TOOL 09 OF 13 FOR PARENTS

Talking about AI.

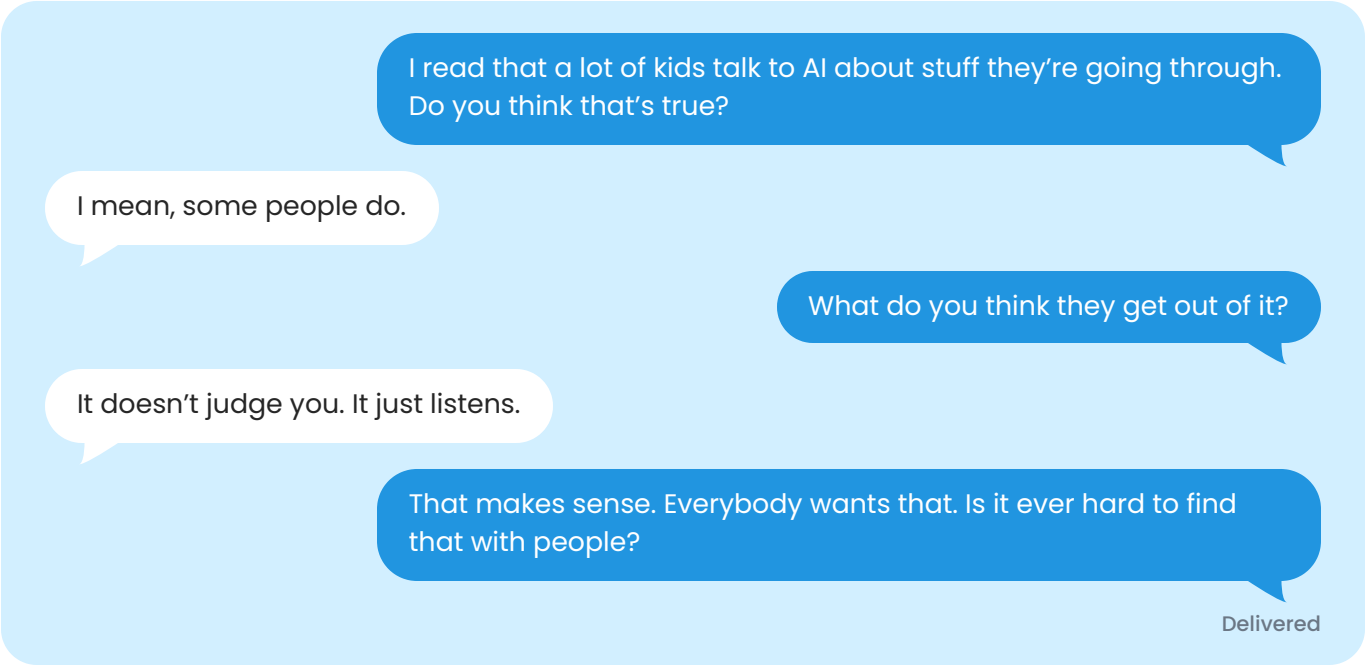
For: Parents and caregivers · **From the guide:** pages 33, 35, and 36

Most kids use AI the way they use a search engine, and that's nothing to worry about. What you're watching for is the moment it starts to take the place of people. The same ladder you'd use for cyberbullying works here: start from afar, and climb only as far as your child lets you.

Four questions

1. **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?"
2. **Kids at school:** "Do kids at your school use AI like a friend?"
3. **Close friends:** "Do any of your friends talk to it when they're upset?"
4. **Your child:** "Have you ever talked to it about something hard? How did you feel afterward?"

What that can sound like



That parent didn't lecture or call it weird. They listened and asked one honest question. The most important one comes later, when the moment feels right:

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

Three things that help

- **Don't shame them for using it.** Shame mostly teaches kids to hide what they're doing.
- **Try it together.** Ask it a question side by side, then talk about what it got right and what it left out.
- **Pull back the curtain.** Explain that it's built to agree and keep them talking, the way a game is built to keep them playing.

If your child is already attached

If your child talks to an AI companion every day, taking it away overnight can feel to them like losing a friend. You can still end it, but talk first, explain why, make the change together, and help fill the space with real people: a friend, a coach, a club, more time with you. If they seem deeply upset by the change, share that with their doctor or a counselor.

If they say they want to hurt themselves

Stay with them and call or text **988**. If anyone is in danger right now, call **911**.