AI chatbots
as everyday companions for young people

Saferinternet.at
Das Internet sicher nutzen!

Why is AI used?

59% The AI responds at any time.

43% It saves time.

39% It's simple.

BUT **56%** fear that AI tools may undermine independent thinking.

What is AI used for?

- School and homework — **73%**
- Find and summarise information — **47%**
- Explanations — **34%**
- Drafting texts — **27%**
- Maths problems — **20%**
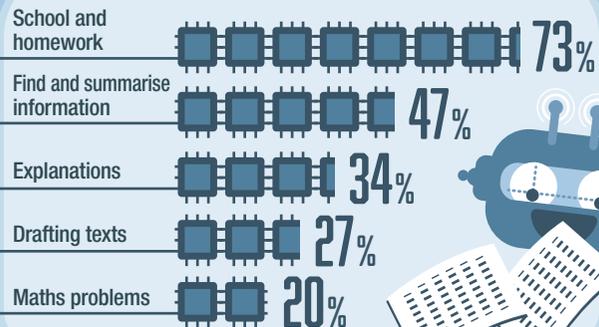
AI as a digital confidant

6 OUT OF 10 young people get advice from AI when they are dealing with heartbreak, stress or conflicts.

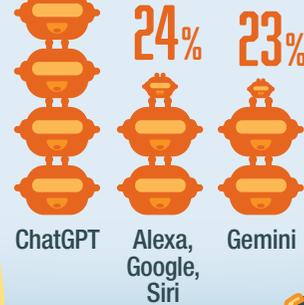**4 OUT OF 10** young people find it more helpful to ask an AI than a real person.

3 OUT OF 10 young people discuss their worries or feelings with AI.

28% share intimate content with AI.

53% support an age limit; the majority favour 14 years.

90%

94% use AI chatbots.

24% daily 42% several times a week

ChatGPT **90%**

Alexa, Google, Siri **24%**

Gemini **23%**

90% say that AI responses are generally helpful.

57% think AI gives good advice.

Low risk awareness

52% trust AI chatbots to provide correct answers.

40% rarely or never check whether AI results are correct.

30% believe that communication with AI chatbots is private.

18% have felt uncomfortable with an AI response.

Social interaction with AI chatbots

24% have friendly conversations with AI chatbots.

23% use AI chatbots to practise conversations with real people.

19% flirt with AI chatbots.

Where should people learn how to use AI?

at school — **66%**

by the parents — **33%**

from age 10