AI chatbots as everyday companions for young people

Study 2026: Online survey
n=500 (aged 11–17) 2 focus groups /
n=14 (aged 12–15), October 2025

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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%

ChatGPT

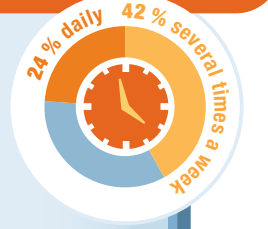
24%

Alexa, Google, Siri

23%

Gemini

94% use AI chatbots.



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?

from age 10

- at school **66%**
- by the parents **33%**

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