



AI at home: a guide for parents

Your child already uses ChatGPT, Gemini or a phone assistant. This guide helps you talk about AI without panic and without naivety: homework, trust and personal data.

For: **parents and grandparents**Ages: **8–17**Reading time: **10 minutes**Format: **printable A4**

What it is, in short

An AI assistant such as ChatGPT, Gemini or Copilot is a program trained on huge amounts of text. It **predicts** the next words, which is why it writes fluently. It doesn't "know" things the way a person does and doesn't check what it says. It can confidently invent a book, a date or a source that doesn't exist.

Good for

- explaining a lesson in a different way, with a different example;
- quiz questions before a test;
- helping plan a project;
- correcting a child's own writing and showing why.

Not good for

- being the only source for facts, dates or quotes;
- medical, legal or financial advice;
- a "friend" that replaces real people;
- keeping secrets — what you type may be stored.

Homework: help or copying?

The difference isn't the tool but who does the thinking. A simple rule for home:

✓ Fine

"Explain fractions to me with a pizza example."

"Give me 5 questions about the Romans."

"What mistakes are in my text?"

✗ Not fine

"Solve exercises 3–8 for me."

"Write my essay about the Romans."

"Rewrite my text so it gets a top mark."

The two-minute test

After homework, ask your child to explain in their own words what they worked on. If they can, the AI was a teacher. If they can't, the AI did the homework for them.

Three checking habits

- 1 **Ask for the source and open it.** If the AI gives a link or a book title, check it really exists.
- 2 **Compare with the textbook** or a reliable source (an institution's website, an encyclopaedia).

3 Ask "how do you know?" — a vague answer is a sign to check.

Personal data: never type in

- ☐ full name, home address, school and class;
- ☐ photos of faces, of the house, of documents;
- ☐ passwords, SMS codes, card details;
- ☐ health or family problems — theirs or anyone else's.

Beware of fake images and voices

AI can produce photos, clips and voices that look real. A call in a relative's "voice" urgently asking for money may be a scam. Agree a family **code word** to ask for in such situations. And children should know that making fake pictures of a classmate is not a joke: it can be bullying.

Minimum ages

Most AI assistants require users to be at least 13, with a parent's consent until adulthood. Check each app's terms before creating an account — they change often.

Questions for a dinner-table chat

- Has AI ever given you a wrong answer? How did you notice?
- If an AI writes a poem, who is the author?
- Which jobs do you think will change because of AI? Which won't?
- Would you like to learn how an AI is built, not just how to use one?

Part of the AI literacy programme of Asociația Grupul Verde. App names are examples only; we don't recommend any particular product.



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