

Thought for CHA

- Online Safety
- AI Awareness
- Smart Digital Choices



Why Online Safety Matters

- You spend a huge part of your life online
- Not everything or everyone is what they seem
- Your digital choices can affect your future

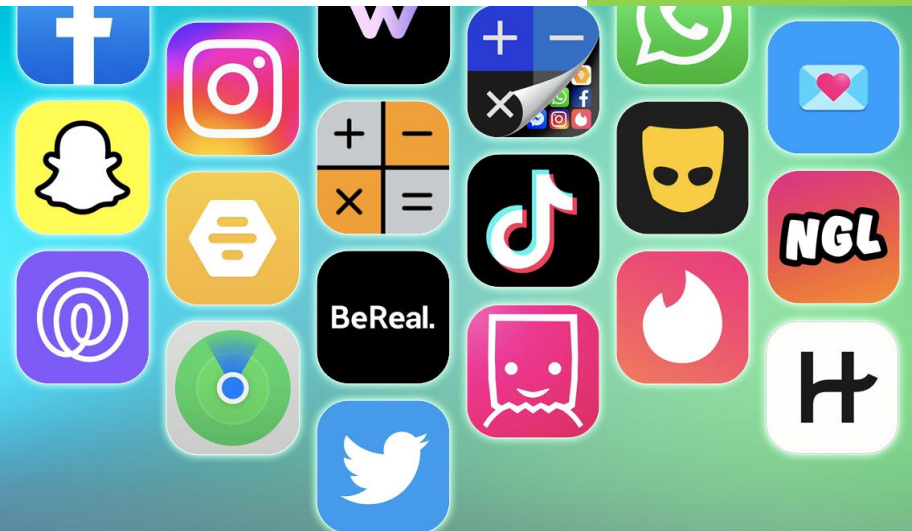
Common Online Risks

- Fake accounts
- Scams and phishing
- Oversharing personal info
- Pressure to share things you're not comfortable with
- Harmful trends or challenges



Age-Appropriate App Use

- Most platforms are **13+**
- Some features are **16+** or **18+**
- Age limits exist for safety
- Use privacy settings to control who sees your content



Red Flags in Apps & Online Spaces



- Apps asking for too much personal info
- People asking for private photos
- Messages that feel pushy or uncomfortable
- “Too good to be true” offers
- Requests to move chats to private platforms

AI: What You Need to Know

- AI can create realistic images, videos, and voices
- Not everything online is real
- AI tools can be helpful — but also misused
- Always ask: “Could this be AI-generated?”



[Five things you really need to know about AI - BBC](#)

Thought for CHA – w/c 11th May 2026

'Live life in all its fullness' (John 10:10)

How AI Can Trick You

- Fake celebrity videos
- Fake messages pretending to be friends
- AI chatbots acting like real people
- Edited images that look authentic

New fake Taylor Swift TikTok scam reveals scary reality of AI deepfakes

News By [Natalie Fear](#) published yesterday

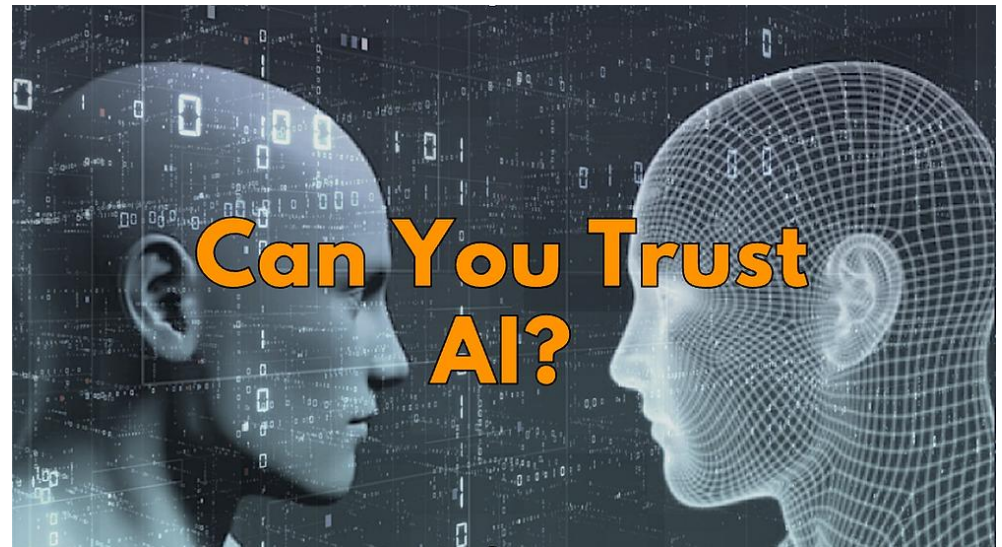
No wonder the star is seeking legal action.



(Image credit: Disney Plus/ Taylor Swift)

Protecting Yourself from AI Manipulation

- Verify before you trust
- Reverse-image search suspicious pictures
- Don't share personal info with strangers
- Ask an adult if something feels off



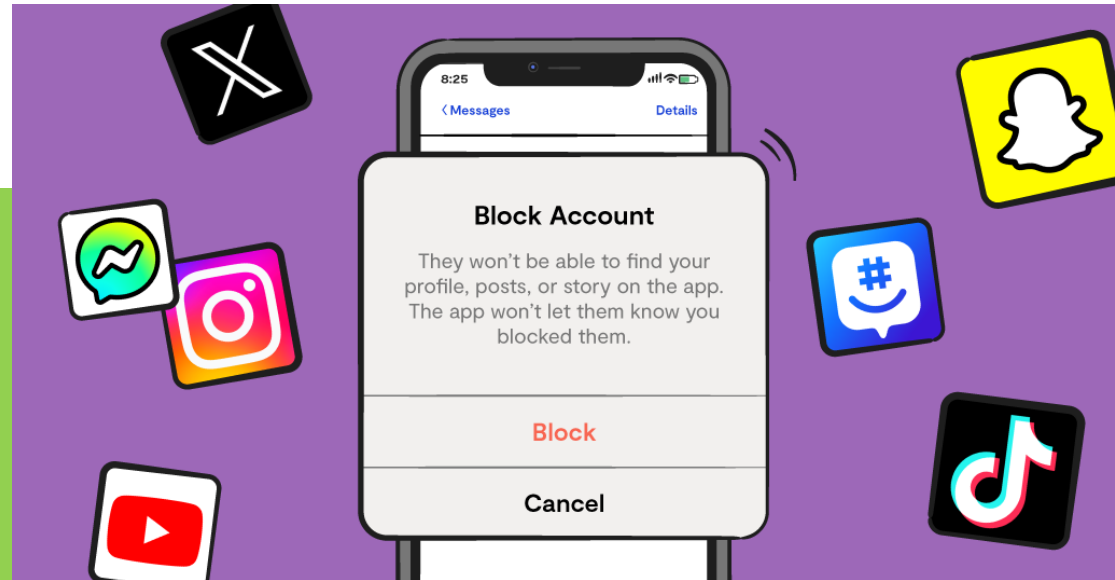
Healthy Online Behaviour

- Think before you post
- Be kind — words spread fast
- Avoid harmful trends
- Take breaks from social media
- Keep private info private

IN A WORLD
WHERE YOU
CAN BE
ANYTHING,
BE KIND.

If Something Feels Wrong

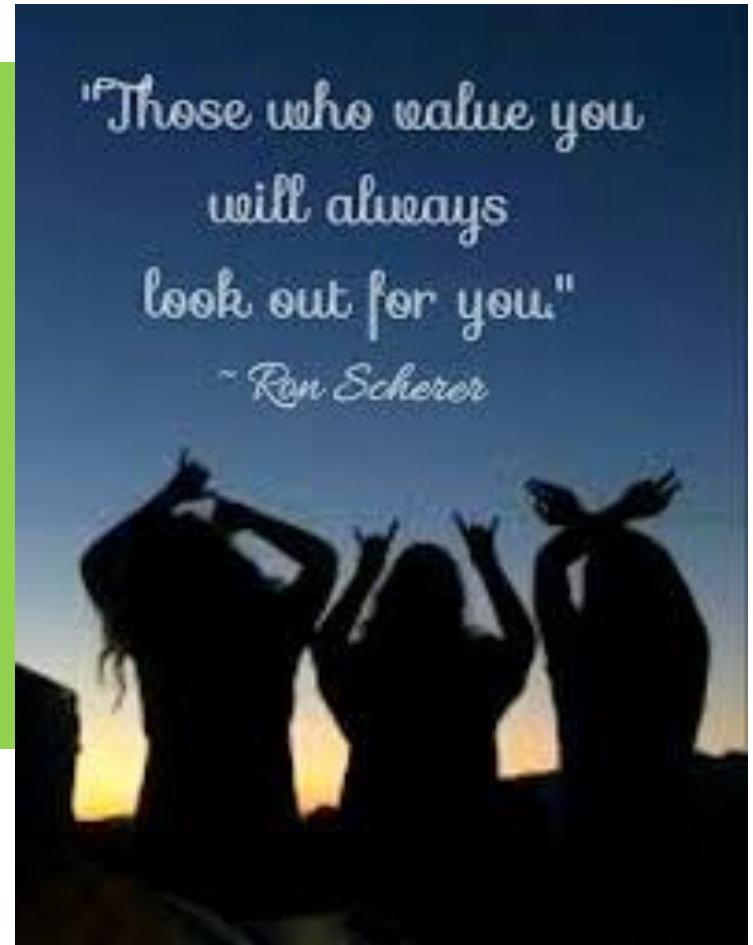
- Stop and step away
- Don't reply
- Screenshot for evidence
- Block/report
- Tell a trusted adult or teacher



[FYI: Kids targeted in online gaming scams](#)

Supporting Your Friends

- Look out for each other
- Speak up if someone is being pressured
- Encourage safe behaviour
- Share helpful resources



Quick Safety Checklist

- Strong passwords
- Private accounts
- Two-factor authentication
- Think before you click
- Only talk to people you know offline

 Password 

 Yc4gwy8@ 

Online Safety Checklist

- You deserve to feel safe online
- You're in control of your digital world
- Make choices your future self will appreciate



UK Deepfake Law (2026)

As of February 2026, creating or sharing non-consensual intimate deepfakes is a specific criminal offence in the UK under the Data (Use and Access) Act 2025, carrying penalties of up to two years in prison.

This law, which took effect on 6th February 2026, criminalises making or threatening to make explicit deepfakes, regardless of the creator's intent

 [New Deepfake Laws Explained](#)

There will be serious consequences for anyone who creates and shares deepfakes

You could lose your place at CHA

Time for Reflection

**Gracious God,
You are the source of all wisdom and growth.
Thank you for empowering our lives through your boundless love.
Guide us to embrace inclusivity in our hearts,
inspire us to serve others with compassion,
and strengthen us to make a difference in our community.
May our spirits unite as we flourish together,
living 'life in all its fullness'.
Amen.**