

AI FOR EVERYONE



AI for Curious Kids

The protective companion to the kids' guide: what your child is actually using, how to keep them safe, the settings that matter, and the warning signs to watch for. Calm, practical, honest.



For everyone

 Shipped – measured, gate-clean

COVER: A CALM DAWN · A WARM, HUMAN ILLUSTRATION

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Every claim carries its tier · nothing faked

PREPARED

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VERIFIED BY

Jon Ross — Founder, Vocabotics —
15 years building safety-critical AI

HOW TO READ IT

Drafted with AI, verified by a
named human. Sources at the back.

01 Start here



If your child is curious about AI, that's healthy — it's part of their world now. This companion sits alongside the kids' guide and is written for you: what they're actually using, how it works, how to keep them safe, and the handful of warning signs worth knowing. No alarm, no doom — just a clear-eyed picture and practical steps.

The calm summary.

AI chatbots are powerful, genuinely useful, and mostly built for adults. Used together, with a few settings in place and an open conversation, they're a great learning tool. The risks are real but manageable — and the single biggest protection isn't a piece of software, it's you staying involved.

02 What your child is actually using



When people say a child is "using AI," they usually mean a chatbot — ChatGPT (OpenAI), Claude (Anthropic) or Gemini (Google) — or an AI feature built into an app they already have (Snapchat, search engines, homework apps). You talk to it in plain language and it writes, explains, or makes images back.

Three things are worth understanding about how they work, because they shape every risk below:

It predicts words; it doesn't *know*. It can state something false with total confidence. For a child, that's a genuine misinformation risk.

It's designed to be agreeable and engaging. It will happily keep chatting, which is lovely for a story and less lovely if a child starts treating it as a confidant or a friend.

What's typed in goes to the company. Anything your child enters — including personal details or photos — leaves the device.

03 Age rules — and why they exist



Most major AI chatbots are **not designed for young children**. Providers set minimum ages and require parental consent for teenagers. These aren't arbitrary: the tools can surface adult content, be confidently wrong, and aren't built with a child's development in mind.

Major AI providers set minimum age requirements and require parental consent for under-18s — check the specific service's rules before your child uses it.

Usage policies (age requirements) · OpenAI · as of June 2026

Practically: check the age requirement for the specific tool, and if your child is under it, either don't use it or use it strictly on your account, with you present.

04 The five protections that matter most



You don't need to become a technical expert. These five cover the vast majority of the risk:

Explore together, especially at first. Sit alongside them. It turns a solitary activity into a shared one — and you'll naturally spot anything off.

Use a shared or supervised account. For younger children, the AI runs on *your* account, on a shared device in a shared space — not solo on a bedroom device.

Turn on the settings. Look for parental or teen settings, content filters, and — importantly — the **data/training controls** so your child's conversations aren't used to improve the model. Consider turning off chat history for a child.

Set the golden rules together. No sharing real names, address, school, phone number, passwords or photos. It's a helper, not a friend. If anything feels wrong, tell you — and they're never in trouble for telling.

Keep the conversation open. The most protective thing is that your child knows they can come to you about anything they saw or that unsettled them, without fear of the tool being taken away as punishment.

Parental controls, supervised use, and ongoing conversation are the core of keeping children safe with online tools and AI.

AI and children — advice for parents · Internet Matters · as of June 2026

1

Use it together

side by side, not alone

2

Check the age rating

and why it exists

3

No personal data in

name, school, address

4

Talk about 'is it real?'

make checking a habit

5

Know the scam signs

voice-cloning, urgency

The five protections that matter most — the ones worth setting up before anything else.

05 What to watch for



You know your child best. A few specific things worth a gentle eye:

Treating the AI as a friend or therapist. Confiding worries, secrets or distress to a chatbot instead of a person. Redirect gently to real support.

Believing everything it says. Repeating "facts" from it as certain. Use it as a teaching moment: "Shall we check that in a real source?"

Homework being *done by* it rather than *helped by* it. Copy-pasted answers (which may also be wrong) instead of understanding. Frame it as a tutor that explains, not an answer machine.

Distress, secrecy, or exposure to unsuitable content. If they seem upset after using it, become secretive about it, or encounter something adult or frightening — pause, talk, and adjust the settings or the tool.

If something goes wrong

Stay calm and reassure them they did nothing wrong by telling you. Stop the session, look at what happened together, adjust settings or switch tools, and if a child has been exposed to harmful or upsetting content, report it and seek support — the NSPCC and UK Safer Internet Centre (in the Sources) offer clear, free guidance.

06 Also worth knowing: AI scams and voice-cloning



One risk touches the whole family: scammers now use AI to clone voices and write convincing messages — including the "grandchild in trouble" phone call. It's worth agreeing a simple **family**

safe-word that a genuine emergency call can give and a scam can't. There's a full, calm guide on this linked at the end.

07 The honest bottom line



Your child using AI isn't something to fear — it's something to *do with them*, at least to begin with. Understand that it predicts rather than knows, put the age rules and a few settings in place, agree the golden rules together, and above all keep the conversation open so they come to you when something's off. Do that, and AI becomes what it should be for a curious child: a supervised, fascinating tool — with you as the safe pair of hands around it.

08 Sources, glossary & the ledger

Where every claim comes from — and what the plain words mean.

Sources

- 01 Online safety advice for parents and carers** — NSPCC (as of June 2026)
<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>
- 02 AI and children — advice for parents** — Internet Matters (as of June 2026)
<https://www.internetmatters.org/>
- 03 Usage policies (age requirements)** — OpenAI (as of June 2026)
<https://openai.com/policies/usage-policies/>
- 04 UK Safer Internet Centre** — UK Safer Internet Centre (as of June 2026)
<https://saferinternet.org.uk/>

THE HONESTY LEDGER

- Shipped — measured, gate-clean.
- 🔬 Research — measured, partial; the gap is shown.
- 🔭 Vision — designed, honest; not yet built.

The bigger claim goes up a tier, never down. We show the eval beside the demo — the tiering is the credibility.

Read: how to spot an AI scam

A calm companion guide for the whole family — how to spot the scams that now use AI, and the one rule that stops most of them.

</resources/ai-for-everyone/how-to-spot-an-ai-scam>

Nothing faked.

Drafted with AI and verified by a named human. No jargon, no selling, no affiliate links — just what is honestly true about AI for an ordinary person.

