

Spotlight on ChatGPT

ChatGPT is a type of generative (gen) AI. Gen AI tools can create new, original content based on instructions given by users. Users can use ChatGPT to generate content, such as asking it to write a short story or essay, create computer code or assist with a task the user is engaged in.

Potential risks

It can be wrong

When a user submits a request, the AI technology gathers information from existing online materials and puts it together in a readable format. ChatGPT cannot tell the difference between fact and fiction – it just shares the information it has learned. This means users may be exposed to false or misleading information.

No content filters

Responses are user-driven, meaning the AI tool puts together any content that users ask for. This can be risky because the app has limited safeguards and information on potentially inappropriate topics can be easily accessed.

Friendly, but not a friend

It is important young people understand that ChatGPT is purely an AI tool – not a person. While the tool can discuss almost anything, and offer advice, users should not rely on ChatGPT as a source of support and advice.

Practical advice

Fact-check everything

Speak to your child about spotting misinformation and fact-checking information produced by ChatGPT.

Talk to your child

Talk about the risks of using ChatGPT as a source of information on potentially delicate or harmful topics.

Speak to a trusted adult

Remind children that they should always speak to a trusted adult or [helpline](#) if they need advice or support with a troubling issue, and that an AI chatbot is not a suitable alternative.

For more information

