

AI Safety for 3-7 year olds.

Tips for talking to your child



Introduce simple ideas about AI technology

Example: Explain in very simple terms that tools like voice assistants are computers, not people, and that not everything they see online is real.



Make use of settings and controls

Example: Use parental controls and safety settings on your household devices to help protect them from upsetting or unsuitable content.



Talk about their online experiences

Example: Start simple conversations about what they like doing online and how it makes them feel. This helps them learn early on that they can talk to you about anything that happens online.



Enjoy going online together

Example: Join your child in their online activities. You can guide them towards safer choices whilst sharing in the experience together.



Make sure they know they can always come to you

Example: Reassure your child that they can talk to you if something online confuses or upsets them. Show them you'll listen without judgement and help them work through it.

Children's experiences with AI change over time. These age-specific tips give you simple, practical ways to support them and help them feel confident coming to you whenever something doesn't look quite right.

It pays to be connected



UK Safer Internet Centre



TESCO mobile

Every little helps