



THE FUTURE READY NETWORK

Learn. Implement. Grow. Lead.

FOR FAMILIES

The Parent's AI Guide

A practical, judgement-free guide for raising curious, capable, kind kids in an AI-shaped world.

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A practical, judgement-free guide for raising kids in an AI-shaped world. You don't need to be a tech expert. You just need to be present, curious, and willing to learn alongside them.

Part 1 — What AI actually is (in plain English)

AI is software trained on enormous amounts of text, images, and data to recognize patterns and produce useful output — answers, images, code, summaries. It is powerful, but it is not magic and it is not always right. Think of it as a brilliant intern: fast, tireless, occasionally wrong, and only as good as the direction you give it.

Part 2 — The 5 conversations to have with your kids

Truth & verification

AI can make things up confidently. Teach your child to ask, 'How would I check this?' Cross-reference at least one trusted source before treating an AI answer as fact.

Privacy & identity

Never share full name, address, school, photos, or passwords with an AI chat. Once data is shared, you cannot pull it back.

Effort vs. shortcut

Using AI to brainstorm or revise is a skill. Using AI to skip the thinking is a loss. The rule in our home: 'AI helps me think, it doesn't think for me.'

Kindness & deepfakes

AI can generate fake images, voices, and messages. Discuss why using it to mock, impersonate, or bully someone is harmful — and often illegal.

Future of work

Many jobs will change. The ones that thrive belong to people who can learn fast, think critically, collaborate, and use AI as a tool. Praise the learning, not the grade.

Part 3 — Age-by-age guidance

Age	What's appropriate	What to watch for
Under 8	Use AI together. Image generators for storytime, voice assistants for questions. Adult-driven, never solo.	Screen time, exposure to inappropriate content, confusion about what's real.
8 – 12	Supervised use. Homework helper for explanations (not answers). Creative play with image and music tools.	Copy-paste habits, privacy slips, emotional attachment to chatbots.
13 – 15	Coached use. Encourage building things: a website, a podcast, a small project. Discuss citing AI in school work.	Plagiarism, social comparison, deepfake culture, late-night use.
16 – 18	Independent use with weekly check-ins. Treat AI fluency as a career skill. Practice prompt-writing together.	Over-reliance, identity verification scams, mental-health chatbot risks.

Part 4 — A family AI agreement

Print this. Sign it together. Revisit every quarter.

- We use AI to learn, create, and explore — never to harm or deceive.
- We never share personal information (full name, address, school, passwords, photos of others).
- We check important answers against a trusted source before believing them.
- We tell each other when we use AI for a school project or important decision.
- We treat people made of pixels the same way we treat people made of flesh — with respect.
- We take breaks. Screens off at meals and one hour before bed.
- If something online makes us uncomfortable, we tell a parent. No punishment, no questions trap.

Signed by _____ Date _____

Part 5 — 10 things to do this week

1. Sit beside your child and ask them to show you the AI tool they use most. Listen.
2. Try one AI tool yourself — write a poem, plan a meal, draft an email.
3. Run the 'verify it' game: ask AI a question, then together find a trusted source that confirms or corrects it.
4. Update privacy settings on every device your child uses.
5. Have one of the 5 conversations above at dinner this week.
6. Print and sign the family AI agreement.
7. Subscribe to one trusted source about AI and youth (Common Sense Media is a good start).
8. Pick one creative project to build together using AI — a story, a song, a short video.
9. Set device-free hours and model the behavior yourself.
10. Remind your child: their value is not in what AI can do for them, but in who they are becoming.