

AI Safety for 11-14 year olds.

Tips for talking to your child



Talk about where they encounter AI in their daily activities

Example: Ask them to show you how NPCs (non-player characters) behave in one of their games and use it to start a chat about other places they notice AI (like video recommendations or translation tools).



Help your child think about the impact of their AI use

Example: If they use AI to create an image for school or for fun, ask them why they chose to use AI and whether it still reflects their own ideas – and remind them not to make or share anything that could worry or upset someone else.



Help your child understand that AI isn't always right

Example: If your child asks an AI tool a question – like checking a fact for homework – look up the answer together on a trusted website or in their school notes, and remind them that real people are the best source of support when they're unsure.



Explore bigger questions about AI together

Example: Watch a short video about how much electricity AI tools use, then discuss how technology choices affect the environment.



Reinforce when they should talk to an adult

Example: If they receive an AI-edited video in a group chat that feels cruel or upsetting, remind them to show it to you and use the app's reporting tools.

Children's experiences with AI change over time. These age-specific tips give you simple, practical ways to support them and help them feel confident coming to you whenever something doesn't look quite right.

It pays to be connected



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Every little helps