CHILD + FAMILY | TALK 1 / PAGE 1 OF 2

Can we trust what we hear and see?

Try together with a trusted adult. This is a conversation, not a test. All examples are fictional.

OPENING QUESTION

A voice or picture can be copied or changed. What could we do before believing a message that asks us to act quickly?

Try this together

Read a fictional card in your normal voice: “Someone says they are Alex’s aunt and asks Alex to send money right away.” A second paper card describes a picture appearing to show the aunt making the request. Choose: send now, ask the sender if it is real, or stop and check separately. Practise the safe choice: an adult pretends to call the aunt using a previously saved number, not the number or link in the suspicious message.

A response to practise

“I will check with my family first.” Then stop replying and ask a trusted adult for help. A familiar face, voice, or family phrase does not replace an independent check.

OUR FAMILY RULE

Pause. Check through a known contact. Do not send while unsure.

You can speak, draw, point, pause, skip or stop. No AI account, recording or real private information is needed.

Our questions

Speak, draw or write together. There is no need to fill every line, and nothing personal needs to be recorded.

What part of the request made us pause?

How could an adult check the story independently?

If nobody answers, what will we avoid doing?

One action to try this week

With an adult, check that a trusted contact is available through a known channel. Do not write any contact details on this sheet.

OUR FAMILY RULE

Pause. Check through a known contact. Do not send while unsure.

Keep completed worksheets at home. Never include real names, passwords, login codes, private phrases, school or contact details.

TEEN CHALLENGE | TALK 1 / OPTIONAL AGES 13-17

Teen challenge: talk 1

A fictional scenario for older children and teenagers. No live messages, real classmates, recordings or AI accounts are needed.

WHAT WOULD YOU DO?

A screenshot appears to show a school announcement: “Exams are cancelled - confirm through this new login link within 10 minutes.” A short voice message seems to come from the principal. A classmate asks you to forward it.

A safer decision path

1. Pause: identify urgency, the login request and claims of authority.
2. Verify through a school channel you already know - not the link, message number or screenshot.
3. Do not enter credentials, forward the message, or treat a convincing voice as proof.
4. If uncertain, ask a trusted adult or school contact and label the claim unverified.

Discuss with a trusted adult

What evidence would make this official?

Why is checking the sender inside the same conversation not enough?

SHARED PRINCIPLE

Pause. Check through a known contact. Do not send while unsure.

PARENT ONLY | TALK 1 / CAREGIVER NOTES

Notes for the grown-up

Discussion support, not a grading rubric. Keep this page separate from child worksheets; the teen challenge is optional.

What to listen for

Listen for the distinction between convincing content and independent proof. A callback or official channel must be established independently; visual artifacts, awkward voices or shared secret phrases do not establish authenticity.

Add one meaningful extension

Add a second fictional example: a viral quote without its original source. Ask what would count as a reliable original record.

Age adaptation

Under 5: puppet asks; adult checks. 5-7: practise asking. 8-12: explain verification. 13-17: use school and social-media claims.

Debrief without shame

- Ask “What made this difficult?” and “What would you do first?”
- Praise independent checking, privacy, choice and reaching a human for help.
- Do not ask a child to demonstrate with real harmful material or report actual private experiences as an activity.

IF A REAL CONCERN COMES UP

Stop the activity, thank the child and check safety. Follow the caregiver incident-response guide. For immediate danger or concern about self-harm, seek urgent qualified local human help, not AI advice.