



Our Family AI Home Contract

Setting boundaries together for safe, responsible AI use

How to use this contract: Fill this in together as a family. The goal isn't strict punishment, but clear expectations everyone agrees to. Review and update this contract every 3 months as AI tools and your child's needs change.

Important: Co-creating rules together means children are more likely to follow them. Listen to their input and compromise where reasonable.

When AI Use Is Allowed

Times AI can be used:

Example: After homework is complete, weekends only, 30 minutes daily

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Places AI can be used:

Example: Common areas only, not in bedrooms, kitchen table during homework time

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Devices where AI is permitted:

Example: Family tablet only, school-issued device, personal phone with monitoring app

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What's Never Okay to Share With AI

- ☐ Full name, home address, or school name
- ☐ Photos of yourself, siblings, friends, or family
- ☐ Passwords, login details, or financial information
- ☐ Feelings about wanting to hurt yourself or others
- ☐ Personal information about friends or classmates
- ☐ Our custom addition:

How AI Can Help With Learning

- ☐ AI can explain difficult concepts in simpler terms
- ☐ AI can check grammar and spelling after I've written something
- ☐ AI can help me brainstorm ideas, but I write the final work
- ☐ AI can summarize long articles to help me understand, but I still read the original
- ☐ I will always double-check AI answers with reliable sources

What Happens If Rules Are Broken

First time:

Example: Discussion about why the rule exists, no device removal

Second time:

Example: One-week pause from AI tools, revisit the contract together

Serious violation (safety concern):

Example: App deleted, professional support if needed, device monitoring increased

Regular Check-Ins

- ☐ **Weekly:** Quick 'How's it going with AI?' conversation
- ☐ **Monthly:** Parent reviews tools being used (if applicable)
- ☐ **Quarterly:** Review and update this contract together

Child's Signature:

Date: _____

Parent/Guardian Signature:

Date: _____

Reminder: This contract should feel like a partnership, not punishment. The goal is to build trust and safe habits, not fear of consequences.

Next review date: _____

More resources at digitalsafetysquad.com/ai-in-schools

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