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for every child

AI AND YOU:

AI guide for teens

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What is Artificial Intelligence?

Artificial intelligence (AI) technology is a part of your daily life and offers many exciting opportunities, but it can also create problems or make them worse if it's not developed or used responsibly.

AI technology refers to computers or machines that are programmed to perform tasks that we usually think only humans can do – by copying human thought or behaviour. The technology is used to predict things (e.g. how a virus may spread), make recommendations (e.g. what online videos to watch next), or make decisions (e.g. how an essay should be graded).

AI can function in various ways: by following a set of rules inputted into a system, learning from large amounts of data (e.g. your grades, medical conditions, search history, etc.), or by trial and error.

The data that AI systems use could come from voice recordings, text, images or videos. AI systems look for patterns in this data. When AI technologies discover a pattern, they interact with us by offering a learned response in the form of an answer, recommendation or decision.

Opportunities and risks

Technology is rarely simply good or bad – but using it can have positive or negative results. It depends on who is creating it and how it is being used. For example:

AI applications can help you develop new skills, improve your vocabulary and increase your knowledge through tutoring sessions. However, AI systems need a lot of data to learn, and if sensitive personal data is collected, it can have an impact on your right to privacy.

AI technologies can help doctors detect illnesses and offer treatments. However, if these technologies are developed in a rush without involving or considering diverse communities or settings, the technologies can have unintended and unwanted consequences.

AI systems can offer recommendations for who to follow on social media or what songs to listen to. However, these predictions can create filter bubbles that limit the information you can find.
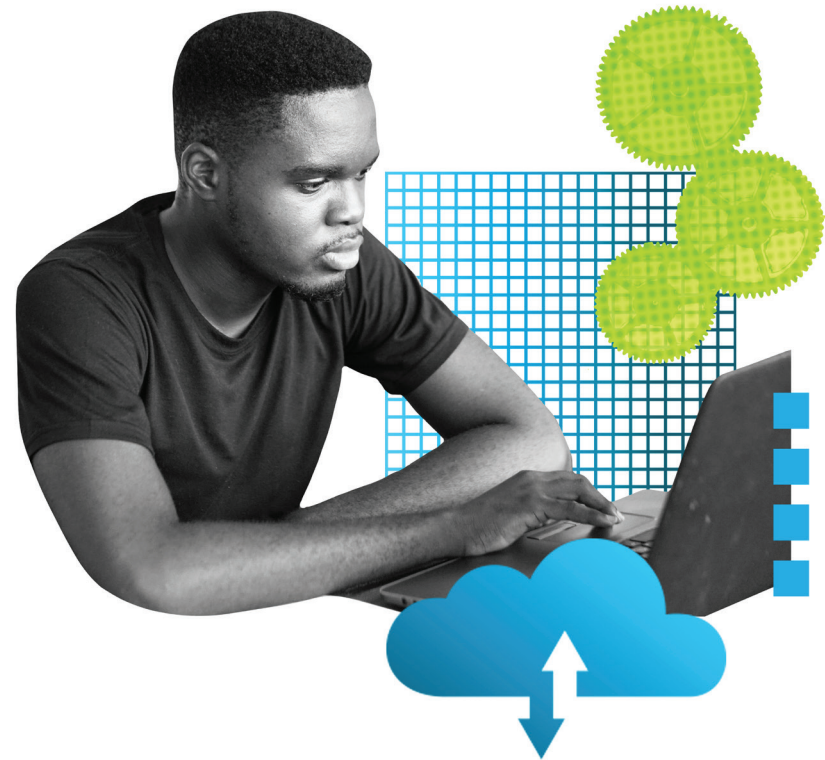
What you can do

🔍 Explore

Discuss AI with your parents or caregivers. For example, by using the A-to-Z of AI guide.

You might already know more than they do, so quiz them!

💬 Reflect

Discuss with your friends what AI is and how it affects you. For example:

> How are AI technologies already a part of your daily life?

> What do you think of when someone says AI?

> What excites and worries you about AI?

> What more would you like to learn about AI?

> What do you think can be done to make AI better for children?

Online courses such as Elements of AI offer useful information to help think through what AI is and how it affects society.

☑ Act

Share with care
The data you provide to a learning app, a chatbot or social media site will be used, shared and stored by the application or site owner. It is important to only share data you want and need to share, and that you find out as much as you can about how your data may be handled.

Inspire your teachers
Talk to your teachers and encourage them to organize activities where everyone can learn about AI and data privacy. If you are part of a student council, find out your school's policy on using AI technology.

Join local initiatives
If you are passionate about issues related to data privacy and the role of technology in our lives, find out if there's an organization in your area working on this issue. Check the UNICEF Voices of Youth website for more information.