

**AI can be brilliant. It can also be brilliantly wrong.**

Before you trust it, ask yourself:

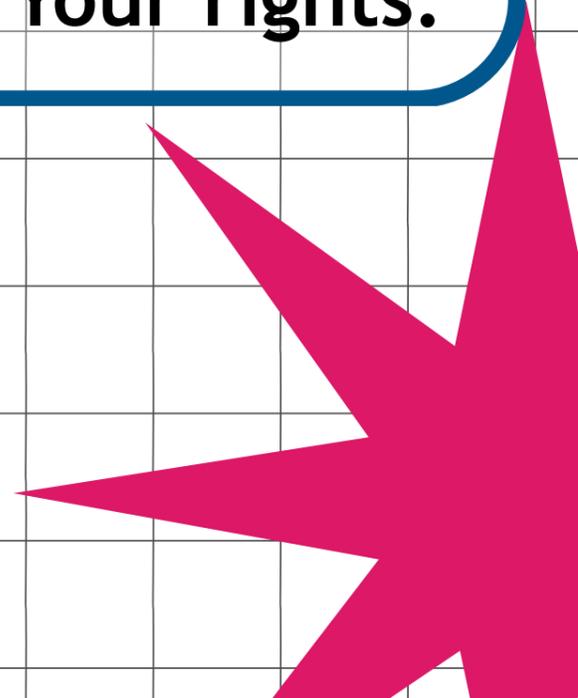
- How can I fact-check what I am being told?
- What am I using AI for - to understand something or just to get an answer?
- Does AI know when it's wrong? (Spoiler: it doesn't)

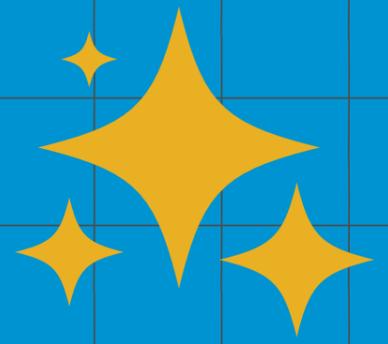
Use it as a tool to help you learn, not instead of learning.

Talk about what's happening online. With friends. With people you trust. Reach out to Childline - online, on the phone, anytime. [childline.org.uk/kids](https://childline.org.uk/kids) | 0800 1111



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## What can AI do - and what can only you do?

AI can write essays.

You can think about what matters and why.

AI can give you an answer.

You can work out what questions are worth asking.

AI can sound certain about everything.

You can be honest about what you know and what you don't.

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