

1. Digital tools & AI features		2. Safe and responsible use		3. AI vs human interaction	
<p>Big idea: AI is a powerful tool that predicts patterns from data, but it can be inaccurate, biased and influential—so users must think critically and use it responsibly.</p>		<p>Stay Safe</p> <ul style="list-style-type: none">Do not share personal information with AI Anything typed can be stored as data and may be accessed laterUse strong passwords Include upper/lower case letters, numbers and symbols; avoid personal detailsNever share passwords Even with friends, as this can risk accounts and personal data <p>Be Critical</p> <ul style="list-style-type: none">Check information using reliable sourcesSeek different viewpoints (avoid echo chambers)Use your judgement—question outputs <p>Understand AI Limits</p> <ul style="list-style-type: none">AI systems are not human. They do not have feelings or real understanding.Do not rely on AI for emotional support. AI cannot provide real empathy.Use AI for tasks, not relationships. AI is useful for learning and productivity, but real people provide genuine support.		<p>AI does not think, feel or understand – it only simulates human-like responses.</p> <p>Humans understand context, emotions and body language and draw on real life experience, allowing them to interpret meaning and respond with real empathy. AI currently can not do this.</p> <p>AI may sound human-like, but this is only an illusion created by programming (simulated conversation).</p> <p>Humans understand context, tone and sarcasm, which AI often struggles with</p> <p>Common Misconceptions</p> <ul style="list-style-type: none">AI understands youAI is always correctAI is unbiasedChatbots are real “friends”	
Benefits	Risks				
Fast access to information	Inaccurate or biased information – AI outputs may be wrong or reflect bias				
Instant communication	Privacy risks – personal data can be collected, stored or misused				
Access to wide knowledge	Echo chambers – users may only see content that reinforces their views				
Supports learning	Over-reliance on AI – reduces independent thinking and judgement				
Collaboration	Addiction / reduced human interaction – less face-to-face communication				
Creativity tools	Influences opinions and behaviour – algorithms shape what users think or do				
Efficiency – automates tasks and saves time	Environmental impact – high energy and water usage in data centres				
4. Chatbots & digital relationships		5. Environmental impact of AI		6. Keywords	
<p>AI (chatbots) generate responses by looking at keywords and predicting the next most likely words using patterns in data.</p> <p>Chatbots are often programmed to show politeness, keep you using them longer and to obtain as much information from you as possible. Chatbots use simulated empathy (polite, supportive language), but they do not have real feelings or care about you</p> <p>Chatbots are always available (24/7) and never disagree, which can make them appealing to users.</p>		<p>AI is powerful but resource-intensive—using it responsibly helps reduce its impact on the environment</p> <p>Key Facts</p> <ul style="list-style-type: none">One AI query can use around 10× more electricity than a standard searchAI queries can use 30–80× more water than a normal searchTraining AI can use enough energy to power 100+ homes for a year <p>Environmental Risks</p> <ul style="list-style-type: none">High energy consumption → contributes to climate changeLarge water usage → impacts water supplyLand use → data centres require large areasElectronic waste (e-waste) → outdated hardware is difficult to recycleUse of rare materials → mining impacts the environment <p>Responsible Use</p> <ul style="list-style-type: none">Use the right tool (search engine for simple facts, AI for complex tasks) - Use AI only when it adds value!Avoid unnecessary AI use to reduce energy consumptionBe aware of environmental impact when using digital toolsThink before prompting AI – is it really needed?		<p>Artificial Intelligence (AI)</p> <p>Computer systems that use data and algorithms to perform tasks and generate outputs that appear intelligent</p>	
Benefits of Chatbots	Risks of Digital Relationships with Chatbots				
Provide quick information and explanations	Social withdrawal – choosing AI over real-life relationships				
Help generate ideas (e.g. stories, revision questions)	Emotional reliance – sharing problems with AI instead of real people				
Support organisation and tasks	Over-trusting AI – treating responses as facts				
Offer translation and learning support	Privacy risks – personal data may be stored or accessed by developers				
Judgment-free space to practise communication	Reduced critical thinking -Relying on AI instead of thinking independently				
				<p>Algorithm</p> <p>A set of step-by-step instructions used to solve a problem or make a decision.</p>	
				<p>Chatbot</p> <p>A computer program that simulates conversation by predicting what to say next.</p>	
				<p>Digital Footprint</p> <p>The trail of data you leave online through your actions, which can be used to personalise content.</p>	
				<p>Echo Chamber</p> <p>An environment where you only see content or opinions that reinforce your existing beliefs.</p>	
				<p>Bias (AI Bias)</p> <p>When an AI system produces unfair or unrepresentative results due to the data it was trained on.</p>	
				<p>Dataset</p> <p>A collection of data used to train an AI system.</p>	
				<p>Data Centre</p> <p>A large facility containing servers that store and process data used by digital systems and AI.</p>	