



**Kummissarju ghat-Tfal**  
Commissioner for Children

# Safer Internet Day 2026

# LESSON

# PLANS

for Middle and Secondary Classes



# Safer Internet Day 2026

This year, Safer Internet Day is being celebrated on the 10<sup>th</sup> of February all around the world. Safer Internet Day aims to promote a safer internet and encourage safer, more responsible, and more empowering digital experiences for children and young people.

This year's theme, "**Together for a Better Internet**," highlights the importance of collective action: schools, families, organisations, and young people should work side by side to build a digital world that is safe, inclusive, and respectful for everyone.

As part of the BeSmartOnline! initiative, the Office of the Commissioner for Children has developed a new toolkit focusing on artificial intelligence (AI). This toolkit supports educators in guiding students to understand and navigate AI responsibly, reinforcing the shared mission of creating a better internet for all. The toolkit consists of two videos, one for primary and one for middle and secondary schools as well as a lesson plan that goes with each video.

The Office thanks all educators for their continued commitment to promoting online safety and empowering children to thrive in the digital world.





# Lesson Plan

Date

10/02/2026

Level

Year 7-Year 11

Duration

45 minutes/1 hour

Theme

Technology - AI

**Note:** If the discussion goes into depth, this lesson can be spread over a double lesson or two separate lessons.

## Resources/Materials

- Video
- Questions for the quiz
- A4 sheets of paper
- Markers

## Keywords

- Artificial Intelligence (AI)
- Chatbots
- Privacy

## Learning Intention

I can understand what AI chatbots are, their limitations, and how to use AI safely, responsibly, and in a balanced way.

## Learning Outcomes

## Success Criteria

1.I can Identify what artificial intelligence (AI) is and how it is being used	1.I can explain in my own words what AI is.
2.I can explain what an AI chatbot is	2.I can take part in discussions about AI by giving informed opinions or examples
3.I can identify risks related to privacy and over-reliance on AI	3.I can explain why AI is a tool and not a friend
4.I can recognise how AI can be misused	
5.I can understand safe ways to use AI and possible risks I can encounter	



### Introduction (15 minutes)

1. Start the lesson by asking your students what they think AI is.
2. Provide them with the definition of AI: a program that is designed to perform tasks that usually need human thinking, such as answering questions, recognising patterns, or creating text, images, or videos. AI does not think, feel, or understand like a human. It works by analysing large amounts of data and following rules and patterns to produce responses.
3. Inform your students that the **10<sup>th</sup> of February is Safer Internet Day**, a day which is celebrated around the world with the aim of creating awareness on how to make good use of technology and ensure that children are safe online.
4. Explain to your students that AI can be a good tool however, they need to use it responsibly.

### Artificial Intelligence (10 minutes)

1. Show the video for Middle/Secondary School students (Link in the list of resources)
2. Ask your students to highlight the main messages that caught their attention during the video.
3. You may use some of these processing questions:
  - Why might some people feel like talking to AI when they are alone?
  - Why should you never share personal information with AI?
  - How can depending too much on AI affect real friendships/relationships?
  - Have you heard of deepfakes (fake images, videos, or audio made using AI that look or sound real but are not)? Why can they be dangerous?
  - How can AI be used safely and wisely?

### Quiz (15 minutes)

1. Ask your students to work in pairs or in groups of three and to answer the questions in the quiz (Annex1).
2. Ask each group to share the answers in the whole group.
3. Ask your students to share something that they have learnt.
  - Can you mention one thing you can do to use AI responsibly?

### Conclusion (10 minutes)

1. What did we learn today?
2. What are some of the issues that we discussed today that we should keep in mind?
3. One thing I will do differently after today's lesson is.....

Remember AI is a powerful and useful tool, but it must be used wisely. Staying safe online, protecting personal information, and maintaining real human connections are more important than any digital tool. Think critically, ask questions, and make responsible choices when using AI.

### Follow-up Activity (optional)

**Poster:** Ask your students to work together and to create a poster promoting the responsible use of AI.

# Annex 1

## Quiz (choose the right answer for each of the following questions)

1. Which statement best describes an AI chatbot?

- a. A robot with real emotions
- b. A human pretending to be a computer
- c. A program that copies language patterns
- d. A digital friend

2. Why can AI chatbots sometimes sound human?

- a. They understand human emotions
- b. They think like humans
- c. They are trained on large amounts of text
- d. They have personal experiences

3. Which of the following information should NEVER be shared with an AI chatbot?

- a. Your favourite subject at school
- b. Your home address
- c. A general knowledge question
- d. Study tips

4. What is one possible risk of using AI too much?

- a. Stronger friendships
- b. Feeling more isolated from people
- c. Better emotional understanding
- d. Improved social skills

5. Which statement about AI is TRUE?

- a. AI has real emotions
- b. AI can replace real friends
- c. AI always keeps information private
- d. AI can create fake images or videos known as deepfakes

6. What should you do if you see a realistic image or video online that may be fake?

- a. Share it immediately
- b. Trust it because it looks real
- c. Check reliable sources before sharing
- d. Assume it was made by a human

7. Why is AI described as a "tool" and not a "friend"?

- a. It can help with homework
- b. It can talk like a human
- c. It does not understand or feel emotions
- d. It is always online

8. Which is the BEST way to use AI responsibly?

- a. Use it instead of talking to people
- b. Share personal problems and secrets with it
- c. Use it for ideas or information while staying safe
- d. Trust everything it says

