PARENT ONLY | ORIENTATION

Family AI Safety

An updated two-track training packet for parents, caregivers, children and teens. Paper activities are sufficient; no child needs an AI account, a quiz score or a certificate.

THE PROMISE THAT COMES FIRST

"You will not be in trouble for asking me for help." Say this before every conversation, and keep it true when a child discloses a mistake or uncomfortable experience.

Two tracks - one shared family plan

- PARENT TRACK: understand what AI does, explore productive uses, check whether a tool is appropriate, and rehearse safe responses to concerns.
- FAMILY TRACK: choose one of four talks - Trust, Privacy, Boundaries, or Learning. Use the child worksheet and, if appropriate, the optional teen challenge.
- COMMIT AND REVIEW: complete the family agreement together and check in after 30 days.

Suggested path

1. Read the parent guide and the age-adaptation sheet first.
2. Complete the adult tool-approval exercise and one incident-response scenario.
3. Run one 15-20 minute family talk each week for four weeks.
4. Agree on practical habits and two trusted adult contacts.
5. Take the optional adult scenario assessment; review habits after 30 days.

REMEMBER

Children can speak, draw, point, pause, skip, or stop. Share only child-facing pages with younger children; caregiver notes and the adult assessment stay with the adult. Use invented situations, never real photos, harmful images, passwords or private information.

PARENT ONLY | LEARNING GOALS

What completion should mean

The aim is demonstrated judgment and an open route to human help - not memorizing app names or collecting certificates.

Parents and caregivers will be able to...

- Explain AI-generated answers, recommendations, and synthetic media using ordinary language.
- Describe useful applications of AI and identify when independent verification is essential.
- Decide whether an AI tool is appropriate for a child and whether its permissions are necessary.
- Respond calmly to a privacy mistake, coercive message, or unsafe advice.
- Facilitate four conversations and establish an age-appropriate shared plan.

Children and teens will practise...

- Pausing and checking urgent or persuasive information through a known independent route.
- Protecting their own information and respecting other people's images and consent.
- Stopping uncomfortable AI interactions and approaching a real trusted adult.
- Using AI for hints and creativity while checking facts and showing their own understanding.

TEACHING PRINCIPLES

Keep activities fictional and optional. Supervision should be explained, proportionate and revisited as independence develops. The adult, not the child, is responsible for protection and escalation.

What is in the ZIP

The complete printable packet plus detachable documents: parent learning, age and tool guidance, four talks (child worksheets + teen challenge + caregiver notes), family agreement, incident response, adult assessment and answer guide, 30-day follow-up, sources, and a sample certificate.