



AI Tips for Families

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/>

Check back monthly for more tips.

