



AI Tips and Strategies

Tip 1

Our children are growing up in an online world where apps, games, and AI tools all collect data, often quietly in the background. Teaching kids about online privacy isn't just about one platform; it's about helping them understand how the digital world works.

Encourage your child to think before they share: Would I say this out loud in public? Personal information like names, photos, school details, and locations should stay private, and this includes sharing in apps, chats, DMs, and inside AI tools.

For practical tips and family-friendly guides, check out:

- [MediaSmarts: Protecting Your Privacy Online](#) – age-appropriate lessons and videos for families
- [Talking to Kids about Online Privacy Infographic](#) for families

Tip 2

Kids learn a lot from watching adults at school... it's no different at home or out in the community. Kids learn a lot from noticing how adults use screens, intentionally or not. A simple way to build healthy digital habits is to narrate your choices out loud.

For example: "I'm checking this site to make sure the information is real," or "I'm putting my phone away so I can focus on you," are great phrases to model digital habits. These small moments show children that technology should be used with intention and balance, and work for any tech (be it AI, social media or gaming).

For more research-informed ideas, Harvard's Center for Digital Thriving offers excellent family resources:

<https://digitalthriving.gse.harvard.edu/>

Tip 3

One of the simplest ways to get more accurate, ethical, and useful results from AI is to slow down the first prompt. Before asking for anything to support your student's work (an assignment or activity), start with a thinking prompt such as "before you generate anything, ask me 3 clarifying questions", or even "help me identify risks, limitations, or ethical concerns with this idea."

This small shift keeps you and your student firmly in the driver's seat and builds the critical habits we want all students to develop: pausing, clarifying, checking assumptions, and making thoughtful decisions before producing content.

Why it matters:

When we prompt AI to think with us rather than for us, we reduce errors, avoid bias or misinformation, and strengthen our own professional judgment... modelling the same cautious, critical optimism we expect from our learners.

Tip 4

AI tools can sound very confident, but they don't really understand information the way people do... and they can make mistakes. Encouraging children to pause and ask, "Does this make sense?" or "What might be missing?" helps them build critical thinking skills that are essential in today's digital world.

Resource: [MediaSmarts – Truth, Bias & Misinformation](#)

Tip 5

AI works best when it supports thinking, not when it replaces it. Asking your child what they changed, questioned, or added after using an AI tool reinforces that learning happens in their own thinking, not in the tool itself.

Resource: [OECD – AI and the Future of Skills](#)

Tip 6

AI can help spark ideas for stories, art, or projects, but creativity comes from the person using it. Encourage children to treat AI like a brainstorming partner (not an “answer-giver”) and then make the work their own.

Resource: [Harvard Graduate School of Education – Center for Digital Thriving](#)

Tip 7

AI pulls information from the internet, which means its answers can sometimes be incomplete, biased, or incorrect. Helping children ask, “Who created this?” and “How do we know it’s accurate?” builds strong digital literacy and healthy skepticism.

Resource: [Stanford History Education Group – Evaluating Online Information](#)

Tip 8

AI tools are part of a much bigger online world that collects data, often quietly in the background. Remind children never to share personal details like full names, schools, or locations online, and talk about why some tools are allowed at school and others are not.

Resource: [Office of the Information and Privacy Commissioner for BC – Youth & Privacy](#)

Tip 9

AI can be useful and engaging, but it's still screen time. Supporting balance with breaks, movement, creativity, and offline play helps children build healthy habits that support both learning and well-being.

Resource: [American Academy of Pediatrics – Family Media Plan](#)

Tip 10

The quality of an AI response depends on the question asked. Encouraging children to ask clear, curious, and specific questions helps them develop a skill that supports learning – with technology and beyond it.

Resource: [UNESCO – AI and Education Guidance](#)