

Family AI Agreement For Kids & Teens

A Roadmap for Supporting Healthy Development

This agreement helps families establish healthy boundaries for kids and teens. We recommend revisiting the completed Agreement every few months, or sooner, to consider needed changes

— Social Life

Q: What guidelines should there be for interacting with AI chatbots that communicate in human-like ways?

Examples to discuss:

- Going to AI for advice
- Sharing personal feelings with AI companions
- Chatting with AI instead of spending time with friends or family
- Turning to AI when feeling lonely or upset
- Keeping AI conversations secret from parents or trusted adults

Agreed-upon guidelines:

— Academic Life

Q: What guidelines should there be for interacting with AI chatbots regarding schoolwork?

Examples to discuss:

- Following teachers' rules about AI use
- Asking AI to brainstorm ideas vs not doing this
- Asking AI to solve problems vs attempting them oneself
- Submitting AI-generated work as one's own
- Using AI to explain difficult concepts
- Using AI to generate practice quizzes

Agreed-upon guidelines:

— Mental Wellness

Q: What guidelines should there be for using AI for life advice or emotional support?

Examples to discuss:

- Asking AI for relationship advice or help with major life decisions
- Treating AI like a therapist or best friend
- Turning to AI rather than a trusted person when experiencing emotional distress
- Knowing whom to contact during a mental health crisis

Agreed-upon guidelines:

— Sleep

Q: What guidelines should there be for safeguarding sleep?

Examples to discuss:

- Practicing screen-free sleep, with kids' and teens' devices kept out of bedrooms during sleep time (visit [Screen-Free Sleep.org](https://www.sleep.org) for science and tips)
- If technology is allowed in kids' or teens' bedrooms during sleep time, how can sleep be safeguarded?

Agreed-upon guidelines:

— Fakes

Q: What guidelines should there be regarding AI-generated content?

Examples to discuss:

- Creating or sharing fake photos and videos
- Altering someone's appearance or cloning their voice without permission
- Using AI to write insults, spread rumors, or impersonate others
- Believing or sharing suspicious images and videos without verifying them

Agreed-upon guidelines:

— Privacy

Q: What guidelines should there be regarding sharing personal info with AI?

Examples to discuss:

- Sharing full names, addresses, phone numbers, school information or passwords
- Uploading personal photos, private conversations or sensitive health and emotional information
- Sharing private information about friends or family members

Agreed-upon guidelines:

— Recommended Safety-First Commitment by Parent(s)

Safety-first means parents commit to being someone their child or teen can turn to when things go awry online, with AI or otherwise.

Rather than doing things like reflexively taking away tech or some other punishment, parents take a team approach to addressing the situation.

Sometimes safety may require taking tech away, but that should not be the first response. Parents are also encouraged to discuss other trusted adults their child or teen can turn to.

Sample Parent Commitment:

"I want you to feel you can always come to me (us) when something goes wrong online, whether with AI or anything else. I (we) commit to listening and working with you to figure out what to do, rather than doing things like reflexively taking away your tech privileges. My (our) first priority is your safety, and I (we) want us to handle these situations as a team."

Teen / Child Signature: _____

Date: _____

Parent Signature: _____

Date: _____

Date to Revisit and Review: _____