



26th May 2023

E-safety Newsletter Summer term 2023: Wellbeing online and Snapchat AI

Dear Parents and Carers,

Wellbeing online:

The Summer half-term holiday is upon us already and the weather is finally warming up. With that in mind, we thought it would be a good time to remind our students to ensure that they are getting the right balance when they juggle their time amongst the virtual world and the real world. We know that it is tempting to become consumed by the virtual world and all the exciting possibilities it can offer, but we hope that our children will also make the most of the good weather and experience what the outside world has to offer too. I have attached a poster with some useful tips and reminders. The students will also be shown this in their ICT lesson today and will be given a copy of this to bring home. We hope that they will choose to put this on their wall or in a prominent place as a positive reminder.

Snapchat AI:

You are probably aware that there have been huge developments in the technology of AI (Artificial intelligence) and AI apps have become more widely used and easily available. If you are not a Snapchat user yourself, you may not be aware that Snapchat now has its own AI chatbot (similar to ChatGPT). I have attached some information and advice from Childnet, (Signposted by EST E-safety) about the Snapchat AI chatbot.

Whilst we have advised our pupils and parents about Snapchat in the past, we know that many young people, maybe friends of your child, still use it and are not aware of the dangers. So we, as parents and teachers, must continue to strive to keep up with the new developments.

Childnet and EST E-safety training are two of the most helpful websites that schools use to keep up to date with the latest technologies that are popular with our children. They have lots of useful information and advice for parents and children to access also. You can find links to these websites below:

<https://esafetytraining.org/>

<https://www.childnet.com/parents-and-carers/>

E-safety workshops in school:

We are excited to announce that "The 2-Johns" (from EST E-safety training) will be returning to Clarity to deliver our annual E-safety workshops on **Thursday 28th June 2023**. They will be working with the pupils in the morning and will then deliver a parent workshop in the afternoon. Please save the date in your diary; we will be sending you an invitation to join us for the workshop nearer the time.

If you, or your child, have concerns that you would like to receive advice for, please do not hesitate to get in touch; we will be more than happy to support and advise you or signpost you to further advisory services.

Yours sincerely

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Blog

Snapchat's new AI chatbot and its impact on young people

22 May 2023



Snapchat is an extremely popular social media platform used by young people to engage with each other through sharing stories, direct messages, and multimedia photo and video content.

Recently it has introduced a new Artificial Intelligence (AI) chatbot called “My AI” designed to help users with various tasks through their messaging section in the Snapchat app.

While this new feature can be helpful, there are some potential risks to young people who use this feature. In this article, we explore the latest AI chatbot on Snapchat and its potential impact on young people.

Are you looking for [information about ChatGPT](#)? We have recently released guidance around supporting young people to use it safely and appropriately.

What is Snapchat?

Snapchat is a messaging app that allows users to share content, such as photos, texts and videos, i.e., ‘Snaps’. Snaps only appear for a matter of seconds before disappearing from users’ screens.

You can choose to send a ‘Snap’ directly to one other person, or you can post it on your ‘Story’ so that all your contacts can view it. Your contacts can view this for 24 hours before it disappears and can be found in your archives if you choose this setting.

What is “My AI” and how does it work?

My AI is a computer program designed to have conversations and dialogue with users like a person. As you input information, either by typing or speaking, it responds to you.

If you ask it a question, it searches available databases, gathers information, and formulates a response. As you engage with My AI, it grows in knowledge and becomes more specific to your interests and interactions. Parents and caregivers should be aware of the potential impact that My AI can have on young people who are using Snapchat.

Potential Impact on Young People’s Mental Health

Snapchat’s new My AI tool has the potential to affect young people’s mental health. While it can provide helpful information and support, it may also contribute to feelings of isolation and loneliness.

As interactions with AI can feel like conversations with real people, young people may rely too heavily on the chatbot for emotional support or entertainment.

Since My AI uses its own knowledge and data, it may not always understand the subtle details in conversation or the slang used by young people. This could lead to the chatbot reinforcing negative self-talk and spreading harmful ideas.

It's important to keep in mind that chatbots, like My AI, cannot replace real conversations. Parents, carers, and professionals who interact with young people can help promote the right mindset when using My AI by reminding them that it may not be completely accurate.

Young people are encouraged to seek advice from a trusted adult if they encounter anything that makes them feel uneasy or concerned while using My AI.

Advertising within My AI

Snapchat is also testing sponsored links in My AI. This new feature will allow brands to advertise to Snapchat users through the My AI. Snap has also announced new ad products for Spotlight and Stories. While this may be seen as a new way for brands to reach their target audience, it may also lead to an increase in advertising on the platform.

Parents and carers should be aware of My AI ads' impact on young people, especially if some face challenging behaviour like compulsive buying or overspending. To help keep young people safe from potentially inappropriate content, Snapchat suggests parents use parental control options.

My AI Privacy Concerns

Snapchat has teamed up with OpenAI to incorporate the cutting-edge language model "GPT-3" into its platform. According to Snapchat My AI will use this technology to provide users with more accurate and helpful responses. However, some people have raised concerns about privacy for younger users.

Parents and carers are advised to remind young people to consider what personal details they share within the chat. To help address this issue, it may be a good idea to develop more resources in schools and other organisations to help young people navigate chatbot interactions and understand how to protect their personal information.

Guidelines to Help Young People Use My AI Responsibly

When it comes to helping young people use tools like Snapchat's My AI, there are a few guidelines parents and carers can follow:

1. **Encourage open communication:** It's important to have conversations with your child about their use of the chatbot. Encourage them to talk to you if they have any concerns or questions.
2. **Set boundaries:** Establish guidelines for when and how long your child can use the chatbot. This can help ensure that they don't become overly reliant on it for emotional support.
3. **Monitor usage:** Keep an eye on your child's use of the chatbot. If you notice any changes in their behaviour or mood, it may be a sign that they're struggling with something and need additional support.

4. **Remind them of the limitations of chatbots:** It's important to remind your child that chatbots, like Snapchat's My AI, cannot replace real conversations. Encourage them to seek out real human connections when they need emotional support.
5. **Teach them about online safety:** Remind your child to be careful about what personal details they share with the chatbot. Encourage them to only share information that they're comfortable with.
6. By following these guidelines, parents can help young people use chatbots like My AI in a safe and responsible way.

Conclusion

Snapchat's My AI tool offers many benefits, such as easy access to information and a virtual buddy that learns your preferences. However, parents and caretakers need to be aware of potential pitfalls to promote healthy use of My AI. As this field of technological advancement rapidly grows, we'll aim to keep our audience informed of changes.


Reference:

<https://www.childnet.com/blog/snapchats-new-ai-chatbot-and-its-impact-on-young-people/>

Looking After Your **WELLBEING ONLINE**


We all know that taking care of our minds and bodies is essential to keep us feeling happy and healthy. The thing is, we spend so much of our time online these days that it's also important that we remember to look after ourselves in the digital world, too. Our poster has got some simple but useful tips for supporting your wellbeing while you're gaming, on social media or just using the internet.



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