

Parent Tips: AI & Your Kids

Helping kids use AI wisely - without letting it replace thinking, relationships, or real-world support.

Did you know? Nearly 40% of kids who use AI are discussing personal feelings and problems. Yes, AI can offer quick answers and reassurance. But real relationships help kids build resilience and life skills.

1 Ask, don't lecture.

Start with curiosity, not judgment.

Say this: "Show me how you use AI."

2 Teach what AI is, and isn't.

AI can be helpful, but it doesn't truly know, understand, or care about your child.

Say this: "It may sound human, but it isn't a person who cares about you."

3 Use AI together.

Explore it side by side and talk about what seems helpful, incomplete, or inaccurate.

Try this: Ask it a question together and evaluate the answer.

4 Teach good vs. risky.

AI can help with ideas and information. Big decisions about health, safety, relationships, or emotions need real people.

Ask: "Is this something AI should help with, or should I talk to a person?"

5 Think first. Use AI second.

Don't let AI replace effort, creativity, problem-solving, or productive struggle.

Say this: "Think first. Use AI second."

6 Comfort isn't growth.

AI may reassure quickly, but growth comes from being challenged by a trusted human.

Say this: "Feeling better now doesn't always lead to real growth."

7 Watch for over-reliance.

Notice if AI starts replacing friends, family, or trusted adults.

Try this: Create regular moments to talk and connect. Limit screen time to 2 hrs max per day.

**AI is a tool.
Relationships are
the foundation.**

Help kids use tech without replacing thinking, connection, or real-world support.

