



Optus
Digital
Thumbprint



Navigating the AI World

What parents need to know

Building AI-safe habits together, one prompt at a time

While AI can be a great creative tool, it does pose certain online safety risks. This guide is designed to give you the confidence to talk with your child about staying safe while exploring new technology.

Did you know?

AI is now integrated into search engines, gaming platforms, and learning management systems that are regularly used by primary students.

While social media access has changed, AI is still part of our childrens' everyday lives. According to eSafety research, 1 in 4 young people may encounter a digital scam, and AI is making those scams harder to spot. (eSafety.gov.au)

Unmasking key risks of AI

- **Privacy & data:** Young children often don't realise that AI models *learn* from what they are told. Entering personal data can lead to safety risks.
- **Deepfakes & manipulation:** AI can create highly realistic *deepfakes*, raising significant risks for image-based abuse.
- **AI scams:** Scammers use AI to create highly convincing messages, targeting young gamers with fake offers for glitches or rare items.



Starting the conversation about AI together

Help your child understand that AI isn't a *living* thing and it doesn't have feelings or real-world experiences by using these conversation starters:



Questions	Discussion Points
Is AI a person or a tool, and does it think like you do?	AI is a digital helper, not a friend. It follows patterns it has learnt and does not have its own feelings or ideas.
Do you think AI knows the answer to everything?	AI does not have real world experiences, it is a clever tool that guesses what word or image should come next based on what it was taught.
Did you know that AI can change photos of people?	It's important to protect your personal information and photos because AI can be used to create <i>deepfakes</i> to trick people.
Have you heard of AI making a mistake?	AI can hallucinate or make mistakes because it doesn't understand everything. It is important to always fact-check information.
What would you do if a gaming friend was asking for your password?	Hackers can use AI to make themselves look trustworthy. Remember it's important to keep your passwords safe.

About Optus Digital Thumbprint

Through our Digital Empowerment strategy and programs, Optus is enabling Australians to achieve, thrive and belong in a digital world.

Optus Digital Thumbprint supports digital safety and wellbeing for young people and families. Find out more at www.digitalthumbprint.com.au

What if your child needs more help

If your child needs to talk to someone about their feelings or worries, they can contact any of these free, private, 24/7 services:

[Kid Helpline](#) on 1800 55 1800

[13 Yarn](#) on 13 92 76

[Lifeline](#) on 13 11 14