

Online Safety News

March 2025

AI-Generated Content & Deepfakes: Recognising and Addressing Misinformation

AI-generated content and deepfake videos are becoming more common, making it harder to tell what's real and what's not online. These edited images and videos can spread false information or even be used to trick people.



What can you do?

- Encourage your child to question the authenticity of online content and verify information through reputable sources. This will help **develop their critical thinking skills** – essential to staying safe online.
- **Discuss the Misuse of AI:** Talk about the potential harms of creating or sharing manipulated content. Ensure your child knows it's unacceptable to produce content that could harm others and change content
- **Report Concerns:** If your child encounters or is targeted by malicious AI-generated content, report it to appropriate authorities such as the Child Exploitation and Online Protection Command (CEOP).

World Book Day 6th March

It's World Book Day this month and what better way to celebrate than combining reading with learning about online safety!

Here are 15 great books to get started talking to younger children about staying safe online. It's never too early to start.



Gaming Safely



If you have a child who enjoys gaming or wants to start, then it's important to **be aware of the different ratings and symbols applied to online games**, so you can be confident they are playing age appropriate games, safely.

The PEGI ratings give a guideline of what age the game is suitable for and the symbols below show what type of content may be included.

PEGI RATINGS



Violence - Game contains depictions of violence

Discrimination - Game contains depictions of, or material which may encourage, discrimination

Sex - Game depicts nudity and/or sexual behaviour or sexual references

Drugs - Game refers to or depicts the use of drugs

Fear - Game may be frightening or scary for young children

Bad Language - Game contains bad language



This resource, the family video gaming database, has been created to help parents, carers and professionals to develop a better understanding of gaming. It is a great place to start if you have a child who wants to game online.

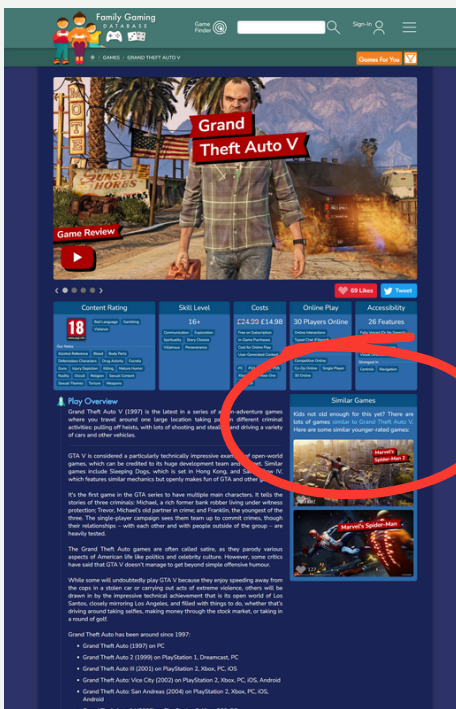
It includes a parent blog, news, what's trending, newsletter and more.

On this site you can:

- Discover amazing games, educational, family games, the newest releases and much more.
- Understand benefits and risks of each game, or find age appropriate alternatives
- Connect with your child's gaming

You can check it out here:

<https://www.familygamingdatabase.com/en-gb/home>



If your child is wanting to play a game that is not age appropriate, such as Grand Theft Auto, which is rated 18 due to inappropriate language, violence and sexual content, then the site will suggest similar, age appropriate alternatives based on your child's age.