

Our Family AI Agreement

Fill this out together. Grown-ups agree to things too. Look at it again every few months as your child grows.

Our family: _____

Date we made this: _____

1. The AI tools we use

- ☐ Homework or tutoring apps the school gives us
- ☐ A chatbot (for example ChatGPT, Gemini, Copilot or Claude), only on accounts a parent set up
- ☐ AI inside games, phones or search
- ☐ Other: _____

2. AI is okay for

- ☐ Explaining a topic in a different way
- ☐ Quizzing me before a test
- ☐ Brainstorming ideas, then I choose and write my own
- ☐ Checking my grammar after I write it myself
- ☐ Creative projects we do together

3. AI is NOT okay for

- ☐ Writing my homework, essays or answers for me
- ☐ Anything my teacher says is off-limits
- ☐ Advice about my health, my body or big feelings (I talk to a person instead)
- ☐ Pretending to be someone, or making fake photos or videos of real people

4. What we never share with AI

- ☐ Full name, address, school name or phone number
- ☐ Photos of me, my family or my friends
- ☐ Passwords or account details
- ☐ Private family business

5. How we check AI

- ☐ AI can sound sure and still be wrong. We check important answers in a second place, like a textbook, a teacher or a trusted website.
- ☐ If an answer seems strange, scary or unkind, I show a grown-up.

6. When and where

We use AI in these places (for example, the kitchen table): _____

Not after this time at night: _____

7. What grown-ups agree to

- ☐ Learn the tools with you instead of just saying no
- ☐ Tell you what settings or controls we use, and why
- ☐ Stay calm if you tell us about a mistake or something that went wrong
- ☐ Follow these rules ourselves, too

8. If something goes wrong

If AI says something upsetting, asks for personal information, or I made a mistake with it, I tell a grown-up. I will not be in trouble for telling.

Signed (child): _____

Signed (parent): _____

Next check-in date: _____

Bold180 tip: this works best as a conversation, not a contract. Start with what your child already does, ask what they think is fair, and change the rules as they show they can handle more. Need words to start? Read **AI & Your Child** on bold180youths.org.