

AI and chatbots



What did we learn today?

Today, we explored what AI is, how it works, and how AI tools are being used in everyday life. We looked at both the helpful uses of AI and some of the things it can't do, such as understanding feelings or having real-life emotions.

To make this easier to understand, we used a simple food analogy. Just as food has ingredients and “free from” labels, AI tools feature certain things like data and code but are free-from others, such as empathy and challenge. This helped us talk through how we can use technology safely and build healthy digital habits.

Things to talk about at home

- How does AI already affect us in everyday life, for example, at home or at work?
- How might AI help people in the future, such as in healthcare or learning?
- Why is it important not to rely on AI too much?
- Where does human judgement really matter?
- What are chatbots and how do we use them?
- What do you think chatbots are good for and what should we not be using them for?

VodafoneThree believes that being online is a vital part of everyday life. For 16 years, Vodafone has helped families enjoy safe and happy digital experiences, providing tools, guidance and resources with partners including the NSPCC. Find out more at vodafone.co.uk/digitalparenting.