

# Family AI Planner

A one-page guide to help your family navigate artificial intelligence with confidence, curiosity, and care.

## WHY THIS MATTERS

AI is already part of your child’s world. 73% of young people aged 13–18 have used an AI chatbot, yet only 30% of parents have had any conversation about it. Schools are developing AI policies, but most of a child’s AI use happens at home, on personal devices, outside school jurisdiction. **This planner gives you the structure to start.**

**THE SIX DOMAINS** *You don’t need to tackle all six at once. Start with one that feels most relevant to your family.*

Domain	Primary / Elementary (Ages 5–11)	Secondary / High School (Ages 12–18)
 <b>Access &amp; Boundaries</b>	You decide which AI tools are used and when. All AI use is supervised. No independent AI accounts for primary-age children.	Shift toward collaborative boundary-setting. Know which tools your child uses. Discuss and agree on limits together. Respect platform age restrictions.
 <b>Privacy &amp; Data</b>	Teach that AI ‘remembers’ what you tell it. Simple rule: never share your name, school, address, or anything private with AI.	Explain how AI platforms collect and may use data for training. Review privacy settings together. Understand how different platforms handle data.
 <b>Truth &amp; Critical Thinking</b>	AI ‘makes guesses’ rather than ‘knows things.’ Check AI answers together. Play fact-checking games to build healthy scepticism.	Understand AI ‘hallucinations’: confident but fabricated information. Recognise bias and deepfakes. Always cross-reference important claims.
 <b>Learning &amp; Effort</b>	AI is a ‘wonder tool’ for exploring questions, not a machine that gives answers. The thinking is always yours.	Distinguish productive AI use (explanations, feedback, brainstorming) from unproductive use (copying outputs, bypassing effort). Protect cognitive effort.
 <b>Wellbeing &amp; Relationships</b>	AI does not have feelings, even when it sounds like it does. People are for feelings. Limit time spent interacting with AI.	Discuss the difference between AI as a tool and AI as a companion. Be alert to ‘companion AI’ apps. Watch for dependency and secrecy around AI use.
 <b>Ethics &amp; Responsibility</b>	The golden rule: don’t use AI to do something you wouldn’t want done to you. If AI helps you, own up to it.	AI can reflect and amplify biases. Explore academic integrity, environmental impact, and the broader social implications of AI use.

## FIVE PRINCIPLES FOR PARENTS

- 1. Start with curiosity, not fear.** AI is a tool. Explore it together with your child. Be willing to say “I don’t know either, let’s find out.”
- 2. Your values matter more than your technical knowledge.** Honesty, effort, kindness, safety, respect: these are the foundations of good AI governance, and you already know them.
- 3. Conversations beat controls.** Parental controls have a role, but the most effective protection is an open, ongoing conversation.
- 4. Imperfect governance beats no governance.** You don’t need all six domains at once. Start with one. Build from there.
- 5. Model the behaviour you want to see.** If you want transparency about AI use, be transparent about yours. If you value critical thinking, demonstrate it.

**Your next step:** Pick one domain from the table above that feels most relevant to your family right now. Have one conversation about it this week. That’s it. You’ve started.

### Want to learn more?

Read the full Prompting Parents white paper, available from your school or at [nextwordnow.com](https://nextwordnow.com)