**Safer Internet Day 2026**  
**Resources for use with 11 to 14 year olds**

*Smart tech, safe choices – Exploring the safe and responsible use of AI*

**Smart tech, safe choices quiz**

The quiz can also be found online at: [saferinternet.org.uk/sid-quiz](http://saferinternet.org.uk/sid-quiz)

1. Rhys finds out that someone in his year group has used AI to create a video of him that makes it look like he’s taking his t-shirt off, and has shared it on their social media stories. What should Rhys do?
   1. Ignore it – it’s just an AI image, and isn’t well made, so no one will think it’s real anyway.
   2. Report the post on the platforms it’s being shared on, screenshot the post as evidence, and tell a trusted adult.
   3. Confront the person who made and shared the video.

Correct answer: b

An AI-generated video like this, whether it looks convincing or not, can still make someone feel upset, uncomfortable or vulnerable. It is not okay to create and share AI-generated content like this. The video was also created of Rhys without his consent. Rather than increasing the chance of conflict by trying to confront the person, it’s best to report the post, save the evidence, and get help from a trusted adult.

1. Remi has an essay that she needs to write for her English homework. She is thinking about using AI to help her with the essay. Which of these is the most responsible way she could use AI to help her?
   1. Use AI to help her mind map her ideas, explain any key themes she is struggling to understand, and write a possible plan for the essay.
   2. Use AI to write the whole essay for her.
   3. It is wrong to use AI in any way to complete a homework task.

Correct answer: a

It is not appropriate to use AI to do all the work for you – this isn’t testing your knowledge and your skills, and it won’t help prepare you for your exams. However, it can be a great

tool for helping improve your efficiency, organising your thoughts, or understanding difficult concepts.

1. Zainab’s friend, Stevie, has posted an inappropriate picture of a celebrity in their group chat. Stevie is convinced it’s a real image, but Zainab thinks it is a deepfake and isn’t real. Most of their other friends in the group chat are laughing about the image. What should Zainab do?
   1. Privately message Stevie to explain that it is probably a deepfake, explain why sharing images like this in this way is inappropriate, and ask her to delete it.
   2. Just ignore it – it’s not real, so it’s not a big deal.
   3. Call out Stevie in the group chat, and say it’s ridiculous that she believes it’s real.

Correct answer: a

Stevie might not realise the potential impact that deepfakes can have, so a calm and private conversation away from the group chat might help them better understand and they may then remove the content. If Stevie refuses to delete the content or the conversation escalates, then Zainab may want to speak to a trusted adult about what has happened.

1. Zo wants to experiment with using AI to create music. Which of these uses of AI-generated music is okay?
   1. It’s never okay to use AI-generated music.
   2. To create a piece of music for your termly assessment piece for your music lessons.
   3. To get inspiration to create your own piece of work, or if you need free background music for a video you’re working on for a school project.

Correct answer: c

You shouldn’t use AI-generated music and claim that it is your own work, as this is not a test of your skill and abilities. Royalty-free music, which AI-generated music is often

classed as, is music that you don’t need to pay for to use, so AI-generated music may be useful for getting inspiration or for a project where you need to use free music.

1. Which of the following statements about AI-generated fake news online is true?
   1. AI-generated fake news is so common now, so we just need to accept that it exists – we can’t do anything about it.
   2. Developments in AI means that fake news and misinformation can be mass produced and spread more widely, making more people believe harmful views more easily.
   3. AI-generated fake news isn’t a threat – people can tell if a news story is AI-generated and not real, so they’re not going to believe it.

Correct answer: b

AI-generated fake news is a real threat, as it can create untrue stories very quickly and convincingly, and then it can be spread very quickly and widely online. Whilst it might seem that nothing can be done about it, we can all play our part by reporting fake AI-generated news content when we see it online so that it can hopefully be removed. You can also have open conversations with the people you know about what is real and what is not, and why believing and sharing news content without checking it first can be harmful.

1. Which of the following is the most appropriate way to use an AI chatbot?
   1. Asking it for advice to help you with your mental health when you’re having a difficult time in your personal life.
   2. Speak to it when you’re feeling lonely and build a ‘friendship’ with it.
   3. Ask it for answers to basic questions, for help with planning an activity for the weekend, or for suggestions of what to cook for dinner.

Correct answer: c

AI chatbots can be a quick and efficient source of information, to help you with basic tasks or to give you an answer to question you have. However, it’s still important to double check the information it has given you, as it can sometimes be inaccurate. AI chatbots can be fun to talk to but shouldn’t be a replacement for human friendships or

advice, or professional help, as this might isolate you from people further or provide you with potentially harmful advice.

1. Carmen sees that a nude image of someone in the year above her has been posted in one of the group chats she is in. Carmen doesn’t think it’s real, and thinks it has been made using an AI image generator app. What should she do?
2. Screenshot the image and send it to the person who is in the image to let them know.
3. Report the image using the report function, and then tell a trusted adult, such as a parent/carer and a teacher at her school.
4. Just ignore it – she doesn’t want to get involved in any conflict, and it’s not a real image anyway.

Correct answer: b

A nude image of someone under the age of 18, even if has been created using AI, is against the law, as it is considered an indecent image of a child. Screenshotting this image and sharing it on is not appropriate, as this would also technically break the law. If someone has an image of them like this created and shared without their consent, even if it has been made by AI, it can be very distressing for that person. It is important to report it on the platform it has been shared, and to tell a trusted adult, as they will be best placed to be able to investigate and deal with the situation.

1. Jin has been using AI a lot more, especially for finding information, as he feels it is quicker than looking through search engine results, and can summarise in a more digestible way. However, recently he realised that some of his searches have been giving him incorrect or inaccurate summaries. What should he do?
   1. Continue to use AI in this way, but make sure he also checks other sources on search engines to ensure that the information he is receiving is accurate.
   2. Don’t worry about AI sometimes being inaccurate – in most cases, it’s correct information, so it won’t do any harm.
   3. Stop using AI and stick to using search engines.

Correct answer: a

AI can be a great tool for summarising information quickly in a digestible and easy to understand way. However, some of the data it uses may not be entirely accurate, so you cannot fully rely on it. It is also not allowing you to practise your research skills, which you may need later in life. Whilst you don’t have to stop using AI in this way entirely, it’s important to fact check the information you receive from AI using other trusted sources, to ensure its accuracy.