



A Parent's Guide to Navigating AI with Kids

Age-Appropriate Rules, Safe Prompts, and a Family AI Agreement

Pragma.Vision

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Contents

1	AI Is Already in Your Home	6
1.1	The Invisible Technology	7
1.2	Why This Matters Now	7
1.3	The AI Literacy Gap	8
1.4	What This Book Covers	9
2	Homework Helper, Not Homework Doer	10
2.1	The Fundamental Distinction	11
2.2	The Socratic Prompt Framework	11
2.3	Subject-Specific Guidelines	12
2.3.1	Mathematics	12
2.3.2	Writing and Language Arts	13
2.3.3	Science	13
2.3.4	History and Social Studies	13
2.4	The Homework Check Protocol	14
3	Creative Projects with AI	15
3.1	AI as a Creative Partner, Not a Replacement	16
3.2	Age-Appropriate Creative Activities	16
3.2.1	Ages 6–8: Story Starters and Art Inspiration	16
3.2.2	Ages 9–11: Collaborative Writing and World-Building	17
3.2.3	Ages 12–14: Creative Tools and Media Production	17
3.2.4	Ages 15+: Portfolio Development and Skill Building	18
4	Safety & Privacy Rules	20

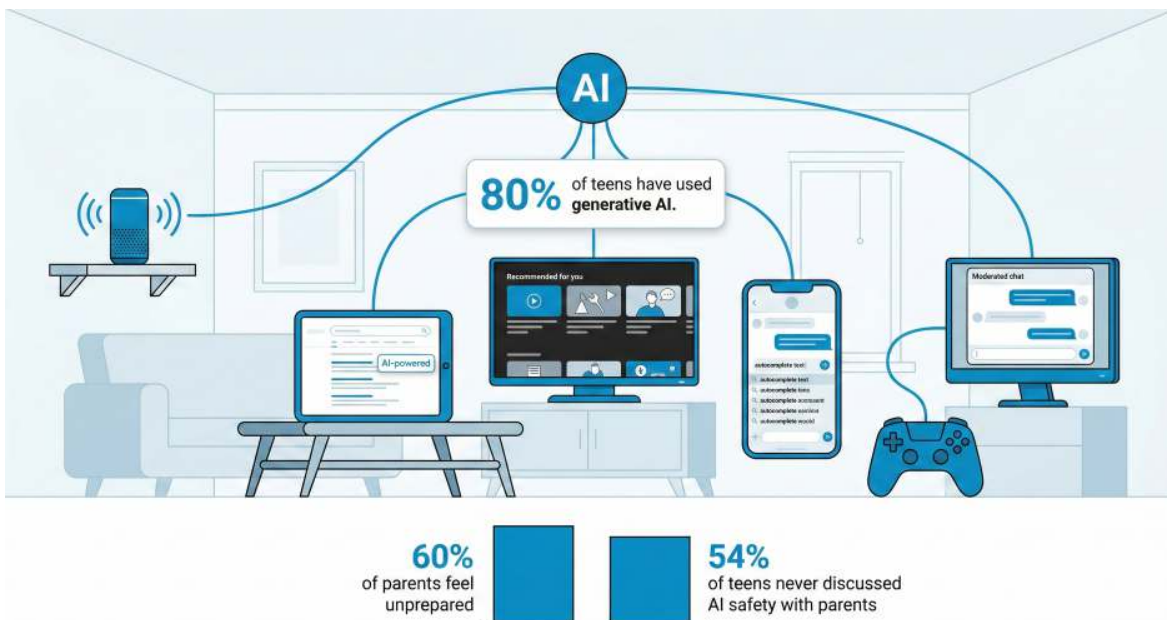
4.1	The Non-Negotiable Rules	21
4.1.1	Rule 1: Never Share Personal Information	21
4.1.2	Rule 2: AI Can Be Wrong	22
4.1.3	Rule 3: AI Is Not a Friend	22
4.1.4	Rule 4: Tell a Parent If Something Feels Wrong	23
4.2	Platform-Specific Privacy Settings	24
5	Age-Appropriate AI Guidelines	25
5.1	The Graduated Permission Model	26
5.2	Ages 6–8: Supervised Exploration	26
5.3	Ages 9–11: Guided Independence	27
5.4	Ages 12–14: Responsible Use	27
5.5	Ages 15+: Near-Adult Independence	28
6	Critical Thinking & AI Literacy	30
6.1	The Most Important Skill of the Decade	31
6.2	Teaching Verification Habits	31
6.3	Recognizing AI-Generated Content	32
6.4	Understanding AI Bias	33
6.5	Building Independent Thinking	34
7	Family AI Agreement Template	35
7.1	Why a Written Agreement	36
7.2	The Agreement Template	36
7.2.1	Section 1: What AI Tools I Can Use	36
7.2.2	Section 2: My AI Rules	37
7.2.3	Section 3: Where and When I Can Use AI	37
7.2.4	Section 4: Consequences	37
7.2.5	Section 5: Review Date	38
7.2.6	Signatures	38
7.3	Adapting the Agreement for Multiple Children	38
7.4	The Ongoing Conversation	39

What's Next 41

About the Publisher 43

1

AI Is Already in Your Home



A family living room scene in flat vector style showing everyday devices with subtle AI indicators: a smart speaker with sound waves, a tablet with a chatbot interface, a TV with recommendation icons, and a smartphone with autocomplete suggestions, all connected by sky-blue lines

1.1 The Invisible Technology

Before you decide whether your child should use AI, you need to understand that they already are. AI is not a single application that you can install or uninstall. It is embedded in the tools your family uses every day.

When your child watches YouTube, an AI recommendation engine decides what video plays next. When they type a message, autocomplete predicts their words. When they ask Siri or Alexa a question, a language model generates the answer. When they play Roblox, AI moderates the chat. When they use Google to research a school project, AI ranks the results.

64%

of U.S. teens use AI chatbots¹

The question is not whether your child will encounter AI. The question is whether they will encounter it with your guidance or without it. This book is designed to ensure it happens with your guidance.

1.2 Why This Matters Now

Three developments in 2024–2026 changed the urgency:

1. **Generative AI became conversational:** ChatGPT, Claude, and Gemini feel like talking to a knowledgeable friend. Children naturally engage with conversational interfaces more deeply than search engines.

¹Pew Research Center, "Teens and AI," 2025.

2. **Schools adopted AI tools:** Many school districts now use AI-powered tutoring, grading, and adaptive learning platforms. Your child uses AI at school whether you approve or not.
3. **AI-generated content became indistinguishable:** Children can no longer reliably tell whether an image, video, or text was created by a human or an AI. This has direct implications for critical thinking and media literacy.

Key Insight

Banning AI from your child's life is like banning the internet in 2005. It was technically possible, practically ineffective, and ultimately harmful—because the children who grew up without internet literacy were at a disadvantage compared to those who learned to navigate it safely. The same is true for AI literacy in 2026.

1.3 The AI Literacy Gap

Finding	Source
Parents who feel unprepared to guide kids on AI	60%
Teens who have never discussed AI safety with a parent	54%
Teachers using AI tools in the classroom	45%
Schools with formal AI literacy curriculum	12%

The gap between AI adoption and AI education is where risks live. Children are using tools that their parents do not understand, in contexts that their schools have not addressed, with no framework for evaluating what the AI tells them.

This book closes that gap. Every chapter gives you specific, actionable guidance—not theory, not fear, not hype. Practical rules, safe prompts, age-appropriate guidelines, and a family agreement template that you can implement this weekend.

1.4 What This Book Covers

1. **Homework Helper, Not Homework Doer:** How to use AI for learning without enabling academic dishonesty
2. **Creative Projects with AI:** Encouraging creative collaboration between children and AI tools
3. **Safety & Privacy Rules:** What information children should never share with AI, and why
4. **Age-Appropriate AI Guidelines:** Specific rules for ages 6–8, 9–11, 12–14, and 15+
5. **Critical Thinking & AI Literacy:** Teaching children to question, verify, and think independently
6. **Family AI Agreement:** A ready-to-sign document that establishes household AI rules

Pro Tip

Read this book alongside your child if they are 10 or older. The conversations that emerge from reading together are more valuable than any rule you could impose. Children who participate in creating the rules follow them more consistently than children who have rules imposed on them.

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DEMO

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