



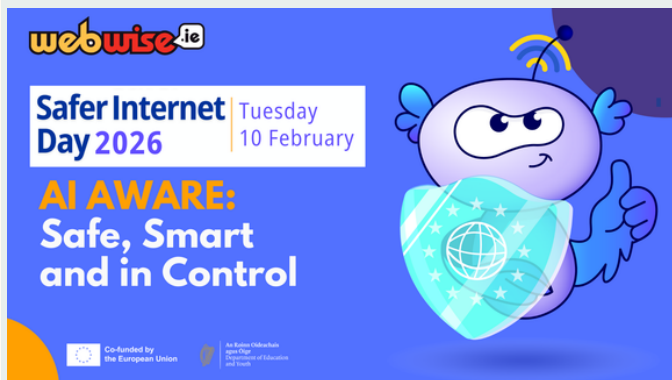
# Safeguarding Bulletin

FEBRUARY 2026

## SAFER INTERNET DAY 2026

Dear Parents and Carers,  
In this month's bulletin we are going to be focusing on Safer Internet Day 2026. Safer Internet Day 2026 focuses on Artificial Intelligence (AI) and how we can help children use it safely, responsibly and positively.

AI is already part of many children's online experiences. It can appear in chatbots, homework help tools, games, voice assistants and apps that create images, stories or videos. Used well, AI can support learning and creativity – but it is important that children understand its limits and risks.



## KEY MESSAGES FOR PARENTS AND CARERS:

- **AI is not a real person.** Children should know that AI tools do not think or feel, and that the information they provide is not always accurate or appropriate.
- **Personal information should never be shared.** Remind children not to give their name, school, address, photos or other personal details to AI tools.
- **Not everything online is true.** AI can make mistakes or produce misleading content. Encourage children to check information with a trusted adult.
- **Age limits still apply.** Many AI tools have minimum age requirements. Please check terms and settings before allowing your child to use them.
- **Talk openly and often.** Ask your child what apps or tools they are using and what they like about them. Keeping conversations calm and curious helps children feel confident to speak up if something worries them.

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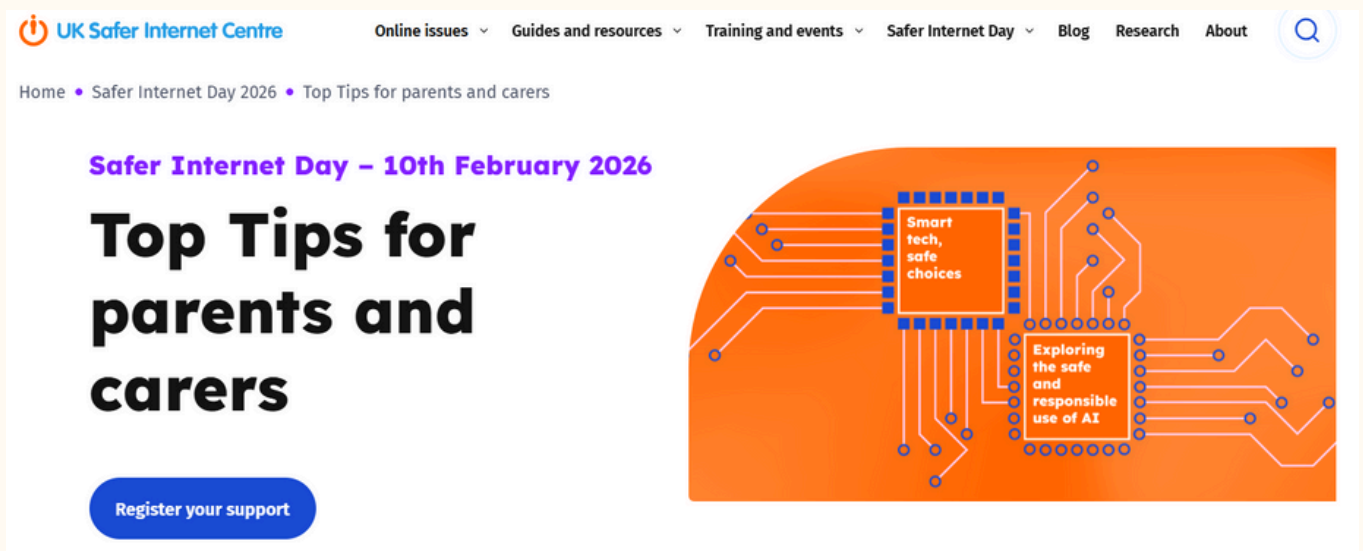
Parents and carers can also use [saferinternet.org.uk](https://saferinternet.org.uk) as a valuable and trusted resource to support their children's online safety.

The website offers practical advice on:

- **Enjoying** the internet together as a family
- **Encouraging** regular conversations about what children do online
- **Reassuring** them that they can always talk to a trusted adult if something worries them.

The website helps parents understand where AI is used in everyday apps and devices, highlights the importance of recognising AI-generated content, and explains how to use technology — including AI — in safe, responsible and respectful ways.

In addition, the site includes **quizzes for children and young people**, which can help parents identify areas where their child may need extra support or guidance at home, as well as a **social media toolkit** to help families share positive online safety messages.



The screenshot shows the UK Safer Internet Centre website. The navigation bar includes links for Online issues, Guides and resources, Training and events, Safer Internet Day, Blog, Research, and About. The breadcrumb trail reads: Home > Safer Internet Day 2026 > Top Tips for parents and carers. The main heading is "Safer Internet Day – 10th February 2026" in purple. Below it is the large heading "Top Tips for parents and carers" in bold black text. A blue button labeled "Register your support" is positioned at the bottom left. On the right, there is a graphic with an orange background and white circuit lines. It features two boxes: "Smart tech, safe choices" and "Exploring the safe and responsible use of AI".