

AI Literacy for Parents

A parent's guide to AI in your child's world — what it is, how to talk about it, the homework and integrity questions, privacy and safety, and helping kids use it wisely.



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AI IS IN YOUR CHILD'S WORLD — HERE'S HOW TO HELP

AI is already part of how kids learn, search, and create — and it's not going away. You don't need to be a tech expert to guide them well; you need to understand the basics, keep talking, and help them use AI **wisely and honestly**. This guide walks it in **ten steps**.

General guidance. AI tools, school policies, and platform rules change quickly. This guide teaches principles; check your child's school AI policy and each tool's age limits and terms, and adapt to your family's values.

Understand AI in Your Child's World

WHAT TO KNOW

AI now shows up in **homework help, search results, chatbots, writing and art tools, games, and social media**. Your child is likely already using it — so the goal isn't to avoid it, but to guide how they use it.

BY THE NUMBERS

Everywhere

homework to social media

Already using it

most kids are

Guide, don't just ban

engagement wins

HOW TO HELP

Assume AI is **already part of your child's life**, and focus on guiding wise use — banning it outright rarely works and misses the chance to teach judgment.

GOOD TO KNOW

Pretending AI doesn't exist leaves kids to figure it out alone — engaged guidance beats a ban.

Know What AI Actually Is

WHAT TO KNOW

You don't need deep tech knowledge — just the key idea: AI chatbots **predict likely words from patterns**, they don't truly think or know, and they are **often confidently wrong** and can be biased.

BY THE NUMBERS

Pattern-based

predicts words

Not truthful

often wrong

Can be biased

+ outdated

HOW TO HELP

Understand (and teach) that AI is a **fallible text tool, not an authority** — it sounds confident but frequently gets facts wrong and makes things up.

WATCH OUT

Helping your child see AI as **often wrong** is one of the most protective things you can teach — it builds healthy skepticism.

Talk With Your Kids About AI

WHAT TO KNOW

The most powerful tool is **open conversation**, not fear or bans. Ask how they use AI, discuss its strengths and flaws, and set shared expectations. Keep it ongoing as the tools and their use evolve.

BY THE NUMBERS

Open talk

not fear or bans

Ask & listen

how do they use it?

Ongoing

not one lecture

HOW TO HELP

Have **regular, curious conversations** about AI — how your child uses it, what's helpful, what's risky — and set clear family expectations together.

GOOD TO KNOW

Kids who can **talk openly** with you about AI make better choices — keep the door open, not just the rules strict.

Navigate AI & Homework

WHAT TO KNOW

The big question is **homework and integrity**. The line: AI to *help learn* is good; AI *doing the work* is cheating and skips learning. Know your child's **school AI policy**, which varies by teacher and assignment.

BY THE NUMBERS

The line

learn-with vs. do-for

School policy

know it, it varies

Skipping learning

the real cost

HOW TO HELP

Help your child use AI to **understand, not to avoid the work**, and make sure you both know the **school's AI rules** — using it against policy has real consequences.

WATCH OUT

The real harm of AI-cheating isn't just getting caught — it's the **learning and skills your child skips**.

Help Them Use AI to Learn

WHAT TO KNOW

Guide your child toward AI's **genuinely good uses**: explaining hard concepts, quizzing them, brainstorming, giving feedback on *their* work, and practicing skills — with the child still doing the real thinking.

BY THE NUMBERS

As a tutor

explain & quiz

Feedback

on their own work

They think

AI assists

HOW TO HELP

Show your child how to use AI as a **study partner and tutor** — to learn *more*, not to do less — which is genuinely powerful when used that way.

GOOD TO KNOW

AI as a patient, always-available tutor is a **real gift** for learning — when your child still does the thinking.

Protect Privacy & Safety

WHAT TO KNOW

AI tools **collect data** and have **age limits** (many require 13+ or parental consent). Teach your child not to share personal information, and be aware of what tools they use and each one's terms and privacy practices.

BY THE NUMBERS

Data collection

inputs may be stored

Age limits

13+ or consent

No oversharing

personal info out

HOW TO HELP

Check the **age limits** and **privacy terms** of AI tools your child uses, and teach them never to share personal details, passwords, or private photos with AI.

WATCH OUT

Many AI tools require users to be **13+** or have parental consent — check before younger kids use them.

Teach About Deepfakes, Scams & Misinformation

WHAT TO KNOW

AI makes **fake images, videos, voices, and text** easy to create — fueling misinformation, deepfakes, and **scams that can target kids**. Teaching healthy skepticism about online content is now essential.

BY THE NUMBERS

Deepfakes

fake but convincing

Misinformation

AI-generated

Scams

can target kids

HOW TO HELP

Teach your child to **question what they see online**, recognize that images and videos can be AI-fabricated, and be alert to AI-powered scams and manipulation.

WATCH OUT

Kids can be targets of **AI-powered scams and deepfakes** — skepticism and “check before you trust or share” are key life skills now.

Model Good AI Habits

WHAT TO KNOW

Kids learn from what you **do**. If you use AI, model it well: be transparent, verify its output, think critically, and use it ethically — your example teaches more than any rule.

BY THE NUMBERS

Model it

kids copy you

Be transparent

+ verify

Ethical use

lead by example

HOW TO HELP

Use AI **thoughtfully and openly** yourself — verify its answers, question it, and be honest about using it — so your child sees healthy AI habits in action.

GOOD TO KNOW

Your own AI habits are a **powerful teacher** — model the skepticism and honesty you want your child to have.

Keep Balance & Connection

WHAT TO KNOW

AI shouldn't replace **thinking, effort, or human connection**. Make sure your child still reads, writes, struggles productively, talks to real people, and doesn't lean on AI as a substitute for their own mind or relationships.

BY THE NUMBERS

Not a replacement

for thinking/effort

Human connection

irreplaceable

Productive struggle

still matters

HOW TO HELP

Keep AI in its place: a **tool alongside real reading, thinking, struggle, and human relationships** — not a substitute for any of them.

WATCH OUT

Over-reliance on AI can erode a child's own thinking and connection — balance protects what makes them capable and human.

Stay Informed Together

WHAT TO KNOW

AI is **evolving fast**, and no one has it all figured out. Keep learning alongside your child, stay curious rather than fearful, and revisit your family's approach as the technology — and their use of it — changes.

BY THE NUMBERS

Fast-changing

keep learning

Curious, not fearful

the right stance

Revisit

as it evolves

HOW TO HELP

Stay **curious and informed** — learn with your child, keep talking, and update your guidance as AI and their use of it evolve. You're figuring it out together.

GOOD TO KNOW

No parent has AI fully figured out — staying curious and connected matters more than having every answer.

AI Conversation Starters & Family Guidelines

Ways to open the conversation and shape a healthy family approach to AI — adapt to your child's age and your values.

Conversation starters

"How do you use AI for school or fun?" — "Have you ever caught it being wrong?" — "When do you think using it is okay or not okay?"

Set the learn-vs-cheat line

Agree that AI is for understanding and help, never for submitting its work as their own — and know the school's policy.

Privacy rules

No personal info, passwords, or private photos in AI tools; check age limits (often 13+) and terms.

Verify & question

Cross-check AI facts; question online images, videos, and text that could be AI-generated or a scam.

Balance & model

Keep real reading, thinking, and human connection central — and model transparent, critical AI use yourself.

GUIDE, DON'T FEAR

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