



### **What Is Artificial Intelligence?**

Artificial Intelligence (AI) is technology that can create content, answer questions, generate images, and analyse information. Tools like chatbots, image generators, and recommendation systems are now part of everyday life in apps, games, social media, and school tools.

AI can be helpful for learning, creativity, and solving problems. But because it can generate realistic text, images, and videos, it can also be used to spread misinformation or manipulate people. Understanding how AI works can help you use it safely and responsibly.

### **Why AI Matters**

AI is becoming part of how people learn, communicate, and access information. It can help you study, explore ideas, and create new things.

However, AI systems can also produce false information, fake images, or manipulated videos that look real. Without critical thinking, it can become difficult to tell what is true.

By learning how AI works and questioning what you see, you can benefit from the technology while avoiding the risks.

### **How AI Can Affect You**

#### **Deepfakes**

AI can create realistic fake videos or audio of people saying or doing things they never actually did. These “deepfakes” can damage reputations, spread false stories, or be used for bullying.

#### **Misinformation**

AI tools can quickly generate large amounts of text or images. Sometimes this information may be incorrect, biased, or misleading, even if it looks convincing.

#### **Scams and Fake Content**

AI can be used to create fake messages, emails, or social media posts designed to trick people into sharing personal information or money.

### **Unrealistic Expectations**

AI-generated images and videos can create unrealistic portrayals of people, lifestyles, or events that don't exist in reality.

### **Over-Reliance on Technology**

If people rely too heavily on AI tools, they may stop questioning information or thinking critically about what they see online.

## **How to Use AI Safely and Responsibly**

### **Check the Source**

If AI gives you information, verify it using trusted websites, books, teachers, or reliable news sources.

### **Don't Share Personal Information**

Never enter personal details such as your address, phone number, school information, or passwords into AI tools.

### **Use AI as a Helper, Not the Answer**

AI can support learning, but it shouldn't replace your own thinking. Use it to explore ideas or explain concepts rather than doing all the work for you.

### **Be Careful With Images and Videos**

If a video or image seems shocking or unbelievable, consider whether it might be AI-generated or edited.

### **Respect Others**

Using AI to create fake images, impersonate people, or spread rumours can harm others and may have serious consequences.

## Be Critical of AI Content

AI-generated content can look very convincing. Asking questions can help you stay informed and avoid being misled.

### Deepfakes

AI can generate fake videos or audio of public figures, teachers, or even friends.

Ask yourself:

- Does this seem realistic or exaggerated?
- Is there reliable news confirming this event?
- Could this video have been manipulated?

### AI-Generated News or Posts

Some websites and accounts use AI to produce large amounts of content quickly.

Ask yourself:

- Who created this content?
- Is it from a trusted organisation?
- Are other reliable sources reporting the same thing?

### Manipulated Images

AI can create images that never happened.

Ask yourself:

- Does the image look overly perfect or strange?
- Can I find the original source?

## Using AI in a Positive Way

AI can be a powerful tool when used responsibly.

You can use AI to:

- Explain difficult school topics
- Brainstorm creative ideas
- Practice writing or studying
- Learn new skills or languages
- Explore technology and innovation
- The key is to use AI as a learning tool rather than a replacement for your own thinking.

### What To Do If You See Harmful AI Content

If you come across harmful AI-generated content, such as fake videos, bullying, or misinformation:

#### Report the Content

Use the report or flag option on the platform where the content appears.

#### Save Evidence

Take screenshots if the content involves bullying, threats, or impersonation.

#### Talk to a Trusted Adult

Speak with a parent, teacher, school nurse, or youth worker for advice.

#### Avoid Sharing It

Even sharing fake content to warn others can sometimes help it spread further.

#### Remember:

AI is a powerful tool, but your critical thinking, curiosity, and judgement are the most important tools you have.

Learning how to question what you see and use technology responsibly will help you navigate a world where AI is becoming part of everyday life.



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# HSIS YOUTH WORKERS

Every school and college in Wirral has a dedicated HSIS Youth Worker offering confidential support for any issues affecting young people.

We address topics like resilience, risk reduction, healthy relationships, sexual health (including condoms in some schools), drugs, alcohol, emotional health, stress, and anxiety. Our workers support students at Wirral Secondary Schools, Wirral Sixth Form College, and Wirral Met College. Visit [www.zillo.co.uk](http://www.zillo.co.uk) for more info.

Visit [www.zillo.co.uk/hsis](http://www.zillo.co.uk/hsis) for more info.

