



Djeca u svijetu AI

Predrag Šuka



7 poglavlja
30 minuta
80 kliktaja



1-7

Time vs Insight and Knowledge gained

1. AI Čavrljanje

koraci, zadobivanje povjerenja,
adolescent, poruke, prijatelj?



PROMPT:

can you define common steps how to gain trust with a teenager. I found some messages on my son's phone, and I want to gain insight are they from someone posing as his friend or are they real

Common Steps to Gain Trust with a Teenager:

1. **Stay Calm and Non-Judgmental**
Even if you're worried, don't jump to conclusions or show anger. Teens shut down fast if they feel judged.
2. **Create a Safe, Private Environment**
Talk somewhere comfortable, away from siblings or other adults. Make it feel like a conversation, not an interrogation.
3. **Be Honest About Your Intentions**
Tell them you came across something that made you concerned, not because you want to control them, but because you care.
4. **Ask Open-Ended Questions**
Instead of "Who is this person?", try "Can you tell me more about your friends online?" or "What's been going on lately?"
5. **Listen More Than You Talk**
Let them speak fully without interrupting. Teens often open up if they don't feel immediately corrected or doubted.
6. **Acknowledge Their Feelings**
Even if they get defensive, validate that it's normal for them to want privacy and friendships. "I get why you'd want to keep some things just for yourself."
7. **Share a Little of Your Own Experiences**
Relate lightly (without lecturing) — like, "I remember when I was your age, it was sometimes tricky to figure out who really had my back."
8. **Offer Support, Not Ultimatums**
Make it clear that you're there to help, not punish: "If anything ever feels weird or wrong, you can tell me — no matter what."
9. **Be Patient**
They might not open up immediately. Sometimes, planting the seed that you're safe to talk to is enough for them to come back to you later.
10. **Keep Your Promises**
If you promise not to overreact if they tell you something, stick to that. One broken promise and trust can shatter.

ništa specifično, samo osjećaj



What did you find specifically?

You said:

I would like to, it's just that I didn't see anything that's sticking out as weird. It's just my gut feeling and the fact that they seem to click on every topic like they know each other.

#grooming

When someone is pretending to be a teen's friend (like grooming, catfishing, etc.), they often:

- Mirror interests too perfectly (agreeing with everything, liking everything the teen likes)
- Move conversations toward secrecy (like "Don't tell anyone we talked about this")
- Ask a lot of personal questions (sometimes disguised as friendly curiosity)
- Offer emotional validation excessively ("You're the only one who really gets me" very early on)
- Try to arrange in-person meetings or video calls quickly (sometimes even with excuses like "my camera's broken" if they want to hide their real identity)



grooming steps

#pristup

How to Approach This with Your Teen:

- Start with curiosity, not suspicion.

Like: "Hey, I've been thinking — you seem to have some really close online friends. That's cool. What are they like?"

- Ease into asking about the friend you're worried about.

Maybe: "I love hearing about your friends. Is there anyone new you've been talking to a lot lately?"

or

"Who's someone you feel really gets you?"

- Watch for their reactions.

If they get defensive quickly or over-explain, it could be a small flag.

If they light up and talk freely, it usually means they genuinely trust that person.

- Later, bring up general online safety without accusing them.

Like: "You know, it's wild how easy it is to meet people who seem to like all the same things. I read that sometimes people can pretend to be younger online — but I know you're smart about that stuff."

(Notice how that's giving them credit, not scaring them.)

- Invite them to teach you.

Teens love feeling smarter than adults:

"You probably know more about spotting fake profiles than I do. What do you usually watch out for?"

(This helps you hear what they already know — or don't.)



#ponašanje

Small Things to Watch For:

1. **Sudden Secretiveness**
 - They start guarding their phone like a hawk when they didn't before.
 - They quickly lock the screen or flip the phone face-down around you.
2. **Big Mood Swings Tied to the Phone**
 - Happy and relaxed one minute, stressed, withdrawn, or irritable right after texting/checking messages.
3. **Change in Friend Stories**
 - They mention a "friend" often but get vague or change details if you casually ask more about them.
4. **Talking About "Plans" Without Details**
 - They mention wanting to go somewhere, do something, or meet someone, but seem weirdly nonspecific.
5. **Using New Slang or References**
 - Suddenly using phrases or talking about inside jokes you've never heard them use before — especially if it feels "off" from their usual style.
6. **Being Overly Defensive**
 - Even normal questions like "What are you laughing at?" spark a sharp or nervous reaction.
7. **Becoming More Isolated**
 - They spend noticeably more time in their room, especially online, and don't want to join in usual family activities.
8. **Change in Sleep Patterns**
 - Staying up much later or waking up early to be online when they used to have a steady rhythm.
9. **Uncharacteristic Risk-Taking**
 - Suddenly wanting to do things that are a bit out of character — like sneaking out, breaking normal boundaries, or seeming unusually rebellious.
10. **Dropping Old Friends**
 - Losing interest in longtime, real-world friends for someone "new" they've met online.

Search for data (messages on the phone) – without – providing a gentler strategy

#pozitivno

Good Signs to Look For:

1. **Open Sharing**
 - They casually tell you about their friend
 - funny stories, shared jokes, things they've done online together — without you having to pry.
2. **Balanced Interests**
 - They're still spending time on hobbies, real-life friends, schoolwork, family, etc., not dropping everything just to be online.
3. **Respect for Boundaries**
 - They don't mind you asking general questions about their online life and aren't overprotective of it.
4. **Natural Emotional Responses**
 - They're happy, frustrated, excited — basically showing real, natural ups and downs — not acting weirdly flat or overly intense about the online friend.
5. **Consistency in Stories**
 - When they talk about this person, details make sense and stay consistent over time (no weird contradictions or sudden shifts).
6. **Realistic Expectations**
 - They aren't rushing into serious plans (like meeting in person) without talking to you or thinking through it safely.
7. **Friendship Looks Mutual**
 - They talk about the other person being supportive, joking back and forth, sharing ideas — not just endless praise or pressure.
8. **They Show Some Critical Thinking**
 - They can say things like "Yeah, I like them but sometimes they're annoying" — meaning they're not blindly idealizing this online friend.
9. **They Know About Safety**
 - They can casually mention things like "I don't give people my real address" or "I only add people I've video-chatted with."
10. **They're Still *Themselves***
 - No massive, sudden changes in personality, behaviour, dress, or values that seem unexplained or extreme.

#razgovor

Low-Key Conversation Starters for Trust Building:

- "Who's someone you've met online that's actually super cool?"
(Shows you're open to the idea that online friendships can be good.)
- "What's the weirdest thing you've ever seen someone do online?"
(Teens love talking about cringe stuff. Great way to hear what they notice.)
- "If you could create a perfect friend, what would they be like?"
(Their answer tells you a lot about who they're drawn to — and if someone's mirroring them too perfectly.)
- "What's a red flag you think people should watch for when making friends online?"
(You let them teach you — and you can gently correct if they miss something important.)
- "Have you ever had a friendship — online or real life — that just started feeling weird after a while?"
(Gives them a safe way to bring up anything that feels off without feeling trapped.)
- "What apps or games are people using now to meet friends? I feel like everything changes so fast."
(Helps you stay updated and shows them you're not out of touch.)
- "You seem like you have really good instincts about people. Has anyone ever tried to fake you out?"
(Boosts their confidence, while giving you insight into any past weird experiences.)

Drop these into conversation *casually* — like while driving, making food, walking the dog, etc.

No "serious talk" tone, no heavy eye contact.

(Teens open up when it feels like you're just hanging out, not cornering them.)



#hitanslučaj

Emergency Rescue Lines (Keep Trust Safe Even in Scary Moments):

- 🌀 "Thank you for telling me. I'm really glad you trust me with this."
(Even if you're freaking out inside — you're rewarding their trust first.)
- 🌀 "You're not in trouble. I'm here to help you figure it out, not punish you."
(They need to feel safe, not scared of consequences.)
- 🌀 "Whatever happens, we'll deal with it together."
(Simple but powerful — makes them feel *not alone*.)
- 🌀 "It's normal to be unsure about what to do sometimes. Even adults get tricked by people."
(Takes away any shame they might feel.)
- 🌀 "We can take this one step at a time. You don't have to have all the answers right now."
(Helps them slow down their fear and panic.)
- 🌀 "I'm proud of you for trusting your gut and coming to me."
(This reinforces that *listening to their instincts* is a good thing.)

In the *moment* they tell you something, try to **react only to their bravery**, not to the situation.
You can problem-solve *after* they feel safe with you.

(Inside, you can be screaming, but outside, you're the calm, unshakable rock.)

#scenariji

Best Case (it's harmless or a misunderstanding):

- Stay calm and positive. Praise them for talking to you.
- Debrief lightly. ("Good instincts. Let's just keep an eye on stuff like that, but sounds like you handled it well.")
- Teach without lecturing. Maybe share one or two small tips casually about online safety.
- Let them feel *proud*, not *embarrassed*. ("You were smart to pay attention.")

✓ End Goal: They feel strong and trusted — not silly for asking for help.

Middle Ground (something off, but not dangerous yet):

- Ask neutral questions. ("What kinds of things do you usually talk about? How do you know they're who they say they are?")
 - Help them double-check. Guide them to check for things like fake photos, inconsistent stories, or requests for secrecy.
 - Set a clear safety boundary together. ("Until we know more, let's agree not to share private info or meet up in real life, okay?")
- ✓ End Goal: They start applying *their own* critical thinking, not just obeying rules.

Worst Case (it's serious: grooming, blackmail, harassment):

- Stay very calm outwardly. (Even if you're boiling inside — they *must* feel you're still their ally.)
 - Say: "You're safe. We're going to figure this out together."
 - Save everything. Take screenshots (quietly if possible). Save any usernames, profiles, chat logs.
 - Do NOT confront the person yourself. That can make things worse or alert the predator.
 - Contact authorities if needed.
 - Police cyber units, national child protection hotlines, or school safety officers often have specialized teams for online cases.
 - Support your teen emotionally. Reassure them: "*This is not your fault.*"
 - Maybe offer counseling if they feel shaken up (normal after any kind of manipulation).
- ✓ End Goal: Protect your teen first, then rebuild their feeling of security and autonomy.

#temelj

Summary Cheat Code:

Praise. Partner. Protect.

Whatever happens, the focus is:

- . **Praise** them for coming to you.
- . **Partner** with them to fix it.
- . **Protect** them first — emotionally and physically — before reacting to the outside world.



#profil

🔍 Quick Checklist: Signs a Profile Might Be Fake

✅ Profile Looks "Too Perfect"

- Only pro photos?
- No casual, real-life pics?
- Looks like a model or influencer in every shot?

✅ Weird or Empty Timeline

- Very few posts?
- All posts super recent?
- All posts about *nothing personal*?

✅ Overly Fast Connection

- Says things like "You're my best friend" way too soon.
- Pushes to move chats to private apps quickly (Snapchat, WhatsApp, etc.).

✅ Avoids Video or Voice Calls

- Always has an excuse:
("Camera's broken," "bad internet," "shy," etc.)

✅ Inconsistent Details

- Their stories about where they live, their hobbies, or school don't match up.

✅ Pushes for Personal Info

- Asks things like:
"Where exactly do you live?"
"What's your school called?"
"Send a pic of yourself right now."

✅ Secret Pressure

- Tells you to keep conversations private.
- Says things like: "Don't tell anyone we talk this much."

✅ Emotional Manipulation

- Makes you feel guilty if you don't reply fast.
- Acts hurt if you don't share personal info.

#instinkt

How to Teach Your Teen to Trust Their Gut

1. Normalize Gut Feelings

Casually bring it up sometimes:

"Ever get a weird vibe about someone and didn't know why? That feeling's usually right. Our brain catches things we don't even realize consciously."

(No lectures — just plant the seed that *weird feelings are signals, not drama*.)

2. Celebrate Their Instincts

Anytime your teen notices something weird (even tiny stuff!), praise it:

"Good catch."

"Smart of you to notice that."

"Your gut's on point."

(Even if it's about something silly — like spotting a fake giveaway online.)

3. Practice Tiny "Gut Tests"

Next time you both see something shady (online ad, weird profile, whatever), casually ask:

"What's your gut say about this?"

"Does anything feel off to you?"

(Helps them practice checking in with their instincts *without second-guessing themselves*.)

4. Teach the "Pause Rule" 🟠

Tell them:

"If something feels weird, even just a little, pause. You don't have to explain it. You don't have to be polite. Just stop for a second and think."

(Pausing even for 10 seconds can save them from emotional manipulation or making quick decisions.)

5. Give Them Permission to "Blame You"

Example:

"If you ever want to leave a chat or block someone but don't want drama, just say, 'My parents are making me shut it down.' Totally blame me."

(This gives them an *instant escape hatch* without feeling trapped.)

Simple Gut-Check Mantra for Them:

"If it feels weird, it is weird — pause and check."

Not "prove it's bad," not "wait for evidence," — just *pause and trust* that first weird feeling. 💡

(That's a ninja life skill even many adults wish they had!)



lake teme, zrcaljenje, povjeravanje
tajne, iznuda

1. Initial Contact & Innocent Topics (Building Trust)

- **Start with light, harmless conversations:**
The person (groomer) may start by talking about things that seem friendly and innocent hobbies, shared interests, or questions like "What's your favorite game?" or "Do you like music?" It's **safe and neutral** to create comfort and trust.
- **Mirroring behaviors:**
Groomers often **mirror** the teen's likes and dislikes, making the teen feel like they share an emotional connection and that they have a lot in common. The teen might think, "This person really understands me!"

2. Increased Emotional Connection (Building Dependence)

- **More personal topics:**
Over time, the conversations get deeper. The groomer may start to ask more personal questions or talk about their own emotional struggles — all in an effort to build a **sense of mutual vulnerability**.
"I know you've had some tough times. I feel the same way...." The teen is led to believe they have found a trusted, empathetic person.
- **Compliments and validation:**
The groomer often uses excessive praise: "You're so mature for your age," or "You're the only one who truly understands me."
This creates an emotional bond where the teen feels special and unique.

3. Secrecy (Manipulation & Isolation)

- **Pushing for secrecy:**
The groomer begins to encourage secrecy, making the teen feel like they're involved in something exclusive. This is a huge red flag.
"Let's keep this between us, okay? No one will understand like we do."
It creates an **us vs. them** mentality, where the groomer isolates the teen from their family or friends.
- **Emotional manipulation and testing boundaries:**
As trust builds, the groomer might start pushing for things that cross normal boundaries, but in ways that seem harmless at first:
"Hey, I'm really having a tough time. Can you help me out with a personal thing? It's just between us..."
These requests get increasingly intimate or inappropriate, with the intention of controlling the teen through **emotional manipulation**.

4. Exploitation & Extortion (The Dangerous Part)

- **Leveraging secrets for control:**
As the groomer gets more intimate with the teen, they might share **fake vulnerabilities**, like "I'm feeling really down, and I'd just feel better if you could send me something..." or ask for personal photos, information, or even plans to meet up - **blackmail material**.
- **Gradual escalation of demands:**
The demands become more serious. They may try to convince the teen to do something that feels more and more uncomfortable or risky.
"I really need this, and I know you care about me. It's just between us..."

1. Gradual Shift from General to Personal Topics

- **Early Conversations:**
Starts off with light, innocent topics — games, movies, hobbies, etc.
- **Progressing to Personal Topics:**
Slowly moves to more personal questions like:
"What's your biggest fear?"
"Tell me about your family life."
"What's your crush like?"
- **Emotional Mirroring:**
They begin mirroring your teen's thoughts, likes, and feelings too closely. This creates a false sense of understanding or closeness.

2. Excessive Compliments and Praise

- **Over-the-top Compliments:**
A lot of focus on how smart, mature, or beautiful the teen is.
("You're so much more mature than other people your age.")
The goal here is to make the teen feel **special and validated**.
- **Building Emotional Dependence:**
Groomers often build the teen's emotional reliance by being overly supportive, but it comes with strings attached.
The teen may feel they need to "return the favor" in some way.

3. Increasing Secrecy and Exclusivity

- **Pushing for Privacy:**
They want the conversations to be kept secret. They may say things like:
"Let's keep this between us. It's just for us."
"You're the only one I can talk to about this."
- **Isolation from Others:**
They may subtly discourage the teen from talking to their family or friends about their relationship.
"Your friends wouldn't understand you like I do."
This isolates the teen and makes them more reliant on the groomer.

4. Requests for Personal Information or Photos

- **Asking for Private Details:**
Requests for the teen's full name, address, school details, or other private information that shouldn't be shared with a stranger.
("Can you tell me exactly where you live? Just curious.")

- **Requests for Personal Photos or Videos:**
They might ask for photos of the teen or even suggest that they exchange intimate or private content.
This is a huge red flag.
"Can you send me a picture of you? I want to see what you look like."
- 5. **Emotional Manipulation and Pressuring Boundaries**
 - **Guilt-Tripping:**
The groomer will often use emotional manipulation to guilt the teen into complying.
"If you really care about me, you'd do this for me."
"I'll be really sad if you don't share that with me."
 - **Pushing Boundaries:**
They may start testing the teen's boundaries, trying to get them to do things they normally wouldn't:
"I just need you to send me one little thing..."
"It's no big deal, just a tiny favor."
- 6. **Sudden Emotional Dependency or Extreme Statements**
 - **Fake Vulnerability:**
Groomers may share exaggerated emotional issues to make the teen feel responsible for their emotional well-being.
"I've been feeling really down lately. You're the only one who makes me feel better."
They begin to rely heavily on the teen for emotional support, which is **unhealthy and manipulative**.
 - **Love-Bombing:**
Excessive praise and declarations of love or affection, often early in the relationship. This is designed to hook the teen emotionally:
"You're the best thing that's ever happened to me."
- 7. **Uncomfortable Push for a Physical Meeting**
 - **Pushing for Real-World Meetings:**
As the online relationship progresses, the groomer might push for a physical meeting. They may suggest meeting in secret or under the guise of "just friends meeting up."
"I really want to meet you in person. Let's hang out."
If the teen feels uncomfortable but is pushed to comply, it's a **major red flag**.

#pristup

1. **Talk to Your Teen**
Have an open, non-judgmental conversation.
Ask them about their online friendships and if they've been talking to anyone new.
Use the **casual conversation starters** we discussed earlier to ease into this.
2. **Observe Their Behavior**
Look for any signs of **secrecy**, **emotional distress**, or sudden changes in behavior.
A teen who becomes very protective of their phone or online life may be hiding something.
3. **Trust Your Gut**
If something feels off, trust your instincts. Don't hesitate to intervene if necessary — your teen's safety is the priority.
4. **Block and Report**
If you suspect grooming or manipulation, **block** the individual and **report** them to the platform or social media network.
Many platforms have reporting tools specifically for **safety** concerns.



digitalni trag, učenje, ciljana pretraga



Would you like me to help you craft a **specific response** or **action plan** if your teen confides in you about anything related to grooming or online manipulation? Let me know if you need more!

You said:

Hmm, I'm more interested in how to educate them about their digital footprint and on which online outlets they leave the most trace if someone is targeting them

#digitalnitrag

1. What is a Digital Footprint?

- **Definition:**
Explain to your teen that everything they do online leaves a trace — whether it's what they post, share, or even the websites they visit. This is their **digital footprint**.
A digital footprint can include:
 - Social media posts, photos, and messages.
 - Comments on websites, forums, or blogs.
 - Location data (e.g., tagging a place or checking in).
 - Search history and online shopping preferences.
 - Profile information on various apps or games.

2. The Importance of Being Mindful of Their Footprint

- **Privacy and Security:**
Emphasize that the more information they share, the easier it is for others — even strangers — to **track them**. If they share too much personal info, someone could use it to manipulate or target them.
- **Online Reputation:**
Every post or message can potentially stay on the internet forever. Even if something is deleted, it might still be cached or saved elsewhere.

"Think about the long-term effects of anything you post. If someone looked you up in the future, what would they see?"

- **Job & College Implications:**
Let them know that **employers and schools** sometimes look at social media to see a person's character. It's not just about privacy — it's also about protecting their **reputation** online.

3. Where Are They Leaving the Most Trace?

Help them understand the major platforms where their **digital traces** are most prominent and where they should be extra cautious.

A. Social Media (Instagram, Facebook, TikTok, Snapchat, etc.)

- **What They Share:**
Personal photos, status updates, and location check-ins.
Encourage them to **think twice** before sharing pictures that reveal too much personal info — like their school, home address, or exact location.



#digitalnitrag

- **Tagging and Geotagging:**
Many social media apps have the feature to tag locations. **Turn off location tagging** on their posts if they don't need to share their exact whereabouts.
Also, **private profiles** are a good idea to limit who can see their posts.
- **B. Online Games and Forums**
 - **In-Game Data:**
Online games often collect data about their activities, usernames, and sometimes voice chats. **Avoid sharing personal info** through gaming platforms.
Some games also track location, preferences, and what they purchase or interact with online.
 - **Usernames and Contact Info:**
Remind them that even a seemingly innocent username can reveal a lot about them — especially if it's their real name or contains other identifiable info. Encourage **anonymous or fun usernames** instead.
- **C. Messaging and Email**
 - **Text, Messaging Apps (Snapchat, WhatsApp, Discord, etc.):**
Anything sent via these apps — even if it's deleted — can often be **retrieved or screenshotted** by others.
Talk about **screenshots** and how messages can spread beyond their control once shared.
 - **Email and Personal Accounts:**
Explain that **email addresses** and **passwords** are also part of their digital footprint. Teach them to use strong, **unique passwords** for every account to **avoid hacking and identity theft**.
- **4. How to Control and Reduce Their Digital Footprint**
 - **Privacy Settings:**
Go through each platform they use and help them **adjust privacy settings** to control who can see their posts.
Teach them how to **restrict access** to their personal information — whether it's on Facebook, Instagram, or any other platform.
 - **Review What They Share Regularly:**
Encourage them to **audit their social media** every couple of months — check for anything that might be oversharing or putting them at risk.

#digitalnitrag

- **Use Anonymous Accounts:**
If they want to engage in activities online that require personal interaction, encourage them to do so with an anonymous account, especially if it involves sensitive topics or strangers.
- **Don't Overshare in Conversations:**
Teach them to **avoid oversharing** even in seemingly private chats — including where they go to school, their daily routine, or family details.

5. Warning Signs Someone Might Be Targeting Them

Help them recognize when someone is **trying to exploit or groom** them online by monitoring these behaviors:

- **Asking for personal info** (name, address, school, etc.).
- **Making them feel special** (e.g., compliments that feel excessive).
- **Trying to isolate them** from their friends or family.
- **Offering gifts or promises** (such as "I'll send you something if you share this with me").
- **Pushing for secrecy** (e.g., "Let's keep this between us" or "Don't tell anyone we're chatting").

6. How to Stay Safe and Secure Online

- **Two-Factor Authentication:**
Set up two-factor authentication (2FA) on their accounts to add an extra layer of security.
- **Educate About Scams:**
Teach them how to recognize **phishing attempts** and other scams where someone might try to steal their information.
- **Report Suspicious Behavior:**
Encourage them to report anything suspicious or that makes them uncomfortable on social media platforms.
- **Block and Delete:**
If they feel unsafe or are approached by someone they don't know, encourage them to **block and delete** them immediately.



#audit

Step 1: Review Their Social Media Profiles

- **Check All Platforms:**
Make a list of every social media account your teen uses (Instagram, Snapchat, Facebook, TikTok, Twitter, etc.).
- **Privacy Settings:**
Go to each account and check the **privacy settings** to ensure their profiles are **set to private**.
If it's not, guide them to change it.
- **Profile Information:**
Does their profile include sensitive info like their full name, address, school, or age?
Consider removing or updating it to a more **generic** version.

Step 2: Scrub Past Posts and Comments

- **Old Posts:**
Go through their past posts — this includes **photos, comments, and status updates**.
Are there any that might reveal too much personal information or make them feel uncomfortable?
Delete or hide anything that feels like oversharing.
- **Tagged Photos:**
Review any photos they've been **tagged in** by others. If the photos are too revealing or inappropriate, ask them to **un-tag themselves** and, if necessary, talk to the people who posted them about removing it.

Step 3: Review Messaging and Text Apps

- **Group Chats:**
Review group chats or personal messages that might contain sensitive info or lead to risky behavior.
Does the conversation feel safe and appropriate?
- **Photos & Videos:**
Check whether any images or videos have been shared that might be too personal.
Remind them of the **potential risk of sharing images**, even in seemingly private conversations.

Step 4: Review Game & Online Account Info

- **Gaming Accounts:**
Look at accounts used for online games and virtual platforms (e.g., Fortnite, Roblox, Discord).
Are these accounts **anonymous**, or do they contain personal info like real names or school details?
- **Profile Information:**
Are they using **aliases** rather than real names in their gaming profiles? If not, suggest creating a more **anonymous** or **playful username** to protect their identity.

#audit

- **In-Game Purchases:**
Check if the games they play have linked payment information or **exposed credit card numbers**.
Encourage them to **remove** sensitive financial info from these platforms, if possible.

Step 5: Monitor Location Sharing

- **Location Settings:**
Review the location settings in apps like Instagram, Snapchat, and Facebook.
Make sure **location tagging is turned off** unless they need it for a specific post.
- **Check-In Apps:**
If they're using apps that check them into locations (e.g., Swarm, Yelp), help them understand the risks of sharing real-time location info.
Consider **removing any old check-ins** that might reveal where they frequent (like their school, home, or other personal spots).

Step 6: Review Search History & Browser Settings

- **Browser History:**
Go through their web browser history. Are there any websites or search terms that might reveal personal interests or habits?
It's helpful to **clear search history** regularly.
- **Incognito/Private Mode:**
Teach them to use **Incognito Mode** or **Private Browsing** for sensitive searches to prevent leaving traces.

Step 7: Review Email and Contact Info

- **Email Address:**
Does their email address contain too much personal info, like their full name or date of birth?
Consider **creating a more generic email** for signing up for apps or online services.
- **Unsubscribing from Newsletters:**
Help them unsubscribe from any email lists that no longer serve a purpose or could expose unnecessary information.
- **Review Contacts:**
Go over contacts in email or messaging apps. Do any of these contacts feel like strangers or people who shouldn't have their info?
They should **block** and **report** anyone who seems suspicious.

Step 8: Evaluate Third-Party Apps and Permissions

- **App Permissions:**
Go to their phone and review **app permissions**. Does any app have access to their camera, microphone, or location without a good reason? **Revoke unnecessary permissions** to prevent apps from tracking them.



#audit

- **Third-Party Apps:**
Check which apps are **connected to their social media accounts**.
Some apps can have access to private information or post on their behalf.
Revoke access for any apps they don't use or trust anymore.

Step 9: Set Up Alerts and Monitoring

- **Google Alerts:**
Set up **Google Alerts** for your teen's name (and other personal details) to monitor if anything new pops up about them online.
This can help you keep track of what information is being shared about them.

Parental Monitoring Apps:

If you feel it's necessary, consider using a **parental control app** to monitor and help guide their online activities.

Apps like **Bark**, **Life360**, or **FamilyLink** can help you spot any concerning activity while respecting their privacy.

Digital Footprint Audit Checklist

(Feel free to print this out for your teen or use it as a guide during your audit!)

- Social Media Privacy: All profiles are set to private. No sensitive info (real name, school, etc.) is visible.
- Post Audit: Reviewed past posts for anything that feels overshared.
- Messaging App Review: No personal info shared in private messages or group chats.
- Gaming Profile Check: Username is anonymous, no school or location info is visible.
- Location Sharing: Location tagging is turned off. No sensitive check-ins shared.
- Browser History: Cleared browsing history, used Incognito mode for sensitive searches.
- Email Review: Email address is private, unsubscribed from unnecessary lists.
- App Permissions: Checked and revoked unnecessary app permissions (camera, location, etc.).
- Google Alerts: Set up Google Alerts for name and personal details.
- Third-Party Apps: Reviewed and revoked app permissions to linked social media accounts.



DIGITAL FOOTPRINT AUDIT CHECKLIST



Social Media Privacy

All profiles are set to private. No sensitive info (real name, school, etc.) is visible.



Post Audit

Reviewed past posts for anything that feels overshared.



Messaging App Review

No personal info shared in private messages or group chats.



Messaging App Review

No personal info shared in private messages or group chats.



Location Sharing

Location tagging is turned off. No sensitive check-ins shared.



Browser History

Cleared browsing history; used Incognito mode for sensitive searches.



Email Review

Email address is private; unsubscribed from unnecessary lists.



App Permissions

Checked and revoked unnecessary app permissions (camera, location, etc.).



Google Alerts

Set up Google Alerts for name and personal details.



Third-Party Apps

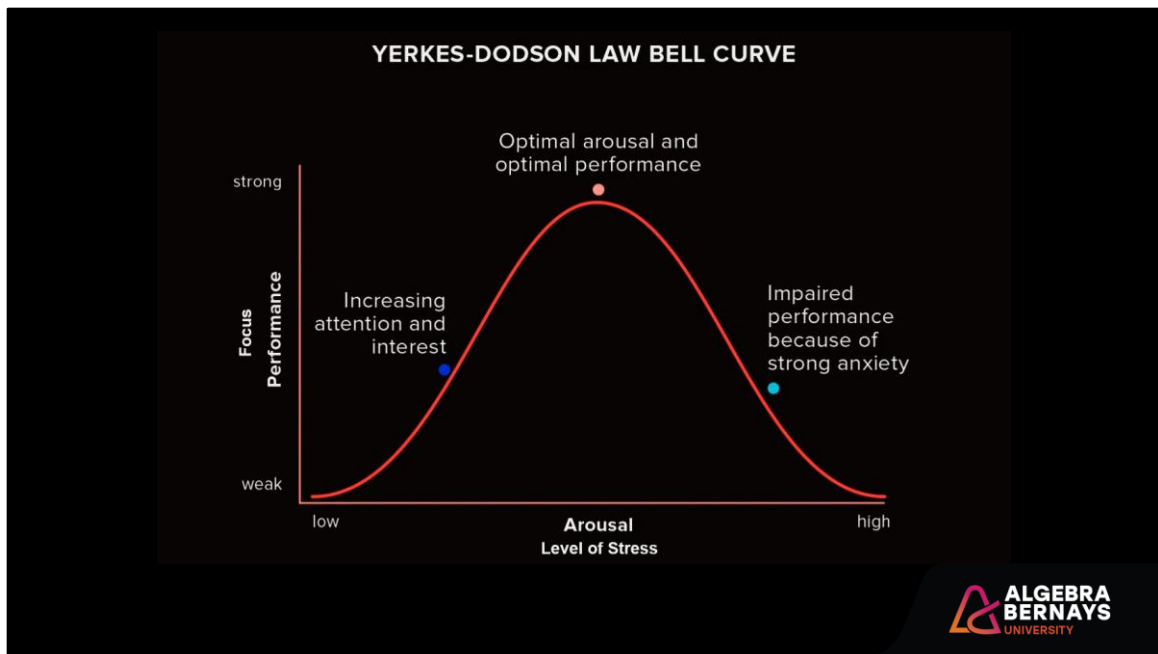
Reviewed and revoked app permissions to linked social media.



1.1

Sanjarenje

Intermezzo



Mind Wondering doesn't Equate to Focus so Laps in Judgement might occur more than we want them – cellphones time...

Harvard study 2250 people – iPhone app -

<https://news.harvard.edu/gazette/story/2010/11/wandering-mind-not-a-happy-mind/>

What are you doing? What are you thinking? - random times in the day

Discrepancy measures mind wandering

Making love is the activity with the highest focus.

Lowest three - commuting, sitting at a computer and work.

If not engaged, you are not focused...

- Low stress: **Focus is suboptimal due to boredom or lack of motivation.**
- Moderate stress: Focus peaks as stress provides optimal arousal for task engagement.
- High stress: Focus declines due to anxiety, overwhelm, or cognitive impairment

Why are we talking about mind wandering (which is the opposite of focus (flow) - because it's absolutely essential on creative insight.

Creative process - gather information, focus on the problem, really concentrate and then let go.

Incredible solutions come during daydreaming - shower, walking the dog, staring into the morning sun...

Flow is individual state of absolute attention, while rapport - mutual or interpersonal flow.

2. Promjene

AI chatbots Smanjenje igranja Obiteljski nadzor Skraćenice do uspjeha Verificiranje?



AI companionship: 63% djece u zemljama OECD-a izjavilo je da se više od roditelja povjeravaju chatbotovima o problemima mentalnog zdravlja

<https://www.cam.ac.uk/research/news/ai-chatbots-have-shown-they-have-an-empathy-gap-that-children-are-likely-to-miss>

Erosion of play: Pametne igračke s unaprijed programiranim interakcijama smanjuju maštovitu igru za 40% u usporedbi s tradicionalnim igračkama

<https://arxiv.org/pdf/2405.19275.pdf>

Family surveillance paradox: Aplikacije za roditeljski nadzor skeniraju 92% dječjih poruka, ali propuštaju 68% kontekstualnih grooming obrazaca

<https://oxfordccai.org/post/20-24-07-glasgow/>

https://staff.najah.edu/media/published_research/2025/02/13/Smart_Parenting.pdf

3. Opasnosti

Rizik i Rješenja
Digitalni trag i Minimalizam podataka
Besplatno i Pretplata
Syntetička realnost

Vrsta prijetnje	Protumjera umjetne inteligencije	Stopa učinkovitosti
Deepfake CSAM	PhotoDNA 3.0 (Microsoft)	Detekcija od 99,7%
Algoritamsko dotjerivanje	Thorn's Spotlight	Smanjenje trgovine ljudima za 89%
Emocionalna manipulacija	Affectiva MoodLock	Blokira 83% depresivnog sadržaja

Naslov rada	Autori	Varijable	Metode	Ograničenja
AI model predviđa rizike za mentalno zdravlje	Zdravstveni tim Dukea	IV: Obrasci spavanja, obiteljski sukobi; DV: Psihijatrijska eskalacija	Neuronske mreže	Skup podataka za jednu zemlju
Procjena učinka gen. AI	NSPCC-AWO	IV: izloženost umjetnoj inteligenciji; DV: Sigurnosni incidenti	Kvalitativn o kodiranje	Nema longitudinalnih podataka
Učinkovitost smart roditeljstva	Novianti i sur.	IV: Korištenje alata umjetne inteligencije; DV: Roditeljski stres	SEM analiza	Kulturna pristranost u uzorku

Okvir trostrukog štita (Kanada)

- Prediktivna analitika
- Vatrozidi
- Revizija etičnosti

https://papers.ssrn.com/sol3/papers.cfm?abstract_id=4986870

<https://psychiatry.duke.edu/news/ai-model-predicts-risks-and-potential-causes-adolescent-mental-illness>

<https://learning.nspcc.org.uk/research-resources/2025/generative-ai-childrens-safety>

https://www.pas.va/en/events/2025/ai_children.html

4. Učenje i razvoj

Osobni razvoj
Adaptivno učenje
Pomoć pri učenju
Poticanje kreativnosti

Naziv aplikacije/alata	Dobni raspon	Ključne značajke i fokus	Platforma	Značajne značajke umjetne inteligencije/osobnog razvoja
Calm Kids	4–12	Vođene meditacije, disanje, opuštanje, emocionalna regulacija, personalizirane sesije	iOS, Android	AI prilagođava sesije djetetovim potrebama i napretku
Headspace for Kids	3–12+	Svjesnost, meditacija, animirane vježbe, fokus, ljubaznost, san, uključenost roditelja	iOS, Android	AI predlaže sesije, prati napredak
MindShift Kids	7–16	Upravljanje anksioznošću, KBT, opuštanje, strategije suočavanja, interaktivni alati	iOS, Android	AI prilagođava podršku i prati obrasce raspoloženja

Smiling Mind	5–18	Svjesnost, meditacija, osjetilne vježbe, programi prilagođeni dobi, integracija škole/obitelji	iOS, Android	AI personalizira vježbe, prati navike meditacije
Mindful Powers	6–12	Interaktivne igre, svjesnost, disanje, vođene meditacije, smanjenje stresa	iOS, Android	AI prilagođava aktivnosti djetetovoj razini angažmana
Super Stretch Yoga	4–10	Joga, disanje, svjesnost, animirane sekvence, pozitivne afirmacije	iOS, Android	AI predlaže poze, prati napredak
Breathing Bubbles	5–12	Duboko disanje, opuštanje, interaktivne animacije, upravljanje stresom/anksioznošću	Web, iOS	AI usmjerava vrijeme i povratne informacije
Pause Breathe Smile	5–13	Svjesnost, zahvalnost, emocionalna regulacija, interaktivne aktivnosti	iOS, Android	Prilagodljive vođene prakse

Mind Yeti	5–12	Vođena svjesnost, disanje, opuštanje, samosvijest, prijateljski Yeti karakter	Web, iOS	AI personalizira odabir sesije
Daylio / Moodflow / Bearable	10–18	Praćenje raspoloženja, vođenje dnevnika, naljepnice s emocijama, prepoznavanje uzoraka, samorefleksija	iOS, Android	AI analizira trendove raspoloženja, predlaže akcije brige o sebi
Hume.ai / Tafi / EllieQ	8–18	Prepoznavanje emocija, analiza tona/izraza lica, coaching razgovora	Web, Aplikacija	AI dekodira emocionalne znakove, pomaže u komunikaciji
CustomGPT (EmotionDecoder)	8–18	Obiteljski prilagodljiva umjetna inteligencija za emocionalnu inteligenciju i komunikacijsku podršku	Web	AI predlaže odgovore, potiče na razmišljanje

Breathe, Think, Do with Sesame	3–7	Emocionalna regulacija, rješavanje problema, disanje, interaktivne priče s likovima iz Ulice Sezam	iOS, Android	Prilagodba scenarija vođena umjetnom inteligencijom za raspoloženje djece
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Studyable AI Tutor, Duolingo Language Bot, MathWiz
Microsoft Immersive Reader, SignLab
ArtGenius, MusicMaestro, CodePal



ArtGenius - Converts sketches into animated stories - 68% increase in narrative sequencing skills
MusicMaestro - Transforms hummed melodies into orchestral scores - 2.3x faster music theory mastery
CodePal - Visual programming assistant with real-time debugging - 54% reduction in coding errors among teens

Naziv alata / aplikacije	Čime se bavi	Dobni raspon	Kreativni fokus	Značajne značajke / sigurnost
Animated Drawings (Meta AI)	Animira dječje crteže – prenesite skicu, a umjetna inteligencija oživljava je pokretima poput plesa ili trčanja	5–12	Umjetnost, Animacija	Nema čavrljanja; sigurna, nadzirana uporaba
Brickit	Skenirajte hrpu LEGO kockica; AI predlaže što treba izgraditi i daje upute korak po korak	5–14	Izgradnja, dizajn	Nema dijeljenja; Opcija izvanmrežnog igranja
Quick, Draw! (Google)	Brza igra skiciranja u kojoj djeca crtaju upute, a umjetna inteligencija pogađa što je to	6+	Crtanje, vizualna pismenost	Nema čavrljanja; razigrano, sigurno sučelje

Daniel Nest (2024) 'AI for Kids: 12 Sites to Check Out', *Why Try AI*, 11 April.

Elternguide (2024) 'Getting creative with AI - tools for children and young people', *elternguide.online*, 5 December.

LittleLit (2025) 'Best Kids AI App | Combines ChatGPT, MidJourney & Gemini', *LittleLit Blog*, 22 February.

Inspirit AI (2025) 'AI Classes for Kids: 50+ Best Platforms for Children to Learn AI', *Inspirit AI Blog*, 25 February.

CodeWizardsHQ (2024) '7 Educational AI Activities for Kids to Explore', *CodeWizardsHQ*, 21 November.

JetLearn (2025) '10 Best AI Tools for Kids in 2025 (Fun, Safe & Educational)', *JetLearn Blog*, 29 March.

BestInterest App (2024) '20 Creative AI Project Ideas For Kids', *BestInterest App*, 19 December.

Codeyoung (2024) 'Best Interactive AI Learning Tools for Kids: Top Apps and Platforms', *Codeyoung*

Whimsy	Umjetna inteligencija stvara interaktivne, ilustrirane priče prilagođene djetetovim interesima i razini čitanja	6–12	Pripovijedanje, Čitanje	Roditeljski nadzor, siguran sadržaj
LittleLit	Kombinira ChatGPT, umjetnost i umjetnu inteligenciju za umjetnu inteligenciju za djecu - pripovijedanje priča, digitalnu umjetnost, dizajn naljepnica, stvaranje glazbe u sigurnom, moderiranom okruženju	5–13	Umjetnost, glazba, pripovijedanje	Filtri sadržaja primjereni dobi

Suno AI	AI generator glazbe - djeca upisuju upit, a Suno stvara pjesmu s vokalima i instrumentima	8+	Glazba, Pisanje pjesama	Moderiranje sadržaja, ali savjetuje se pregled
Adobe Firefly	Siguran generator umjetne inteligencije prilagođen školama za stvaranje jedinstvenih slika i umjetničkih djela	10+	Umjetnost, Grafički dizajn	Koristi se u školama, siguran za djecu
DALL-E	Generira slike iz tekstualnih upita; izvrsno za prilagođene bojanke ili ilustracije	10+	Umjetnost, ilustracija	Preporučuje se roditeljski nadzor
Storytaylor AI	Djeca sukreiraju interaktivne priče odabirom likova, zapleta i tema	6–9	Pripovijedanje, redoslijed	Nema otvorenog chata, sigurno za malu djecu

Google's Teachable Machine	Djeca treniraju vlastite AI modele za prepoznavanje slika, zvukova ili poza	8+	Kodiranje, umjetna inteligencija, eksperimentiranje	Nisu potrebni osobni podaci
Osmo Genius Starter Kit	Kombinira praktične zagonetke i prepoznavanje umjetne inteligencije za kreativne matematičke, logičke i crtanje	6–10	Umjetnost, matematika, logika	Spaja fizičku i digitalnu igru
Ello AI Reading Coach	Umjetna inteligencija sluša djecu kako čitaju naglas i daje povratne informacije u stvarnom vremenu kako bi poboljšala vještine čitanja	6–10	Čitanje, Pismenost	Prilagođeno djeci, usmjereno na privatnost

Canva (with AI tools)	Omogućuje djeci da dizajniraju stripove, fotopriče i još mnogo toga uz jednostavno uređivanje koje pokreće umjetna inteligencija	8+	Dizajn, stripovi, foto umjetnost	Savjetuje se postavljanje roditeljskog računa
Scratch + Machine Learning Extension	Djeca kodiraju igre i interaktivne priče, dodajući značajke umjetne inteligencije kao što su prepoznavanje slike ili glasa	7–12	Kodiranje, Dizajn igara, AI	Moderiranje zajednice Scratch

Creative Domain	AI Tool	Age Group	Key Features	Learning Outcomes	Example Platforms
Storytelling & Narrative	Interactive Story Builders	7-16	Generates choose-your-own-adventure tales with personalized characters	Develops narrative structure, linguistic creativity, and decision-making	KidGenie, Whimsy, AI Dungeon (Junior Mode), Storybird AI
Art & Design	Sketch-to-Art Converters	6-14	Transforms doodles into polished illustrations using neural style transfer	Enhances visual-spatial intelligence and artistic experimentation	Animated Drawings (Meta), Artie's Magic Pencil, Scribble Diffusion
Music Composition	AI Beat Generators	9-16	Creates original music tracks based on genre/mood preferences	Teaches rhythm, melody construction, and digital audio editing	Boomy
Construction Play	Smart Building Assistants	5-12	Analyzes random LEGO pieces to suggest buildable models	Develops spatial reasoning and engineering mindset	Brickit
Multilingual Creativity	Bilingual Story Engines	4-8	Generates personalized stories in multiple languages with cultural customization	Strengthens language acquisition and cross-cultural awareness	Starshine Montessori's AI Tools, GlobalPenPals
Animation & Film	Drag-and-Drop Movie Makers	8-14	Converts hand-drawn characters into animated sequences with voice synchronization	Teaches storytelling fundamentals and basic animation principles	Toontastic 3D (Google), Wonder Studio, Lego AI Storybuilder
Ethical Creativity	Guardrailed Art Platforms	10-18	Generates images while filtering inappropriate content through embedded APIs	Encourages responsible creation within ethical boundaries	DALL-E, MidJourney with UNICEF ChildGuard integration

5. Korištenje

Znanje i vještine
Diseminacija
Međuvršnjačka suradnja

6. Zaštita

Svjesnost
Obrazovanje
Organsko mapiranje
Tehnologija i Zakoni

Naziv aplikacije	Ključne značajke umjetne inteligencije	Dobni raspon	Jedinstvene sigurnosne funkcije
Bark	Skenira tekstove, e-poštu, 30+ aplikacija društvenih medija, slike, videozapise i audio zapise u potrazi za prijetnjama poput internetskog zlostavljanja, samoozljeđivanja i pornografije; upozorenja u stvarnom vremenu; AI analizira više od 29 kategorija rizika	7–18	Otkriva ozbiljno zlostavljanje/samoozljeđivanje, šalje trenutna upozorenja, daje stručne preporuke
Qustodio	Filtriranje web sadržaja vođeno umjetnom inteligencijom, upravljanje vremenom korištenja zaslona, blokiranje aplikacija, detaljni zapisnici aktivnosti	4–18	Višeplatformski, prilagodljivi nadzor, geofencing i isključivanje interneta
Canopy	AI u stvarnom vremenu filtrira eksplicitni sadržaj (uključujući slike i videozapise) sa svih web stranica i društvenih medija; otkriva i blokira sexting i rizike od grabežljivaca	5–18	Filtrira Instagram/TikTok, upozorava roditelje na eksplicitne slike prije dijeljenja, upravljanje vremenom korištenja zaslona
Mobicip	AI skenira i blokira nesigurne web stranice u stvarnom vremenu u svim preglednicima, prilagodljivim kontrolnim profilima	3–18	Upozorenja u stvarnom vremenu, detaljna statistika aktivnosti, jednostavno postavljanje za više uređaja

Mobilne aplikacije

Chat Kids: Safe AI for Family	Koristi ChatGPT/GPT-4o za obrazovne i kreativne AI chatbotove primjerene dobi; snažno filtriranje sadržaja i roditeljski način rada zaštićen PIN-om	3–14	Prilagodljivi profili, siguran AI chat, kreativni moduli (umjetnost, glazba, kodiranje), robusne kontrole privatnosti
ABCmouse AI Tutor	AI personalizira obrazovni sadržaj prema dobi i sposobnostima, osiguravajući sigurno, prilagodljivo učenje	2–8	Prati napredak, prilagođava nastavu, pokriva čitanje, matematiku, znanost
Securly	AI otkriva rizična ponašanja (npr. samoozljeđivanje, internetsko zlostavljanje) u školskim okruženjima; Filtriranje weba	5–18	Dizajniran za školske postavke, upozorenja u stvarnom vremenu za osoblje/roditelje
Net Nanny	AI filtrira neprikladan sadržaj, prati digitalno zdravlje i blokira aplikacije koje izazivaju ovisnost	3–18	Filtriranje sadržaja u stvarnom vremenu, digitalno praćenje dobiti

Mobilne aplikacije

Igra/platforma	Ključne sigurnosne značajke umjetne inteligencije	Dobni raspon	Jedinstveni aspekti
Buddy Isles	Moderiranje chata (NLP) pokretana umjetnom inteligencijom, praćenje ponašanja, otkrivanje zlostavljanja u stvarnom vremenu, pozitivno potkrepljenje i intervencija	6–14	Proaktivni čuvar umjetne inteligencije intervenira u stvarnom vremenu; nagrađuje pozitivno ponašanje; chat i analitika ponašanja
Be Internet Awesome	Obrazovno igranje vođeno umjetnom inteligencijom podučava internetsku sigurnost, privatnost i digitalno građanstvo	7–12	Interaktivne lekcije o sigurnosti na internetu, krađi identiteta i zlostavljanju na internetu
Roblox	AI filtri za moderiranje chata, otkrivanje neprikladnog sadržaja i ponašanja pri dotjerivanju, intervencija u stvarnom vremenu	7–18	Višeslojno moderiranje, prilagodljivi roditeljski nadzor, prilagodljivo filtriranje

Video igre

Minecraft (s Microsoft Family Safety)	AI nadzire chat zbog štetnog jezika, filtriranja sadržaja i roditeljskog nadzora	6–18	Integracija s Microsoftovim sigurnosnim alatima za umjetnu inteligenciju za zaštitu na više platformi
Fortnite	AI moderiranje sadržaja za glasovni i tekstualni chat, otkrivanje toksičnog ponašanja i alate za izvješćivanje	12–18	Moderiranje u stvarnom vremenu, prepoznavanje jezika i roditeljske postavke
Modulate's ToxMod (in various games)	AI moderiranje glasovnog chata, otkrivanje toksičnosti u stvarnom vremenu, intervencija svjesna konteksta	13–18	Analizira glasovni chat u pogledu uznemiravanja, govora mržnje i prijetnji

Video igre

7. Sadašnja budućnost

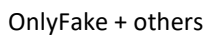
Obitelji:
Zaigrani uvod
Odgovorno korištenje
Istraživanje
Digitalno roditeljstvo

Institucije:
Potpora (∞)



Uključimo djecu u razgovor

Granice?



Alati za provjeru



AI Detection?

Optic AI Or Not
Content at Scale
Illuminarty
Huggingface
V7 Deepfake Detector
Fake Image
Hive

Foto Forensics
Forensically Beta
Fakeimagedetector



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Still to be developed on a proven level

Optic AI Or Not – Best for quick authentication of images, videos, and voice

Content at Scale – Best for general AI image detection

Illuminarty – Best for comprehensive analysis of AI-generated images and text

Huggingface – Best for easy accessibility and basic detection

Foto Forensics – Best for detailed analysis using Error Level Analysis

V7 Deepfake Detector – Best for detecting StyleGAN deep fake images

Fake Image Detector – Best for detecting manipulated/altared/edited images

Forensically Beta – Best for detailed examination with various analysis tools

Fakeimagedetector – metadata and ELA analysis



- Spike is a tool leveraged to identify and predict breakout stories as well as viral stories. The tool analyzes mountains of data from the world of news and predicts what's going to drive engagement
- Hoaxy is a tool that helps users to identify fake news sites
- Snopes is a website that helps spot fake stories
- CrowdTangle is a tool that helps discover social content early and monitor content
- Check is a tool from Meedan that helps verify news breaking online
- Google Trends proves its worth by watching searches
- Le Decodex from Le Monde is a database that houses websites that are tagged as 'fake', 'real' among others
- PHEME has made a technology leap to read the veracity of user-generated and online content

Pomaci



What kind of beauty do we want AI to learn?

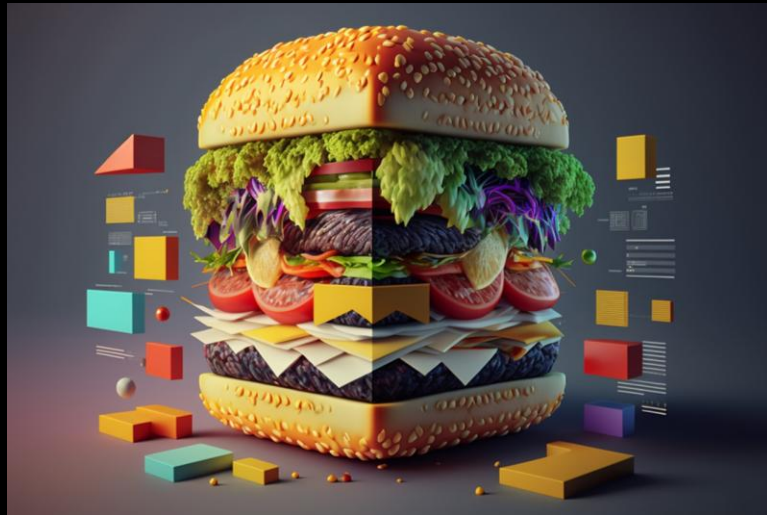
By 2025, 90% of online content is predicted to be generated by Artificial Intelligence. Dove will keep committed to real beauty. Learn more at: Dove.com

Dove 
20 years **changing** beauty

*Artificial intelligence has been used in this advertising for the sole purpose of showing beauty bias in generative AI tools.

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Budućnost AI učenja



Fintive data
AI data

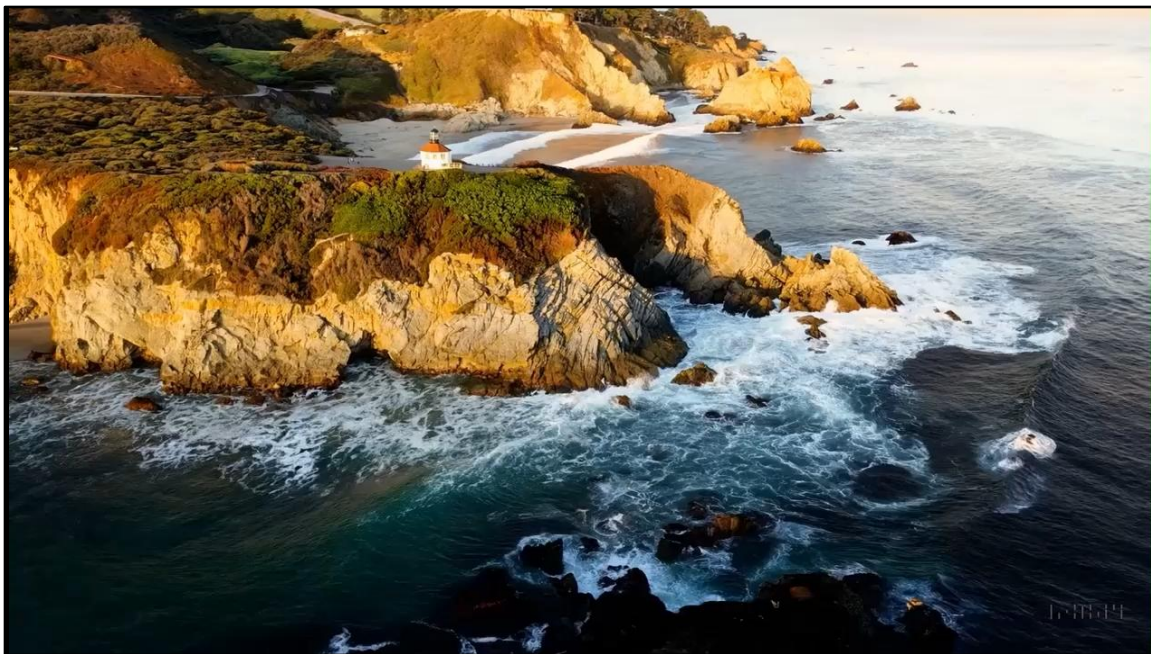
Videos



Prompt: A stylish woman walks down a Tokyo street filled with warm glowing neon and animated city signage. She wears a black leather jacket, a long red dress, and black boots, and carries a black purse. She wears sunglasses and red lipstick. She walks confidently and casually. The street is damp and reflective, creating a mirror effect of the colourful lights. Many pedestrians walk about.

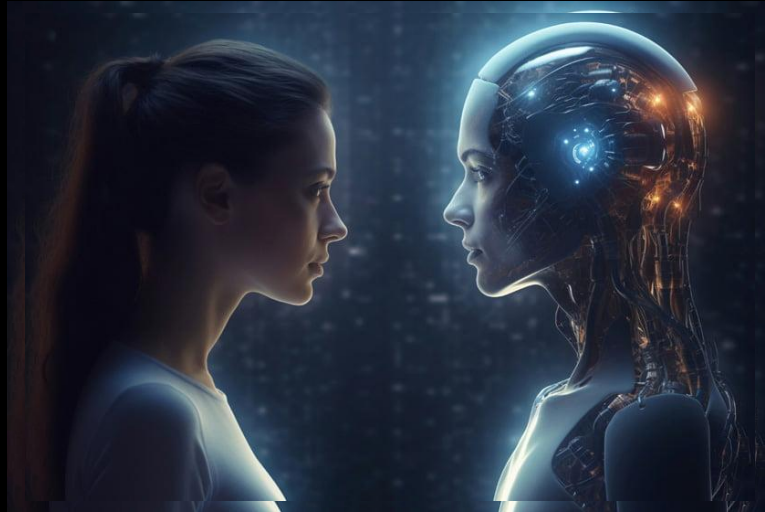


Prompt: A drone camera circles around a beautiful historic church built on a rocky outcropping along the Amalfi Coast, the view showcases historic and magnificent architectural details and tiered pathways and patios, waves are seen crashing against the rocks below as the view overlooks the horizon of the coastal waters and hilly landscapes of the Amalfi Coast Italy, several distant people are seen walking and enjoying vistas on patios of the dramatic ocean views, the warm glow of the afternoon sun creates a magical and romantic feeling to the scene, the view is stunning captured with beautiful photography.



Prompt: Drone view of waves crashing against the rugged cliffs along Big Sur's garay point beach. The crashing blue waters create white-tipped waves, while the golden light of the setting sun illuminates the rocky shore. A small island with a lighthouse sits in the distance, and green shrubbery covers the cliff's edge. The steep drop from the road down to the beach is a dramatic feat, with the cliff's edges jutting out over the sea. This is a view that captures the raw beauty of the coast and the rugged landscape of the Pacific Coast Highway.

Comparison



Human with questionable memory and overall information/data consumption
vs
AI

Creativity?

PROMPT:

How to save all the
children of the
World?

One word.



Kindness

More than 6,000 children across the globe, when asked in 2024 to choose a word that best summed up the year and reflected what the world needs most, overwhelmingly chose "kindness" as the Oxford Children's Word of the Year. This choice speaks to a growing awareness among young people of the impact kindness has on mental health, well-being, and the power it holds to unite and heal in the face of global challenges.

Kindness embodies the actions, compassion, and empathy required to protect, nurture, and empower every child-no matter where they are or what they face.

1. Search	- WordAI	- Beautiful AI	- Eleven labs	22. Paraphrasing	- Colossyan	- Landr	Powerdrill.ai
- ChatGPT	- AnyWord	- Songburst AI	- Gamma	- Quillbot	- Tavus	- Soundraw	Julius.ai
- YouChat	- Caktus.ai	- Mind the Graph	- Adobe Podcast	- PaperPal			
- Abacus			- Murf.ai	- Grammarly			
- Perplexity			- Replica	- Copy AI			
- Copilot			- Speechify				
- Gemini			- Zapier				
			- Wellaid				
			- Coqui				
			- Resemble.ai				
			- Listnr				
2. Image							
- Fotor							
- Stability AI							
- Midjourney							
- Microsoft Designer							
- Plask							
- Alpaca							
- Picart							
- Lexica art							
- Openart.ai							
- Playground							
- DALL-E							
- Photosonic							
- Jasper Art							
- DeepDreamGenerator							
- Dream.ai							
2. Image Composer							
- Artbreeder							
- Neuralstyle.art							
3. CopyWriting							
- Rytr							
- Copy AI							
- Writesonic							
- Adcreative AI							
- CopySmith							
- ByWord_							
- Frase							
4. Writing							
- Jasper							
- Samwell.ai							
- HIX.AI							
- Jenny AI							
- Textblaze							
- ArticleForge							
- Hypotenuse AI							
6. Video							
- Klap							
- Opus							
- Eightify							
- InVideo							
- HeyGen							
- Runway ML							
- ImgCreator AI							
- Morphstudio.xyz							
- Veo AI							
- Imagen							
- Lumiere							
- Filki							
- Pictory							
- Descript							
- Lumen5							
- OpenAISora							
7. Meeting							
- Tidy							
- Otter							
- Note AI							
- Fireflies							
8. SEO							
- VidIQ							
- Seona AI							
- Copy AI							
- BlogSEO							
- Keywords.ai							
- SE Ranking							
9. Chatbot							
- Drivy							
- Chatbase							
- Mutual info							
- Chatsimple							
10. Presentation							
- Decktopus							
- Slides AI							
- Gamma AI							
- Designs AI							
11. Automation							
- Make							
- Zapier							
- Nembly							
- Bardeen							
5. Website							
- 10Web							
- Durable							
- Framr							
- Style AI							
12. Prompts							
- FlowGPT							
- Ailient AI							
- Lumen5							
- PromptBox							
- Promptbase							
- OpenAISora							
13. UI/UX							
- Figma							
- Uizard							
- UIMagic							
- Photoshop							
14. Design							
- Canva							
- Flair AI							
- Designify							
- Clipdrop							
- Autodraw							
- Magician design							
15. Logo Generator							
- Looka							
- Designs AI							
- Brandmark							
- Stocking AI							
- Namecheap							
16. Text speech or Speech-text							
- Google Project Astra							
- Lovo.ai							
17. Marketing							
- Pencil							
- AI-Ads							
- AdCopy							
- Simplified							
- AdCreative							
18. Startup							
- Tome							
- Ideas AI							
- Namelix							
- Pitchgrade							
- Validator AI							
19. Productivity							
- Merlin							
- Tinywow							
- Notion AI							
- Adobe Sensei							
- Personal AI							
- Trello							
- Notion							
- Promofocus							
- Superhuman.com							
- Notion AI							
20. Social media management							
- Taplio							
- Typefully							
- Hypefury							
- TweetHunter							
21. AI Assistant							
- Google Project Astra							
- Synthesia							
23. Illustration							
- Draw.io							
- BioRender							
24. Data (Quantitative)							
- R							
- SPSS							
- JASP							
25. Data (Qualitative)							
- Atlas							
- Nvivo							
- Otter							
26. Citations							
- Zotero							
- Mendeley							
- JabRef							
27. Code							
- GitHub Copilot							
- Tabnine							
- Snak							
- Mutable.ai							
- Enzyme							
- Moderne							
28. App Building							
- Appypie							
- Mendix							
- Debuild							
- Durable							
29. Interior Design							
- Swapp							
- ReRoom AI							
- Maket AI							
30. Video Bots							
- Synthesia							
31. Creative Writing							
- AI Dungeon							
- ShortlyAI							
- Scrivener							
- Neuraltext							
- AI-Writer							
- Wordtune							
32. Sales							
- Smartwriter.ai							
- Lavender							
- Drift							
- Outplay							
- Twain							
- Exceed							
- People.ai							
- Regie.ai							
33. 3D							
- Mirage							
- Spline							
- Luma AI							
- DeepMotion							
34. Gaming							
- Leonardo AI							
- Rosebud AI							
- Move AI							
35. Music Generation and							
- Editing							
- Splash							
- Amper							
- Aiva							
- Ecret Music							
- Soundful							
- Beatoven.ai							
- Boomy							
36. Music Customization							
- Moises							
- Lalal.ai							
- Audioshake							
37. Website Data Extraction							
- Browse.ai							
38. Memory Assistant							
- Rewind.ai							
- Wisdolia.com							
- apps.ankiweb.net							
- get.mem.ai							
39. Website generation							
- Mixo.io							
AI article search							
- Consensus							
- Elicit							
- Jenni.ai							
- Docanalyzer.ai							
Perplexity.ai							
- Claude.ai							
- Sourceify							
- Mirrorthink.ai							
- Connected Papers							
- Research Rabbit							
- Lens.org							
- R discovery							
- Solte							
- Research Pal							
- Journal Finder							
AI Writing							
- Writefull							
- Thesisly.ai							
AI Research Assistant							
- Notebooklm.google							
- Heurist.ca							
- Openread							
- Explainpaper							
- Gptr.dev							
- Typeset.io (Scispace)							
- Heyscience.ai							
AI Data Analyzer							
Article mapping-links							
- Lens.org							
- Connected Papers							
- Litmaps							
- Getretnet							
AI Code Reviewer							
- Aareviewer							
Paper reading							
- Scholarcy							
- Pead							
- Outread							
- Enago Read							
- Scribe AI							
- R Discovery							
Paper writing							
- Paperpal							
- Trinkai							
- Grammarly							
- SciSpace							
- Overleaf							
- Google Doc							
Note taking							
- Otter							
- Pocket							
- Google Keep							
- Notion							
- Audio Pen							
- Scrivener							
AI generated text detection							
- App.gptzero.me							

Thank you!

