand signals (thumbs up = benefit, thumbs down = challenge, sideways = both).



Gen AI: Benefits

- **Learning:** It can explain tricky topics in a simpler way.
- **Creative Inspiration:** Generating story ideas, or design inspiration.
- **Language Learning:** Practising new languages or improving writing.
- **Brainstorming:** Coming up with ideas for projects, clubs, or hobbies.
- **Learning at Your Own Pace:** Asking questions as often as needed without feeling judged.



Timing: 2 minutes

Script:

Recap the following: **Benefits - How Gen AI can help us:**

- **Learning:** It can explain tricky topics in a simpler way.
- **Creative Inspiration:** Generating story ideas, or design inspiration.
- **Language Learning:** Practising new languages or improving writing.
- **Brainstorming:** Coming up with ideas for projects, clubs, or hobbies.
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Safer Internet Day 6th Class Lesson Script



Gen AI: Challenges

- **False Information:** Gen AI can “hallucinate” or make things up, giving you wrong or outdated facts or advice.
- **Over-reliance:** If we let Gen AI do all the work, we miss the chance to think and be creative ourselves.
- **Bias/Unfairness:** Gen AI learns from information made by humans, so it can sometimes repeat unfair or one-sided ideas.
- **Privacy Risks:** Sharing too much personal information with Gen AI tools. How is our personal information collected, stored and used by these companies?
- **Plagiarism & Cheating:** If someone uses Gen AI work as their own without giving credit or acknowledgement that is dishonest and unfair.



Timing: 3 minutes

Script:

- **False Information:** Gen AI can “hallucinate” or make things up, giving you wrong or outdated facts or advice.
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Gen AI: Challenges

- **Emotional Manipulation:** Gen AI content could try to influence opinions or feelings. AI chatbots might agree with everything you say, even if it's wrong or unsafe, which can lead to bad advice.
- **Oversharing:** Chatting with Gen AI can feel like chatting to what seems to be a real person and this could cause you to share too much personal information.
- **Intellectual Property:** The data or information such as artworks, writings, and music used to train Gen AI often came from real people without their permission.
- **Environmental Impact:** Training and running Gen AI uses huge amounts of energy and water. Even something simple - like asking a chatbot a question - uses around ten times more electricity than doing a Google search. Experts say AI systems could soon use six times more water than Denmark - undoing some of the progress we've made in fighting climate change.
- **Power and Influence:** Most generative AI tools are owned by a small group of extremely wealthy U.S. based tech companies, giving them lots of power and control.

Timing: 3 minutes

Script:

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- **Power and Influence:** Most generative AI tools are owned by a small group of extremely wealthy U.S. based tech companies, giving them lots of power and control.

Safer Internet Day 6th Class Lesson Script

Timing: 5 minutes

Script:

Remind pupils that Gen AI can be powerful and helpful, but it also raises bigger questions about fairness, privacy, the planet, and creativity. We all need to use it thoughtfully and responsibly.

Using Gen AI Creatively, Safely and Responsibly

Display and go through the **Top Tips for Using Gen AI Safely & Responsibly:**

Use Gen AI with a Trusted Adult

- Most AI tools have an age limit which can vary from app to app but the minimum being at least 13 years of age. You cannot use the tool if you are under 13 years of age and if you are 13 or older you must have your parent or legal guardian's permission to use it.
- When you're old enough to use Gen AI tools, they can be useful but sometimes they give wrong or inappropriate answers. Having a trusted adult with you can help you learn how to use them safely and spot any mistakes or problems.
- Follow your schools and parents' guidelines for using Gen AI.

Understand the Impact

- AI tools are made to keep you asking questions and chatting with them, but every request uses a huge amount of electricity and resources. Try to use AI only when you really need it and avoid long or unnecessary chats just for fun. This helps reduce its impact on the environment and protects our planet.

Avoid Sharing Personal Information

- Never give Gen AI your full name, address, school name, phone number, or personal photos or other private information about you or others.
- Treat Gen AI chats like talking to a stranger online.

Check Before You Trust

- Gen AI can make mistakes, make things up, or give outdated information.
- Always double-check facts with trusted sources (teachers, books, reputable websites).
- Advice from a Gen AI chatbot may be false or unreliable – always talk to a trusted adult for advice or a concern.

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Using Gen AI Creatively, Safely and Responsibly: Top Tips

Only Use Gen AI with a Trusted Adult

- Most AI tools have an age limit which can vary from app to app but the minimum being at least 13 years of age. You cannot use the tool if you are under 13 years of age and if you are 13 or older you **must have your parent or legal guardian's permission** to use it.
- When you're old enough to use Gen AI tools, they can be useful but sometimes they give wrong or inappropriate answers. Having a trusted adult with you can help you learn how to use them safely and spot any mistakes or problems.
- Follow your schools and parents' guidelines for using Gen AI.



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Using Gen AI Creatively, Safely and Responsibly: Top Tips

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Using Gen AI Creatively, Safely and Responsibly: Top Tips

Check Before You Trust

- Gen AI can make mistakes, make things up, or give outdated information.
- **Always double-check facts** with trusted sources (teachers, books, reputable websites).
- Advice from a Gen AI chatbot may be false or unreliable – **always talk to a trusted adult** for advice or a concern.

Use It to Help

- Gen AI is great for brainstorming ideas or explaining things, but we shouldn't just copy the answers it gives us.
- Gen AI should be used a tool to **help with** learning not instead of learning.



Safer Internet Day 6th Class Lesson Script

Continued...



webwise Using Gen AI Creatively, Safely and Responsibly: Top Tips

Stay Critical

- Ask yourself: "Does this sound right?" and "Where might this information have come from?"
- If something feels strange or wrong, it probably needs checking.

Be Kind & Respectful

- Don't ask Gen AI to create harmful, mean, or bullying content.
- Don't use it to cheat or trick others.



Script:

Use It to Help

- Gen AI is great for brainstorming ideas or explaining things, but we shouldn't just copy the answers it gives us.
- Gen AI should be used a tool to help with learning not instead of learning.

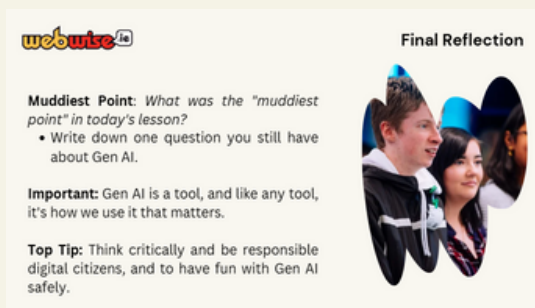
Stay Critical

- Ask yourself: "Does this sound right?" and "Where might this info have come from?"
- If something feels strange or wrong, it probably needs checking.

Be Kind & Respectful

- Don't ask Gen AI to create harmful, mean, or bullying content.
- Don't use it to cheat or trick others.

Timing: 3 minutes




webwise Final Reflection

Muddiest Point: What was the "muddiest point" in today's lesson?

- Write down one question you still have about Gen AI.

Important: Gen AI is a tool, and like any tool, it's how we use it that matters.

Top Tip: Think critically and be responsible digital citizens, and to have fun with Gen AI safely.



Script:

Wrap Up & Reflection: Muddiest Point: What was the "muddiest point" in today's lesson?

At the end of the lesson, ask pupils to write down one question they still have about Gen AI, or the 'muddiest point' (the thing they found most confusing or difficult to understand) from the lesson.

Pupils could write their questions on a sticky note to stick on a designated wall or board. This can be used to identify what topics need to be reviewed or clarified in the next lesson. Remind pupils that Gen AI is a tool, and like any tool, it's how we use it that matters.

Encourage pupils to think critically and be responsible digital citizens, and to have fun with Gen AI safely.

Safer Internet Day 6th Class Lesson Script

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Safer Internet Day 2026
AI Aware: Safe, Smart and in Control

Take Home Activity

- Read about what you have learned about AI with your parents/ guardians.
- Discuss the benefits and challenges of Gen AI.
- Decide and agree on a rule around safe technology use at home.



Timing: 1 minute

Script:

Distribute the Safer Internet Day take home activity sheet available at www.webwise.ie/saferinternetday

Pupils are to take this home and complete the activity with their parents/guardians and sign.

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Safer Internet Day 2026
AI Aware: Safe, Smart and in Control

On Safer Internet Day, you have learned:

- What Artificial Intelligence (AI) is, including a type of AI called Generative AI (Gen AI) and how it works.
- To recognise some potential benefits and drawbacks of using Gen AI.
- To reflect on how we can use Gen AI in a safe and responsible way.



Timing: 1 minute

Script:

Recap with pupils what they have discussed and learned during today's talk. On Safer Internet Day you have learned:

- What Artificial Intelligence (AI) is, including a type of AI called Generative AI (Gen AI) and how it works.
- To recognise some potential benefits and drawbacks of using Gen AI.
- To reflect on how we can use Gen AI in a safe and responsible way.

Activity Sheet 1: Training Data Cards: Facts about dogs

Dogs have
four legs

All dogs bark

Labradors like
swimming

All dogs are
black and
white

A dog's sense
of smell is 40
times stronger
than a human's

Puppies need
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Guide dogs
help people
who cannot
see

Dogs come in
many different
sizes

Some dogs are
trained to help
the police

Dogs like to
play fetch

Dogs wag their
tails to show
they're happy



SAFER INTERNET DAY TAKE HOME ACTIVITY

AI Aware: Safe, Smart and in Control

Today in school we celebrated Safer Internet Day. A day to promote safe and responsible use of the internet, so that we can make the internet a safer and better place for all, especially for children.

We learned about new and emerging technologies in our world including Artificial Intelligence (AI), and Generative AI (Gen AI) – what it is, some of the ways it can help us, and some of the risks to be aware of. We also discussed some ways we can use Gen AI safely and responsibly.



Understand AI and Gen AI Together

What is AI?

Artificial Intelligence (AI) is when computer systems are trained to perform tasks in ways that feel human-like, such as recognising patterns, making decisions, or responding to questions.

What is Generative AI?

Generative AI (Gen AI) refers to AI tools that can **create new content** like text, images, music, or videos by learning patterns from massive amounts of existing data. Examples include chatbots that answer questions or tools that create images from prompts. While it may look creative, its outputs are based on examples it has been trained on, raising important questions about originality, copyright, and fair use.

Important: Gen AI and Age Restrictions: Gen AI apps and chatbots require users to be **at least 18 years old, or 13+ with parental consent**. This means children under 13 should **not use these tools at all**, and those aged 13–17 should only use them with **your permission and guidance**.

We recommend that parents stay involved and are aware of what tools and platforms children are using. With your support, young people can learn to use these tools safely, responsibly, and in age-appropriate ways.

SAFER INTERNET DAY TAKE HOME ACTIVITY

Benefits and Challenges of Gen AI: Ask your child to share what they discussed in class:

- **One benefit of Gen AI:**

- **One challenge of Gen AI:**

In class we discussed the following **Tips for Using AI Safely & Responsibly:**

- **Think Before You Share:** Don't give AI personal info (name, address, school, photos).
- **Check Before You Trust:** AI can be wrong; double-check with trusted sources.
- **Use It to Help:** Great for ideas and explanations, but don't copy homework.
- **Stay Critical:** Ask: "Does this make sense? Where did it come from?"
- **Be Kind & Respectful:** Don't use AI to be mean or harmful.
- **Know the Rules:** Follow school/parent guidelines and AI tool age limits.
- **Use AI with Adult Supervision:** Always use AI under the supervision of a parent, teacher or other trusted adult.

Together, decide and write **one family rule** for how you will use the internet safely and responsibly. **Our Family Online Rule for Safe Use of Technology and the Internet:**

Remember, guide and support your child to use the internet responsibly and safely under your supervision – never leave them to explore emerging technologies such as Gen AI alone.

Further Supports and Information on AI are available to help you support you Visit [webwise.ie/parents](https://www.webwise.ie/parents) for more expert advice, support and information.

Pupil's Name:

Parent/Guardian's Signature:



Thank You

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An Roinn Oideachais
agus Óige
Department of Education
and Youth

DCU
Ollscoil Chathair
Bhaile Átha Cliath
Dublin City University