



HOW TO AI WITH KIDS

A practical guide for building side by side. The goal is not to hand a child an AI tool. It is to help them **ask, choose, question, test, and create** with a trusted adult in control.

STAY TOGETHER.

Continuous supervision is required. Register no more than two minors for each adult who will be present.

THE ADULT: owns and operates the device and AI account, reviews every prompt and result, and makes all privacy and publishing decisions.

THE CHILD: contributes ideas, words, drawings, choices, creativity, feedback, and testing. They may pause, skip, or stop at any time.

ADULT RESPONSIBILITIES

- **Remain present and attentive.** AI time is shared time, not childcare or independent screen time.
- **Use the adult's account.** Follow the provider's current age, account, permission, content, and acceptable-use terms.
- **Preview first.** Read prompts before sending and inspect text, images, code, links, and downloads before a child sees or uses them.
- **Keep judgment human.** AI can be wrong, biased, upsetting, or overly confident. The adult decides what is safe and appropriate.

PRIVACY BY DEFAULT

- Do not enter a child's name, school, location, contact details, passwords, images, voice, health information, schedule, or other identifying details.
- Use made-up names and fictional examples. Keep projects local and private when possible.
- Publishing, sharing, messaging, uploads, downloads, purchases, and external links always require an adult decision.

A BUILD-TOGETHER PROMPT

We are building: [a tiny game / story helper / quiz].
For: [an age range, never a child's identity].
Our choices: [theme, colors, rules, words].
Constraints: Keep it kind, simple, private, and age-appropriate. Do not add accounts, ads, chat, tracking, purchases, uploads, or external links. Explain one small step at a time and ask us to test each step.

BEFORE, DURING, AFTER

BEFORE

Choose a small goal. Check the service's current terms and settings. Agree on what stays private and what "stop" means.

DURING

Adult types and clicks. Ask the child to predict, choose, and test. Check facts together. Take breaks.

AFTER

Save locally. Remove personal details. Review files and links. Decide together whether anything should be shared.

STOP RULE: Pause immediately if either person feels uncomfortable, content becomes sexual, violent, hateful, frightening, manipulative, or asks for secrecy or personal information. Close it, do not continue the exchange, and talk it through with a trusted adult.

READY-TO-BUILD CHECK

- | | |
|---|---|
| ☐ Adult stays present | ☐ At most 2 minors per adult |
| ☐ Adult account and device | ☐ Provider terms checked |
| ☐ No identifying child data | ☐ Prompts and outputs reviewed |
| ☐ Local/private is the default | ☐ Child knows they can stop |

KEEP THE FOUNDATION STRONG

- **Credit the child.** Name which ideas and decisions were theirs.
- **Make thinking visible.** Ask: "What surprised you? What might be wrong? How could we test it?"
- **Build, do not outsource.** Use AI to explore and revise, while the family supplies the purpose, taste, facts, and final judgment.
- **Protect wellbeing.** This activity is not a test, therapy, medical advice, or a substitute for a trusted adult or qualified professional.

Terms change. The parent or legal guardian is responsible for confirming and complying with the selected provider's current rules. A service that is appropriate for an adult account may still restrict how it can be used with or around children.