

AI, DEEPFAKES & ONLINE PRESSURE

PARENT SAFETY GUIDE

FAKE IMAGE. REAL HARM.

Prepared conversations are easier
than panicked ones.



A child does not have to send an image for someone else to create a crisis.



1. WHY THIS MATTERS



AI is no longer just a homework tool. It can imitate connection, influence, and trust.



A child does not have to send an image for someone else to create a crisis.



Fake images, fake profiles, and cloned voices can create real fear and shame.



Parents do not need to know everything. They need to know what to ask, what to watch for, and how to respond calmly.

2. START THE CONVERSATION

- 1 Have you ever used an AI chatbot or AI companion?
- 2 Have you ever seen a deepfake image, fake account, or fake message online?
- 3 Would you know if a voice or video was made with AI?
- 4 If someone embarrassed or threatened you online, who would you tell first?
- 5 What apps, chats, or tools feel most private to you right now?
- 6 What would make it easier for you to come to me right away?



FAMILY RULE

If it feels urgent, secret, sexual, or threatening — stop and tell a trusted adult.



SAY THIS NOW

- “Real or fake, come to me first.”
- “You are not in trouble. I believe you. We will handle this together.”
- “No secrecy. No panic. No negotiating with threats.”

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3. IF SOMETHINGS HAPPEN



1 SAVE

Save evidence before deleting anything. Take screenshots, usernames, links, dates, and messages.



2 STOP

Stop responding. Do not negotiate.



3 REPORT

Report to the platform, NCMEC CyberTipline if a minor is involved, and law enforcement if there is immediate danger.



4 SUPPORT

Support your child with calm presence and practical help

4. WATCH FOR CHANGES

- ☒ Sudden secrecy around devices
- ☒ Shame, panic, or withdrawal
- ☒ Deleting messages or accounts quickly
- ☒ Emotional attachment to AI chat tools
- ☒ Fear about an image, message, or online rumor



**You know your child best.
You're not alone in this.**

5. THIS WEEK'S CHALLENGE

- ☐ Ask what AI tools your child has used.
- ☐ Talk about AI companions, chatbots, and deepfakes.
- ☐ Create one family rule for threats, secrecy, and panic.
- ☐ Practice the response plan:
Save. Stop. Report. Support.
- ☐ Say it before they need it: *"You are not in trouble. We will handle this together."*