



# AI Basics for Parents & Their Students

A quick guide to help your family use AI tools safely, wisely, and ethically.

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AI is everywhere—from homework help to chatbots to image generators—and that can feel overwhelming. As parents, you don't have to be experts, but you *can* be confident guides. This simple resource gives you the tools to understand AI, talk about it with your kids, and shape how it's used in your home and school life.

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## 3 Simple Tips for Parents

### 1. Be Intentional

Know what apps and tools your child uses. Keep device time transparent, and create a family tech routine that encourages balance and conversation.

### 2. Be Informed

Learn about AI tools your kids may encounter—like ChatGPT, image generators, or writing assistants. Try them out yourself so you can lead with clarity, not fear.

### 3. Be a Guide

Model ethical use. Help kids ask good questions and double-check AI-generated answers. Teach them the difference between *using* AI and *cheating* with it.

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## Family AI Code of Conduct (Sample)

A “Code of Conduct” helps your family agree to priorities and values. You can use this sample one, or come up with your own:

We agree to:

- Always be honest when using AI tools
- Never use AI to plagiarize or deceive
- Ask a trusted adult if we're unsure about using AI in schoolwork
- Treat AI like a tool—not a replacement for our thinking or values



## Try It Together

Experimentation is the best way to get familiar with the tool. Try asking an AI tool like ChatGPT, Claude, or Perplexity to:

- Help plan a family dinner menu
- Create a list of fun weekend ideas
- Explain a tricky homework concept



Then ask: “Was that helpful? Would it be okay to use this for school?”

**Here’s a prompt you can use to direct the AI to act as a tutor and a guide, not a replacement for your child’s academic work:**

*"Please act as a tutor for an elementary school student. Your job is to guide the student in understanding their assignment and help them think through how to find reliable, age-appropriate information. Do not summarize the topic or give direct answers. Instead, ask open-ended questions, suggest safe sources for research (like [Kids Britannica](#) or [Ducksters](#)), and help the student organize their thoughts. Your role is to support learning—not replace it."*

If you start your AI session with that prompt, it will help your child work through the steps and find the information but won’t give the information or the answers. This is a great way to use AI ethically for your homework!

**Here’s one more experiment: Try using that prompt, and then asking the AI to help you write a one page article about what caused World War II.**

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## Talk with a Teacher

Even if you feel confident using the AI, your child’s teacher might not. If they found out you were using AI without permission, it could be a real problem. As a parent, you want to work with the teacher, not against. Ask your child’s teacher:

- What’s okay and not okay when it comes to AI in your classroom?
- How can I support ethical tech use at home?
- Are there assignments where AI is allowed—or not?

