TOOL 02 OF 13 FOR PARENTS

Conversation cards.

For: Parents and caregivers · **From the guide:** pages 14, 18, 19, and 35

How to use these

Pick one card, not the whole deck. Car rides and dinner work best. Let them answer first, and if they're talking about "a friend," talk about the friend.

Start from afar: the ladder

RUNG 1: KIDS IN GENERAL

Do you think this really happens? What makes you say that?

RUNG 1: KIDS IN GENERAL

I read that some kids are making fake photos of classmates with AI. Is that real, or just the news?

RUNG 2: KIDS AT SCHOOL

Does stuff like that happen at your school?

RUNG 2: KIDS AT SCHOOL

What makes someone start picking on another kid?

RUNG 2: KIDS AT SCHOOL

Why do you think some kids do it?

RUNG 3: CLOSE FRIENDS

Do you know people who have been through this? How did they feel?

RUNG 3: CLOSE FRIENDS

Has anyone ever asked you for advice about it?

RUNG 4: YOUR CHILD

Has anything like this ever happened to you?

RUNG 4: YOUR CHILD

Is anyone being mean to you?

RUNG 4: YOUR CHILD

Are you okay?

Worried about their safety? Don't wait to climb.

If you think your child may be considering suicide, ask directly: "Are you thinking about killing yourself?" Asking won't put the idea in their head. Stay with them. If they're in immediate danger, call **911**. If not, call or text **988**, with them or on your own.

What would you do?

Read one together, then ask: What would most kids do? What would you do? What would make it hard?

WHAT WOULD YOU DO?

The poll

"A poll in your grade's group chat is voting on the "most annoying" kid."

For you: Listen for whether they'd laugh along, stay quiet, or speak up. Kids who see it can help: don't share it, check on the kid, tell an adult.

WHAT WOULD YOU DO?

The chat you're not in

"Your friends post photos from a sleepover you weren't invited to, and you find out they have a group chat without you."

For you: Being left out can hurt, even when it isn't bullying. Listen for whether it's happening on purpose.

WHAT WOULD YOU DO?

The fake account

"An account using a classmate's name and photo starts posting things she'd never say."

For you: Pretending to be someone else is a form of cyberbullying. Ask who they'd tell, and how the account could be reported.

WHAT WOULD YOU DO?

The edited photo

"An edited photo of a boy in your class is going around, and people say AI made it."

For you: Take a fake sexual image as seriously as a real one. Don't share it or make copies, even as proof.

WHAT WOULD YOU DO?

The new friend in the game

"Someone you met in an online game wants to move to a private app and asks for a photo."

For you: Talk about why someone would want to move somewhere private.

WHAT WOULD YOU DO?

The threat

"Someone you've been chatting with says they'll share a photo you sent unless you pay them."

For you: Make sure they know three things: don't pay, stop replying, and tell you right away. They won't be in trouble.

WHAT WOULD YOU DO?

The secret

"A friend tells you someone's been sending them awful messages every night, and makes you promise not to tell."

For you: Some secrets are too big to keep. Telling an adult is helping a friend, not betraying them.

WHAT WOULD YOU DO?

The video

"A video of a kid tripping in the cafeteria is going around, and your friends are laughing at it."

For you: Listen for whether they see the kid in the video as a person. Ask what they'd want a friend to do if it were them.

WHAT WOULD YOU DO?

The comment you regret

"You posted something about another kid as a joke, and now they haven't been at school for two days."

For you: If your child sees themselves here, the "Making it right" worksheet can help.

WHAT WOULD YOU DO?

The AI friend

"Your friend says the only one they talk to about how bad things have been is an AI."

For you: That's a secret too big to keep. Telling a trusted adult is how you help.

First messages

For a lot of kids, a text is easier than a talk. Keep it short, and don't expect an instant answer.

FROM AFAR

random q: is that AI fake photo thing real or just the news?

CHECKING IN

you seemed off after school today. want to grab food later?

MORE DIRECT

hey, is anyone giving you a hard time? you can tell me anything.

IF THEY TELL YOU

thank you for telling me. you're not in trouble. we'll figure it out.

About AI

The same ladder, for AI.

KIDS IN GENERAL

I read that a lot of kids talk to AI about stuff they're going through. Do you think that's true?

KIDS AT SCHOOL

Do kids at your school use AI like a friend?

CLOSE FRIENDS

Do any of your friends talk to it when they're upset?

YOUR CHILD

Have you ever talked to it about something hard? How did you feel afterward?

WHEN THE MOMENT FEELS RIGHT

What do you get from it that you're not getting somewhere else?

Just checking in

For any ordinary day.

CHECKING IN

What was the best part of your day? The worst?

CHECKING IN

Who's someone you can always talk to?

CHECKING IN

Is there anything you've been wanting to tell me?