

Parent & Carer Companion Guide

The Tool Takeover

Introduction

As the world becomes more reliant on technology, it's important for children to grow up understanding how the online world works and what positive interactions look like. The [Digital Matters platform](#) is designed to help children navigate online issues in a way that allows them to take risks and explore consequences without harm.

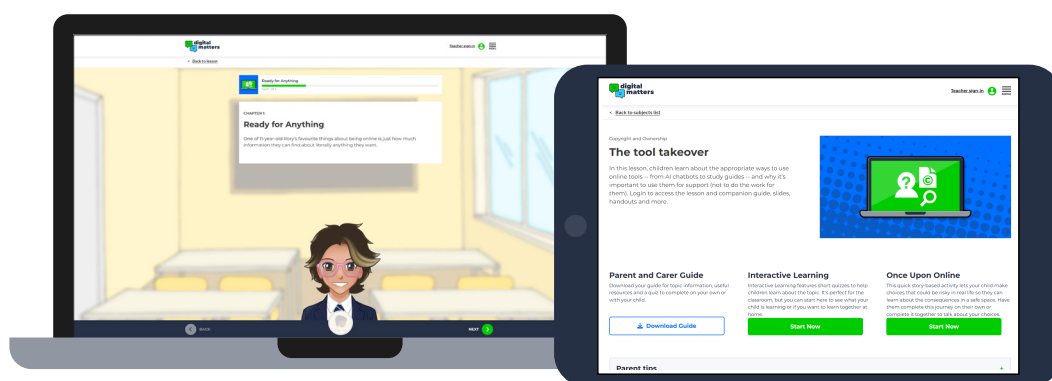
The platform is divided into two sections that help your child develop their understanding of each online safety topic.

The first is **Interactive Learning**, which is designed for use in the classroom. It features a range of quiz-based questions to encourage children to think about and discuss key points in the module.

The second is **Once Upon Online**, a story-based activity where your child has to make choices to move

the story forward. Users receive instant feedback on how their decisions impact the characters, helping children to understand that what they do online has real world consequences. The story allows them to make choices just to see where they go without putting themselves in harm's way.

Digital Matters is a great way to explore online safety in a realistic and engaging manner.



Take Home

As a part of the lesson, your child's teacher may assign take-home work to consolidate their learning. Teachers may choose from the following activities or may have their own activity for children to do.

Option 1: Your child might show you a printout of their Once Upon Online journey. With your help, they may be asked to consider what other choices the characters may have made and how those choices would have led to different results. Because the Once Upon Online story only allows children to select one of two choices, it's important to discuss other possibilities. It's unlikely that in real life children will only have two choices.

Option 2: Your child may share their Once Upon Online journey printout with you. There are also a selection of reflection questions for children to consider once they complete their journey. They can then discuss their journey and these questions with you. At home, you may want to do the journey on your own to see what ending you get and to compare the choices you each made. You may also wish to complete the journey a second time with your child and discuss the potential outcomes for each decision point.

Option 3: Your child may be given a topic to research. Because the lesson focuses on how to use online resources appropriately, they may use those skills to learn about their given topic. Ask them about the sources they use and why to help them make the most of their learning.

Fast facts

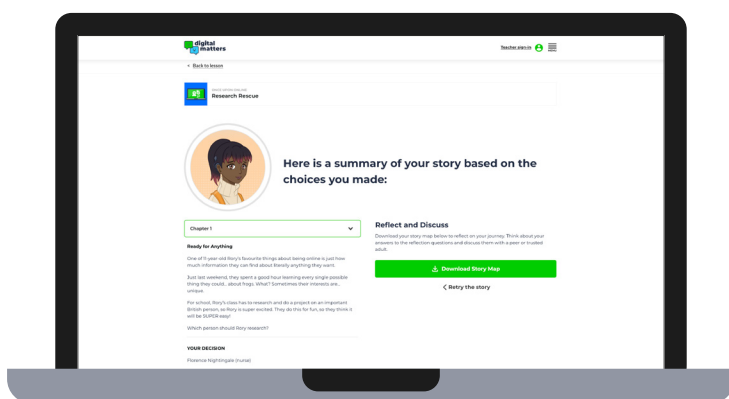
When discussing how to use online resources for school work with children, the following statistics may be useful:

- 58% of UK children aged 9-12 say they've used an AI chatbot like ChatGPT.
- 42% of AI chatbot users aged 9-17 say they've used chatbots for help with schoolwork or homework.
- Vulnerable children are more likely to use AI chatbots.
- 16% of vulnerable children say they've used AI chatbots because they 'wanted a friend', compared to 4% of non-vulnerable children.

[Source: Me, Myself and AI - Understanding and safeguarding children's use of AI chatbots, \(Internet Matters, July 2025\)](#)

- 52% of teen AI users say they would trust an AI-generated news article the same or more than one written by a human.
- Girls are more likely than boys to trust an AI-generated article less than one written by a human (40% vs. 32%).

[Source: Children and Parents - Media Use and Attitudes report \(Ofcom, May 2025\)](#)



Online Research Quiz

How much do you know about the right way to use online resources for school?

Keep your child's engagement with the lesson going by competing against each other on the quiz below. Who can score the highest?

Once finished, check out the answers at the end of the document to see how you did before learning a little more about each one.

1. Which of the following are some sources you can use for online research? **Choose all that apply.**
 - a. search engines
 - b. artificial intelligence (AI)
 - c. videos on YouTube
2. Which **TWO** of the following are appropriate ways to use artificial intelligence (AI) for school work?
 - a. giving you answers to questions
 - b. giving suggestions for where to find information
 - c. checking your spelling, punctuation or grammar
 - d. writing your assignment
3. **True or False:** If someone copies a friend's homework and puts their name on it, it's now they're work.
 - a. True
 - b. False
4. **True or False:** If someone knows they're not going to do any research for their job when they grow up, using AI to do their research for them in school is okay.
 - a. True
 - b. False
5. Discuss with your child: What could someone do if they have trouble with school work or online research?



Recommended Resources

This list of resources will help you learn more about helping your child use online resources safely and effectively for school work like research.

Internet Matters

[Online critical thinking guide](#)

Help your child learn key critical thinking skills with this downloadable guide.

[Find the Fake interactive quiz](#)

Choose from three quizzes based on age to help your child think critically about the information they find online when using resources for school work or research.

[Using AI: Facts & advice](#)

Learn more about how artificial intelligence works, what safety risks it poses to children and what you can do to help your child stay safer online.

[Fake news & misinformation advice hub](#)

Explore the different shapes misinformation takes online, including the impacts of AI, and see how you can protect your child.

[BBC Bitesize: Is information on the web always reliable?](#)

Help your child learn how to evaluate information online with bite-sized information and a quiz.

[BBC Bitesize: Artificial intelligence or real?](#)

An interactive quiz to challenge your child to identify which videos and photos are created by AI and which are real. This activity can lead to important discussions around critical thinking.

[BBC Bitesize: 7 things you NEED to know about ChatGPT](#)

A video and article designed for children to help them understand what AI and ChatGPT are (and what they aren't).

[CBBC Newsround: Is using AI to help with your school work cheating?](#)

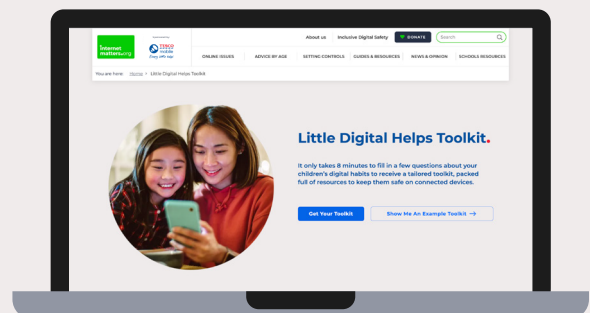
This article for kids explores what AI is and what some of the risks are when it comes to using it for school work.

Little Digital Helps Toolkit

Stay on top of your child's online safety

Fill in a few questions about your children's digital habits to receive a tailored toolkit, packed full of resources to keep them safe on connected devices.

[CREATE YOUR TOOLKIT](#)



Answers to the quiz

See how you did on the online research quiz.

Discussing the answers with your child will help them consolidate the information they learnt from the lesson. These conversations are vital to keeping your child safe online.

- 1. The answer is all of these!** Search engines, AI and videos on YouTube all have risks and benefits when it comes to information online. So while they can all be used for online research, it's important to think critically and carefully about the information we find.
- 2. The answer is B and C!** Some people might think banning AI is the best way to keep school work honest, but it's actually a tool that can be used to learn and improve skills! Instead of banning AI, help children learn how they can use it to check their work, get ideas and build their skills and understanding.
- 3. The answer is false!** The person (or machine) doing the work is the one who owns it. You can always use resources to help you do your homework but copying work and pretending it's your own is plagiarism. It also keeps you from learning important skills that school work helps you build.
- 4. The answer is false!** Remember that some of the work you do in school is to help build lots of different skills. So, even if you don't use research in your future job, learning how to research properly in school will teach you other important skills like thinking critically, finding trustworthy information you need and how to use digital resources for any purpose.
- 5. Every answer might be different.** Children should be encouraged to talk with their teachers or other school staff if they are having trouble; they may also be able to come to you or someone else in your family to find some support.

