

A Parent's Guide to AI

Simple, safe conversations for families with children ages 5-9

You do not need to be an AI expert. Your job is to stay curious, set boundaries, and help your child keep thinking.

The one-sentence explanation

Artificial intelligence is a computer tool that learns patterns from lots of examples so it can make suggestions, answer questions, or help create things.

What children should understand

- AI is a tool - not a person, parent, teacher, or best friend.
- AI can be helpful, but it can also be wrong or make things up.
- A child should never share private information with an AI tool.
- A grown-up should help choose which AI tools are safe to use.
- AI may help with an idea, but the child should still think, decide, and create.

The Marcus & Byte family rule

STOP: Do not type yet. **THINK:** Is this safe, kind, and a good use of AI? **CHECK:** Ask a trusted grown-up and verify important answers.

Five-minute family conversation

Ask: "Where have we seen a computer make a suggestion?" Children may mention a video recommendation, a game character, voice assistant, map, or photo filter. Explain that some of these tools use AI to notice patterns and make a guess about what might help next.

Safe things to explore together

- Brainstorm three silly names for a made-up planet.
- Ask for story ideas, then let your child choose and rewrite the ending.
- Compare an AI answer with a library book or trusted children's website.

- Ask AI for clues to a riddle without revealing the answer.
- Create a picture prompt together without using names, faces, addresses, school details, or other private information.

Your family AI safety rules

RULE	WHAT IT MEANS
Use AI together	A trusted adult is nearby and knows which tool is open.
Keep it private	No full name, birthday, address, school, passwords, photos, or location.
Check before believing	Important facts need a second trusted source.
Use your own brain	The child explains the answer in their own words.
Be kind and fair	Never use AI to bully, trick, copy, or embarrass someone.
Take breaks	AI time does not replace sleep, play, reading, family, or friends.

Try these parent phrases

- “Show me how you decided what to ask.”
- “What part came from the computer, and what part came from you?”
- “How could we check whether that answer is true?”
- “Is there anything private in what you are about to share?”
- “Let’s use AI to help us think - not to do all the thinking.”

Before your child uses an AI tool

- Review the tool’s current age requirements and parent controls.
- Use a child-safe account or experience when available.
- Turn off public sharing and unnecessary data collection where possible.
- Stay involved. Rules and features can change.
- If an answer feels unsafe, upsetting, or confusing, close it and talk together.

Remember: Safe AI learning should feel like teaching a child to cook: you choose an age-appropriate recipe, stay in the kitchen, handle dangerous tools, and let the child proudly make meaningful choices.

Watch a free adventure and find more family resources at [MarcusAndByte.com](https://marcusandbyte.com)