



DIGITAL SAFETY SQUAD™

The Family AI Awareness Checklist

Helping parents guide children's AI use safely and calmly

This one-page checklist helps you understand how AI appears in your child's life and build simple, non-technical safety routines. Use it to start conversations, spot potential concerns early, and create healthy boundaries without panic or overwhelm.

1. Awareness: Where is AI in My Child's Life?

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Social media & messaging: Does my child use Snapchat (My AI), Instagram, TikTok, or other platforms with AI features?

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Gaming & entertainment: Do they play games with AI characters or use apps like Character.AI, Replika, or chatbots?

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School & homework: Are they using ChatGPT, Google Gemini, or other AI tools for assignments?

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Creative tools: Do they use AI for art (DALL-E, Midjourney), music, or video creation?

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Virtual assistants: Are they using Siri, Alexa, Google Assistant, or other voice AI at home?

2. Safety Check: Am I Seeing Warning Signs?

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Emotional attachment: Does my child seem emotionally connected to an AI bot or defensive when asked about it?

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Secrecy: Are they hiding conversations, deleting messages, or reluctant to show what they're doing?

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Time spent: Is AI chat replacing time with friends, family, hobbies, or sleep?

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Mood changes: Have I noticed anxiety, withdrawal, or distress related to AI interactions?

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Inappropriate content: Has my child mentioned or shown concerning responses from AI (sexual, violent, or harmful)?

3. Action: What Simple Steps Can I Take?



Start a conversation: Ask (don't interrogate): 'What do you like about this app?' Listen without judgment first.



Set screen-free zones: No AI chat during meals, before bed, or in bedrooms overnight.



Review privacy settings: Check what data AI apps collect and whether conversations are saved or shared.



Use parental controls: Consider monitoring tools like Bark, Qustodio, or built-in device settings to track AI app usage.



Agree on boundaries together: Create a family agreement about when, where, and how AI tools can be used.

More resources from Digital Safety Squad™:

- [How to Create Healthy Family Technology Rules](#)
- [How to Talk to Your Kids About Online Safety](#)
- [Best Parental Control Apps in 2025](#)
- [Digital Safety Squad | Family Safety Hub](#)

Digital Safety Squad™

digitalsafetysquad.com

Source: digitalsafetysquad.com/child-ai-chatbot-guidance



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Family AI Routines & Next Steps

4. Routine: Build Healthy AI Habits as a Family

- ☐ **Weekly check-in:** Schedule 10 minutes each week to discuss what apps they're using and how they feel about them.
- ☐ **Model good behaviour:** Show your own healthy AI use. Avoid overreliance or secretive usage yourself.
- ☐ **Encourage critical thinking:** Ask: 'How do you think the AI came up with that answer? Is it always right?'
- ☐ **Balance AI with real connection:** Ensure your child has time for friends, activities, and face-to-face conversation.
- ☐ **Stay informed:** Keep up with new AI apps and features as they emerge. Your child will.

5. When to Take It Further

- ☐ If your child shows signs of emotional distress, isolation, or unhealthy attachment to AI, consider speaking with a school counsellor or therapist who understands tech-related issues.
- ☐ If you discover inappropriate or harmful content, document it (screenshot if possible) and report it to the platform and, if necessary, local authorities.
- ☐ If conversation alone isn't working, consider adjusting device access, using stricter parental controls, or temporarily removing certain apps.

Remember:

AI is not inherently dangerous, but unsupervised or emotionally dependent AI use can be. You don't need to be a tech expert to guide your child safely. You just need to stay aware, engaged, and willing to have honest conversations.

This checklist is a starting point. Trust your instincts, involve your child in the conversation, and seek support if you need it. You're not alone in navigating this.

My Notes & Action Points:

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