FREE RESOURCE · FOR PARENTS AND CAREGIVERS

Talking to Your Kids About AI

You don't need to understand how AI works to help your child use it well. You need a few good questions, a calm response when something goes wrong, and an open door.

Five things worth talking about

01 **Privacy.** Some things stay off every app and chatbot: full name with school, home address, phone number, passwords, and photos of themselves or friends.

02 **Misinformation.** AI can sound sure and still be wrong. It can invent facts and sources. Check important things somewhere else.

03 **Fake pictures, voices and videos.** They can look and sound real. Before believing or sharing something surprising, pause and ask where it came from.

04 **Schoolwork.** The teacher's rule decides. AI that helps you learn is different from AI that does the work for you.

05 **Asking for help.** If something online feels scary, confusing or wrong, they can come to you — and they won't be in trouble for telling you.

When your child makes a mistake

How you respond can make it easier for them to come to you next time.

01 **Thank them for telling you.** Say it first, before anything else.

02 **Stay calm and get curious.** "What happened? What were you trying to do?"

03 **Fix it together.** Change a setting, delete a post, talk to a teacher. Do it with them, not to them.

04 **Agree on one thing for next time.** One, not ten. Write it on your family agreement.

> **Keep trust at the center.** Pair clear limits with open conversation and supervision that fits your child's age. The goal is a child who tells you when something goes wrong.

Conversation starters by age

Ages are rough guides. Pick what fits your child, and keep it a conversation, not a quiz.

AGE	TRY SAYING	WHAT YOU'RE LISTENING FOR
About 5–8	"Some computer programs can talk and make pictures. They can be wrong, like a person guessing. What would you do if one said something silly?" "If a game or app asks your name or where you live, what do we do?"	Whether they know to come to you. Keep it short, and come back to it.
About 9–12	"Have you seen a picture or video that turned out to be fake? How could you tell?" "If an AI helped with homework, how would you know its answer was right?"	How they check things, and whether they know the difference between help and doing it for them.
About 13–17	"Where do you see AI at school or online? What do your friends use it for?" "What's a line you wouldn't cross with it — for school, or with someone's photo?"	Their own judgment. Ask more than you tell. Share your own rules too.

Real situations, and what to say

The homework helper got it wrong

Your child used an AI tool for math practice, and the answer it gave was wrong.

> "Good catch. That's why we check. Where else could we look to find out the right answer?" Then find it together — the textbook, the teacher, a worked example.

A funny fake video of a teacher

A friend shared an AI-made video of a teacher saying something silly. Everyone is passing it on.

> "It's funny until it's about you. How do you think your teacher would feel? Let's not share it. If it gets mean, tell a teacher or me."

The chatbot asked personal questions

Your child typed their full name and school into a chatbot because it asked.

> "Thank you for telling me — that was the right move." Pause the app together. Check whether it is a tool your child is allowed to use and meant for their age. Look at its settings, and delete what you can — knowing that deleting a chat may not remove it from the company's systems. Agree that names, school and address stay out of apps and chatbots, and that they come to you whenever one asks.

The essay was written by AI

Your teenager handed in an essay that an AI mostly wrote.

> "I'm glad we're talking about it. What made AI feel like the answer? Let's think about how to put this right with your teacher — I'll help you work out what to say."

A scary clip on the news feed

Your child saw a frightening video that looks real and is upset.

> "That sounds scary. Let's check together whether it's real." Look for a trusted news source. Name it if it's fake — and talk about how it made them feel.

Good habits for grown-ups too

- Think before posting your child's photos or voice online. Short voice clips can be used to copy a voice.
- Check the age limit in an AI service's terms before your child signs up.
- Say out loud when you check something: "Let me look that up somewhere else first."
- Agree a family code word for emergency calls — see our Family Safety One-Pager.

Make it yours

Use the separate one-page **Our Family AI Agreement** to write down what you decide together. Review it every few months — kids grow, and so do the tools.

Our first conversation — what came up, and what we want to talk about next