AI GAPS · For parents/caregivers

Talking With Your Child About AI

A note from your child's school.

School and date

Dear families,

Most kids now use AI chatbots for homework, ideas and fun. Many also use them for advice and support. More than 4 in 10 kids say no parent has ever talked with them about using AI safely (Common Sense Media, 2026). We are teaching students a simple framework, and we hope you'll use it at home too.

AI can be really useful, but it also has GAPS

- **G It Guesses.** Its answers are guesses, based on patterns from millions of people, not on you.
- **A Agrees too easily.** It tells you what you want to hear, not always what's right for you.
- **P Private? Not really.** What you share can be saved and seen.
- **S Sucks you in.** It's built to keep you chatting. Asking about the same worry again and again can make it worse, not better.

Four questions to start the conversation

Use them at dinner, in the car or at bedtime. Listen more than you talk.

- **G** *What's something about you that AI could never guess?*
- **A** *Can you think of a time a "yes" wasn't what you needed?*
- **P** *What would you never want a stranger to read?*
- **S** *How do you know when it's time to stop the chat?*

Tips for parents/caregivers

- **Ask, don't ban.** Curiosity keeps your child talking to you.
- **Watch for the loop.** Asking AI about the same worry again and again is a sign of anxiety, not curiosity.
- **Check privacy settings and parental controls together.**
- **Be the person.** When it matters, your child needs someone who knows them.

Reach out to us if you notice

Pulling away from friends or family, talk of an "AI friend," changes in sleep or mood, or AI reinforcing unhealthy ideas.

School contact (name, phone or email)

In a crisis, call or text **988**, or chat at **988lifeline.org**, any time. In an emergency, call 911.

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