

A PARENT'S GUIDE

The Parents' Guide to AI

9 conversations that matter.

What every parent needs to know to have a confident conversation about AI with their kid.

Turn Intent Into Impact.



WHY THIS GUIDE

You don't need to be the expert. You need to start the conversation.

Your child is growing up with AI in their homework, their group chats and their bedroom. Most parents wait until they "understand it" before they bring it up. Their kids aren't waiting, and the rules are being written by chatbot companies in the meantime.

The good news: this isn't a technical problem. It's a parenting one. You already have the skills that matter. This guide turns them into nine short, practical conversations.

**"You and your child
are often learning
this at the same
pace."**

That isn't a weakness. It's the
best possible place to begin: side
by side, curious, honest.

| AT A GLANCE

The nine conversations

01 Start the conversation early

02 Be a co-learner, not the expert

03 A chatbot is not your child's friend

04 Polish is not proof

05 Guard their information

06 Let them build with it

07 Have the deepfake talk

08 Set the rules together

09 Raise the human

CONVERSATIONS 1 & 2

Start early, and learn together

01

Start the conversation early

Bring it up before their friends do. Primary-school age is not too soon. Ask what they have seen, what their mates use, and what they think AI actually is.

"Curiosity beats fear."

02

Be a co-learner

Drop the idea that you must be the expert. Nobody is yet. Sit beside them and say "show me how you use it". You bring the judgement, they show you the tools.

"Side by side, not above."

CONVERSATION 3

A chatbot is not your child's friend.

Companion bots are built to keep your child talking, not to care. They mimic warmth, but they cannot feel it, and in a real crisis they can fail badly.

WHY THIS IS CHANGING

The UK, New York and others are moving to ban "companion" chatbots for under-18s. But the strongest protections are not fully in force until 2027, so for now, you are the safeguard.

CONVERSATION 4

Polish is not proof

AI writes in confident, detailed prose, and the detail is exactly what fools us. A polished answer feels true. Teach your child one question to ask every time: what's the evidence?

For younger children, point them to people who show their working. For older ones, the test is primary sources versus secondary sources versus someone's opinion.

The more polished it looks, the harder you should check.



**ASK: WHAT'S THE
EVIDENCE?**

CONVERSATION 5

Guard their information

Whatever your child types into a chatbot can be stored, and may be used to train it. It is not a private diary or a friend bound by confidence.

Agree a simple family rule: never share your full name, school, address, photos, or anything you would not pin to a public noticeboard. If a tool asks for personal details to "help", that is the moment to stop and check.



KEEP IT PRIVATE

If you wouldn't post it publicly, don't tell a chatbot.

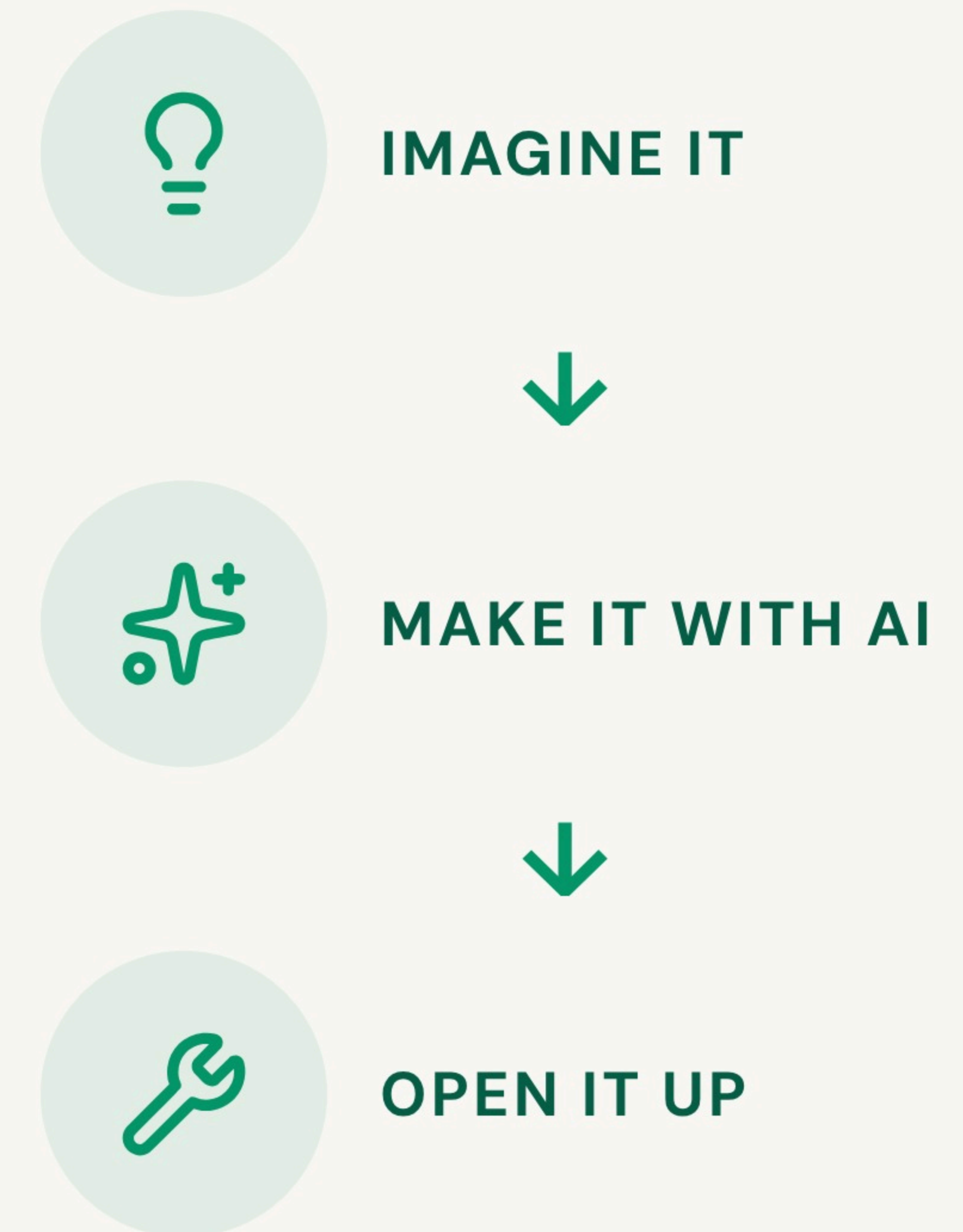
CONVERSATION 6

Let them build with it

The best use of AI is not chatting, it is making. Imagine something, use AI to make part of it real, then look at how it was made.

Build a game, then read the code and change it. Make a short film, then learn how the scenes were put together. Children who make with AI quickly understand what it really is, and stop treating it as magic.

Makers see through the magic.



CONVERSATION 7

Have the deepfake talk

AI can turn an ordinary photo into a fake explicit image. Criminals use this to extort children, and reported cases have risen sharply, with some schools told to remove pupils' faces from their websites.

Have the talk before it ever happens, so your child knows two things for certain: it would never be their fault, and you are the first person they should tell.

IF IT HAPPENS

- Don't pay. Paying only invites more.
- Don't delete anything, save the evidence.
- Tell a trusted adult straight away.
- Report it to the school, the platform, and the police.

It is never their fault, and they are not alone.

CONVERSATION 8

Don't ban it. Set the rules together.

Bans don't work with teenagers, shared rules do. Agree together where AI helps (ideas, revision, practice) and where it doesn't (doing the actual thinking, or replacing people).

Write it down. Revisit it. Rules your child helped set are the rules they'll actually keep.

WATCH THE RED FLAGS

- AI replacing sleep or schoolwork
- AI replacing friends and real life
- Secrecy about who they are talking to
- Turning to a bot in distress, not a person

When AI starts replacing people, step in.

CONVERSATION 9

AI can write the essay. It can't raise your child.

Empathy, honesty, judgement and courage are human. They are caught, not taught, from the adults around them. That is the one thing no tool can do, and the one thing your child needs most.

Raise the human. The tools will keep changing.

START TONIGHT

Six questions to start the conversation

You don't need a lecture, you need a question. Try one at dinner or in the car.

01 What's the most useful thing AI helped you with this week?

02 Has AI ever told you something that turned out to be wrong?

03 Do any of your friends talk to AI like it's a real friend?

04 If an app asked for your name and address, what would you do?

05 What's something cool you'd love to build with AI?

06 If something online ever scared you, who would you tell first?



YOUR MOVE

Start the conversation this week.

Share this guide with a parent who needs it. And for plain-English AI without the hype, come and find me.

bykovbrett.net/resources



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