



AI Family Rules

A fridge-ready starter set for using AI with purpose, privacy, judgment, and creativity.

All ages

10 minutes

Print + fridge

Parent script

“AI is a tool we can learn together. I’m not trying to catch you doing something wrong. I want you to learn how to use it well.”

1 We use AI with a purpose.

Before we open the tool, we say what we’re trying to do.

3 We treat AI like a conversation, not a vending machine.

We ask follow-up questions, push for examples, and keep going until the answer is actually useful.

5 We do not skip the learning.

AI can explain, coach, quiz, or help us get unstuck. It cannot do the whole assignment.

7 We build things, not just chat.

Use AI to make something useful: a chore chart, study game, tracker, story, checklist, or plan.

8 Our family rule: _____

2 We keep private things private.

No full names, birthdays, school names, addresses, passwords, medical details, or family problems.

4 We make AI prove itself.

We ask: “How do you know?” “What might be wrong?” “Show your reasoning.” Then we verify important answers.

6 We use reverse prompting to find the real problem.

When we feel stuck, we ask AI to interview us, challenge our assumptions, and help uncover the deeper issue.

8 Human problems go to humans.

If something feels scary, sad, unsafe, embarrassing, or secret, bring it to a parent or trusted adult.