Raising AI Kids

FAMILY RESOURCE · STUDY ROUTINE

Explain It Back

A three-step habit that keeps AI from doing the learning: ask AI, explain without AI, then use AI to quiz the weak spots.

8–17 | 12 minutes | Draft resource

1 Ask AI

Use AI to explain a concept, give an example, or answer a specific question. Write down what the AI said — but only the idea, not the words.

2 Explain without AI

Close the AI window. Using only what you remember and understand, explain it out loud to yourself or someone else. If you get stuck, mark the gap.

3 Use AI to quiz the weak spot

Open the tool only for the part you could not explain. Ask: "Can you give me three test questions on this specific part?" Then answer without looking at the AI response.

> “If you cannot explain it with the AI closed, the AI did not teach you — it showed you. There's a difference.”

Keep one thing

At the end, choose one prompt, rule, or habit worth using again next week. Write it down so the family does not have to rediscover it.

The explain-it-back test

- **Step 1: Ask AI, write the idea**
- **Step 2: Close AI, explain it out loud**
- **Step 3: Open AI, quiz only the weak part**

Make it yours

Our rule: _____

We will try: _____

Ask a human when: _____