

The Parent's Claude Safety Guide

How we use Claude with under-18s at home — the honest version

The rule first.

Anthropic's minimum age for Claude is 18. There is no separate kids' version. So if your child uses it, it is on a parent account, with you in the room. That is the whole framing of this guide. Nothing below changes the official answer; it is how we made the official answer workable.

✓ Our actual setup (took 10 minutes)

1. Claude runs on my account, never the child's. They never know the password.
2. We use it on the family laptop in the kitchen, never on a phone in a bedroom.
3. One job per session. Mateo (8) opens it to do a specific thing ("help me plan my Lego stop-motion"), not to chat open-endedly.
4. I read the first reply out loud the first few times so he learns what "a good answer" and "a wrong answer" both look like.
5. We turned off chat history retention in settings so nothing of his is used for training.

✓ The three rules we taught the kids

- **Claude is a tool, not a friend.** You ask it for help, you do not tell it secrets.
- **If it ever says something that feels weird or wrong, close the laptop and come get me.** You will never be in trouble for this.
- **You always tell a grown-up what you made.** Every time.

✓ What we actually let each age do

- Conor (4)** Nothing solo. He watches over a shoulder while I drive.
- Maria (6)** Picture and story prompts I type for her, she directs.
- Mateo (8)** Supervised coding and homework-practice prompts. He built three small working apps with Claude in one afternoon, with me sitting next to him the whole time.

✓ Three green-light uses to try this weekend

1. Turn a topic your child already loves into a quiz (their football team, their favourite show, sharks, whatever it actually is).
2. Plan a real-world project out loud: a treasure hunt, a comic strip, a paper-plane contest.
3. Ask it to explain one tricky homework idea three different ways until one clicks.

⚠ Two red flags to stop on

Your child wants to use it alone, in private. That is the moment to slow down, not speed up.

It starts standing in for a friend or a feeling. Claude is for tasks, full stop.

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