



## **AI chatbots and companions**

A simple search of “AI Chat” within the App store highlights the number of AI apps already available, many are rated as 18+ so it is important to speak to our children about them and the risks associated with them. Examples of AI chatbots that your child may have heard of are Character.AI (18+) and My AI from Snapchat (13+).

### **What are the risks?**

- Over reliance on AI companions, for example they may replace ‘real life’ friendships or reliance on using them for homework or problem solving.
- Exposure to inappropriate content.
- Privacy/data risks.
- Misinformation as not all information shared is correct and can be biased.

### **How can I protect my child?**

- Check age ratings of any apps or websites that your child accesses.
- Discuss the risks of AI chatbots with them and have open conversations about why they may be using them.
- Set up appropriate parental controls on their devices/ broadband.
- Chat to your child regularly and ensure your child knows that they should talk to you or another trusted adult if anything concerns them.

### **Further information**

<https://www.esafety.gov.au/newsroom/blogs/ai-chatbots-and-companions-risks-to-children-and-young-people>