

## Four Things You Can Do This Week

### 1. Have the conversation, openly and without judgment.

Research shows that families who talk openly about AI see the best outcomes for their children's habits. The worst approach is silence. Start tonight.

### 2. Set a hard boundary on mental health use.

AI chatbots are not safe for emotional support. Research from Stanford and Common Sense Media found they miss warning signs for depression, anxiety, and other conditions. Make it clear: if your child is struggling, they need a real person, not a chatbot.

### 3. Use AI together as a family.

Try the prompts on the front of this card with your child. When kids see their parents asking follow-up questions and checking AI's answers, they learn to do the same.

### 4. Know what's on their phone.

Most AI tools are free and require nothing more than a fake birthday to access. Age verification is weak everywhere. The most effective safety measure is the conversation you started tonight.

Resources:



4D AI at Home  
Framework



PA AI and Digital  
Media Literacy  
Toolkit



Free Parent Resource  
Scan this QR code for the Common Sense  
Media AI Literacy Toolkit for Families. It  
includes videos, conversation guides, and  
tips for every age group. Developed with  
MIT's Day of AI program.  
[commonsense.org/education/families-ai-literacy-toolkit](https://commonsense.org/education/families-ai-literacy-toolkit)



Common Sense Media New  
Study on AI and Teens

# AI at Home

*A parent's quick guide to understanding what your kids are using*

## Conversation Starters for Home

*Try these at dinner, on the drive home, or anytime:*

- ▶ Did you use AI for anything this week? What did you use it for?
- ▶ When AI gave you an answer, did you check if it was actually right?
- ▶ Is there something you figured out yourself lately that you're proud of, without any help from AI?
- ▶ What do you think AI is good at? What do you think it's bad at?
- ▶ If AI did the work for you, what did you actually learn?
- ▶ Have you ever caught AI getting something wrong? What happened?

Good habits to build with AI...

### ✓ AI Use That Helps Learning

- Getting explanations of tricky concepts
- Brainstorming starting points
- Turning their own notes into study tools
- Making practice quizzes from their work
- Checking spelling and grammar

What to watch out for...

### ✗ AI Use That Hurts Learning

- Having AI write homework or essays
- Copying answers without checking facts
- Having AI rewrite or restructure work
- Sharing personal information
- Uploading copyrighted content or exams

## Prompts to Try With Your Child

Open any AI chatbot (ChatGPT, Google Gemini, or Copilot) and try these together. The goal is to use AI as a learning tool, not a shortcut.

### Help them get started on homework:

*"Tell me what this question really means."*

*"Give me a few possible starting points so I can choose one."*

### Refresh your own memory:

*"Explain this topic for a parent who has forgotten how it works."*

*"Show me the steps for this kind of problem so I can help my child."*

### Match how the school teaches it:

*"Explain this the way a 5th grade teacher would in Pennsylvania."*

### Make study materials from their notes:

*"Turn these notes into short flashcards."*

*"Make a ten-question quiz using only this information."*

### Practice together:

*"Create five practice questions that gradually get harder."*

*"Create a question with a common mistake, then show where the mistake is."*