



The AI Conversation



What Parents Need to Know



ENGLISH



VIETNAMESE



KOREAN

What is AI?

AI is NOT a brain. It does not think.

It IS a very sophisticated 'pattern-spotter'



Think of AI as the ultimate autocomplete on your text messaging. It has read almost everything on the internet and predicts the *most likely* next step.



Key takeaway:

AI doesn't know things like we do, it calculates the most likely answer based on patterns. It is not conscious, it does not think, it does not apply reason.

What is AI good for?

It can be a great personal tutor if used correctly

**Explain complex topics
e.g “Explain like I am 12”**

**Personalised practice
e.g. Generating quizzes and
tests based on their textbooks**

**Brainstorm ideas to help
overcome ‘Blank page’
syndrome**

**Language learning,
Translating texts into their
native language to aid learning.**

What is AI NOT for?

There are perils on relying on AI from an education perspective

AI can 'hallucinate'.
It can make up facts
and figures.

It should always be
checked.

It is like having a
teacher who lies to
you occasionally



Stopping them thinking:

If the AI does the 'thinking', the
student is not.

It is a tool, not a replacement
for thinking.

Neural pathways will not form.

What is happening when we learn?

Neural pathways and human thought and behaviour



All human thought and behaviour is, essentially, caused by the firing of neurons in the brain. The more we repeat a thought or action, the more we strengthen the synaptic connections between neurons, a process called Long-Term Potentiation.

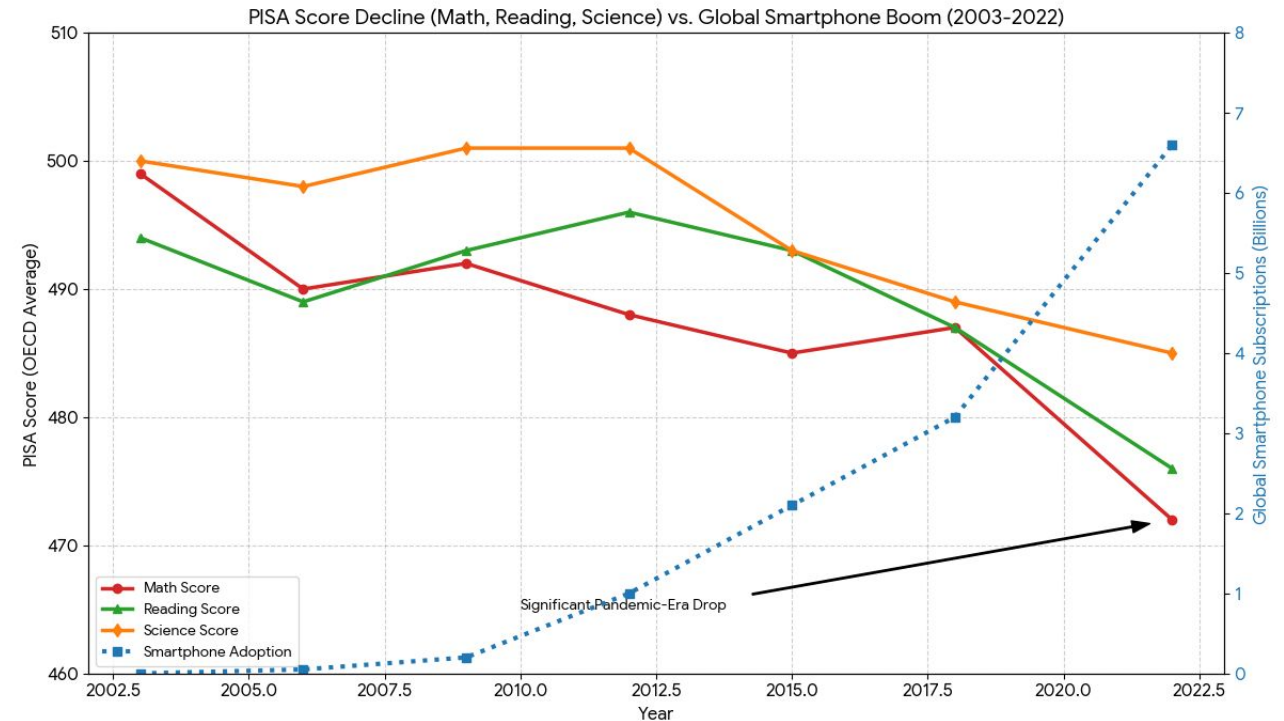
It's like walking through tall grass: the more you tread the same route, the clearer and faster the path becomes. It explains such things as we can drive our cars without thinking too much about the action.

Learning is **BIOLOGICAL** process, and it is also a **SOCIAL** process.

Test scores have been declining since 2014 onwards.

The latest research suggests that the reason is the **increased use of technology** interfering with the learning process.

Smartphones became mainstream around 2012



What did the OECD Find?

On average across the OECD, students who spent **more than an hour a day on digital devices for leisure** (including social media and gaming) scored **significantly lower** than those who used them moderately.

Your children have lived through a period of profound technological change, the impact of which we are only just beginning to understand.

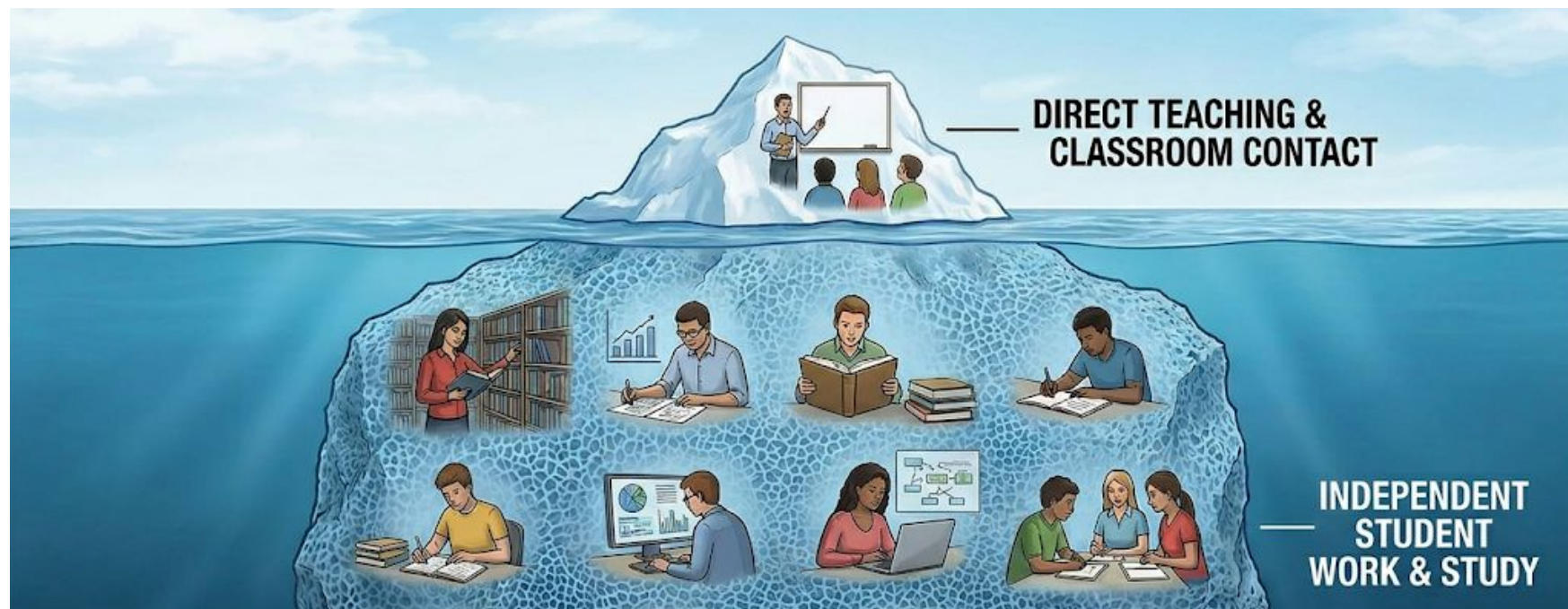
With AI, this change is due to accelerate in ways we cannot fully know, or prepare for.

What is learning?

We cannot allow AI to replace the work and effort that goes into learning something new or mastering something.

There are no shortcuts to that.

We must think of AI as a tool that can speed up research, not replace it.



What can you do?

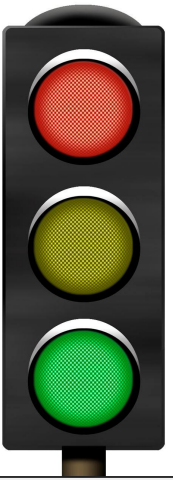
See AI as a tool, like a calculator.

It can help with the mechanics of a problem, but you must understand the theory and logic behind the work being done.

We wouldn't complain because somebody is using a calculator or a wrench to do the work. Tools are important



How will teachers use it with students?



Traffic light system when designing student activities

Category	Policy	Student Instruction	Staff Responsibility
RED	Prohibited	"This is for your brain only. No devices."	Ensure tasks are done in class or are "un-AI-able", use an AI checking tool on Google classroom to check.
AMBER	Provide Feedback on what you have done and to provide guidance when starting out on a task.	"Use AI as your compass, not as your driver. Let it give you some hints, but don't let it think for you." "Let it provide feedback on what you have done, but don't then present that feedback as your own work"	Set clear boundaries on <i>which</i> parts of the task allow AI.
GREEN	Use it to help you with research and understanding	"Partner with the AI. Show me your prompts."	Model how to verify AI facts and how to credit the tool.

What can you do?

Talk to your children

Ask them to show you how they are using it.

If they use it to ‘get the answer’, then that is a problem.

If they use it to ‘understand the steps’ then that is a win!

The language we use is really important.

“DID YOU USE AI FOR THIS?!” sounds like you are accusing them of cheating.

Try, “Can you show me how you used AI to help you with this?”

This moves the conversation from a potential argument to the **process** they used.



Useful questions?

Question	Answer for Success
Who did the final writing?	The Student
Who verified the facts?	The Student
Who came up with the main argument?	The Student
Did the AI help the student understand better?	Yes

USING AI EFFECTIVELY: TUTOR VS. TOOL



✓ AI AS A 'TUTOR'

"AI HELPS ME UNDERSTAND"



BRAINSTORMING IDEAS



SIMPLIFYING CONCEPTS



PRACTICE & QUIZZES



EXPLAINING STEPS



*"Use it to learn how,
not just get the answer."*



✗ AI AS A 'TOOL' (MINDLESSLY)



"AI DOES THE WORK FOR ME"



GHOSTWRITING ESSAYS



COPY & PASTE ANSWERS



BLIND TRUST
(HALLUCINATIONS)



AVOIDING CRITICAL
THINKING

*"It's a resource, not a
replacement for your brain."*



REMEMBER: YOU ARE THE THINKER! Use AI responsibly.

Parent Guide - AI Literacy

How safe is it 'online'?

Protection against the online world versus the offline one

A child in Vietnam is significantly more likely to be harassed or solicited by a stranger online than to be physically harmed by one in public.

While physical stranger-on-child crimes remain very low, **over 70% of Vietnamese children** have had unwanted experiences online (harassing texts, sexual messages, or personal information disclosure), and **1 in 5 (20%)** have been direct victims of cyberbullying.

On apps like Zalo or Facebook, a child is unsupervised by an average of 4 years before they receive any safety training.

A child in Vietnam is now 3 times more likely to be a victim of online fraud or "sextortion" than to be a victim of physical theft or robbery.

The changing online landscape

Who has access to a device / internet?

82% of children 12-13 years old use the internet daily

93% of children aged between 14 - 15 years old use the internet daily

Average age of first phone in Vietnam - 9 years old

40 per cent of children (12-17) feel unsafe, and over 70 per cent of children have had unwanted experiences while using the internet in Vietnam

What are the main issues with regards to AI and online safety?

The issues

Fake News

**Deep Fakes, Nudification and
AI Generated CSAM
(Child Sexual Assault Material)**

Sextortion and AI

AI Companionship

AI and Online Safety

What are the main threats to safety when it comes to AI and the Internet?

- Fake news and content
AI-generated "Hyper-Realistic" news reports that look like real broadcasts (eg, VTV or BBC) but spread false information about health, local safety, or school closures.
- The use of "Cloth-off" AI apps to create non-consensual explicit images others.
AI "Nudification" is the fastest-growing form of cyber-harassment in schools. In 2025, complaints involving AI-generated explicit content rose significantly across ASEAN nations.

Local Context: In Malaysia and Vietnam, 2025-2026 data shows that 1 in 3 teenagers have been a victim of or witnessed to online bullying, with AI deepfakes now becoming a primary tool for "revenge" or status-shaming in some schools.

AI and Online Safety

What are the main threats to safety when it comes to AI and the Internet?

Sextortion and AI

- Criminals use AI to create fake explicit images or videos of a teen (even if the teen never sent any) to blackmail them for money or more photos. As of 2026, 1 in 10 teen sextortion cases now involve AI-generated 'deep fakes' rather than real photos. Scammers can create a convincing fake from a single Facebook or Zalo profile picture.

In March 2026, Vietnam has implemented specific laws to combat these issues, making it important to frame these as not just "online issues" but criminal matters with local legal support.

Local Context: In Southeast Asia, organised "Scam Centers" (often based in border regions) now use AI Video Overlays in real-time. A scammer can look like a teenage peer during a live video call to lure victims into compromising positions.



LAO ĐÔNG

THE OFFICIAL AGENCY OF THE VIETNAM GENERAL
CONFEDERATION OF LABOR.

English But Korean But b



DU LỊCH

CÔNG ĐOÀN

Đ



Front

Instagram

Society

Business

Sport

Current Affairs

Trade Union

Law

Readers

...

ion

Sport

Culture

Lifestyle



Guardian

the crisis Middle East Ukraine Environment Science Global development Football Tech Business Obituaries

Children in UK report online sextortion attempts in record numbers

Exclusive: Call for nudity-detection tech on phones as number of under-18s reporting blackmail attempts rises by 34%

● **'I felt ashamed and scared': how an online friendship became a sextortion nightmare**

they would release the video.

AI and Online Safety

What are the main threats to safety when it comes to AI and the Internet?

AI Companionship

Teenagers are increasingly turning to AI "friends" or "romantic partners" (like Character.ai or Replika) for social interaction. These bots are designed to be "perfect" friends—always available, never judgmental, and endlessly agreeable.

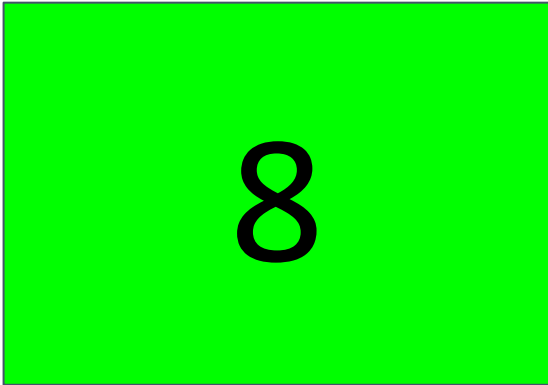
This can lead to Digital Attachment Disorder, where a child prefers the AI over real-world peer interactions. In extreme cases, these bots have been found on occasion to encourage self-harm or provide dangerous mental health "advice" without the empathy or professional training of a human.

A recent children's charity carried out a number of risk assessments and found that all of the big platforms failed to report when a user was showing signs of suicidal ideation.

Early studies have also shown that over reliance on AI companionship can lead to an increase in loneliness due to the reduction in authentic human connection.

What can we do?

Steps to increase the safety of our students whilst on the internet



8



8



8

What can we do?

Steps to increase the safety of our students whilst on the internet

Tech and Network Controls

Establish strict rules around device usage. Utilise system-level tools like Apple Screen Time and Android Family Link, or dedicated paid applications such as Qustodio. Speak directly to your internet service provider about adding robust filters to your home network.

Emotional Safety and Open Dialogue

Try to understand what your child is doing online without judgement. If they disclose they have been hacked or 'exposed', remain calm and unashamed.

Attackers use shame to force children into silence; breaking that shame breaks their leverage.

The Family Safe Word

Establish a unique 'family safe word.' This acts as an immediate identity verification tool to combat highly realistic AI voice cloning or message scams targeting family members.

External Support and Reporting

Work in partnership with the school-we are more than happy to help with any concerns. If your child is a victim of an AI sexual scam and their image is online, report it immediately to takeitdown.ncmec.org.

What can we do?

Dealing with Fake News

Verify via Multiple Sources: Move beyond social media and use "lateral reading" to see if other credible, news sites are reporting the same story.

Investigate the Source & Intent: Check "About Us" pages for transparency and consider the author's potential bias or underlying agenda.

Watch for Red Flags and clear bias: Be skeptical of dramatic "clickbait" headlines, poor grammar, or spelling errors, which often signal low-quality or fake reporting.

Consult Experts & Data: Use fact-checking sites like Snopes and [factcheck.org](https://www.factcheck.org) and look for large, representative sample sizes (1,000+ respondents) before trusting statistics.

Question the "Why": Remind children to consider the motivations of whoever wrote or shared the post—is it meant to inform, or just to spark an emotional reaction?

What can we do?

Spotting a Deep Fake

- 1. Facial and body movements** - although deepfake technology is rapidly improving, it often fails to produce facial expressions and body movements that appear human-like and natural under scrutiny.
- 2. Lip-sync detection** - lip movements that don't match the corresponding voice might suggest deepfake activity, due to altered audio and synchronization issues.
- 3. Inconsistent -- or lack of -- eye blinking** - currently, AI struggles to simulate natural eye blinking. As a result, deepfake algorithms often produce inconsistent blinking patterns or eliminate eye blinking altogether.
- 4. Irregular reflections or shadowing** - deepfake algorithms often fail to realistically depict shadows and reflections that make sense in the context of the image.
- 5. Pupil dilation** - AI typically does not alter the diameter of subjects' pupils, which can sometimes lead to eyes that appear off.
- 6. Incongruent skin and facial features** - Subjects of 'deep fakes' often exhibit strangely uniform skin, lacking natural variation in texture and coloration that comes from wrinkles, freckles, sunspots, moles, scars and shadows.
- 7. Audio oddities** - voices that sound unnaturally flat, repetitive or glitchy should raise suspicion.

What can we do?

Utilising safety features built into your Internet Service Provider

FPT Telecom: F-Safe AnTam

Features built-in AI protection that operates at the router level. It automatically detects and blocks malicious links, deepfake websites, and phishing attempts before they ever reach your child's device.

Viettel: Safenet

Provides national-scale network filtering. This service is specifically designed and updated to block content that violates Vietnamese cultural standards and child safety laws.

VNPT: GreenNet

Operates as a customisable 'clean internet' service. It empowers parents by allowing them to manually toggle and configure specific filters to block violent or explicit AI-generated content.

What can we do?

LAW ON ARTIFICIAL INTELLIGENCE Resolution No. 203/2025/QH15

Aim: This Law prescribes the research, development, provision, deployment, and use of artificial intelligence systems (hereinafter referred to as AI-related activities); the rights and obligations of relevant organisations and individuals, and the state governance of AI-related activities in Vietnam

Article 7: specifically bans using AI to exploit vulnerable groups, with children listed at the top. It is strictly illegal to use AI to "manipulate human perception and behavior" of a child.

This targets predatory chatbots that try to groom children or apps that encourage dangerous challenges.

If an app is found to be "nudifying" photos or using algorithms that cause psychological harm to minors, the Vietnamese government now has the legal power to immediately suspend or recall that AI system from the Vietnamese market.

What can we do?

LAW ON ARTIFICIAL INTELLIGENCE Resolution No. 203/2025/QH15

Any audio, video, or image created by AI that looks like a real person or event must be clearly labeled as AI-generated.

If your child sees a video of a friend or a "news report" that isn't labeled as being AI, it is a violation of the law. This makes it much easier for parents to teach their children: "If there's no AI label but it looks too strange to be true, it's an illegal fake."

If your child is a victim of a deepfake or AI-driven scam, you can report it through this one central portal (to be announced). The law requires developers and providers to "urgently implement technical fixes" or delete the content once a serious incident is reported.