



DIGITAL SAFETY SQUAD™

Ages 13-15: Safe Independence

AI Rules for Teenagers

The Reality:

Two in five teens report having used generative AI to help with school assignments, and 46% of them have done so without the teacher's permission.

What this looks like in practice:

- 1. Limited use with oversight** means trusting them to use AI appropriately whilst maintaining awareness of what they're doing. You're not reading every conversation, but you are checking in regularly about which tools they're using and why.
- 2. Discuss data privacy and emotional boundaries explicitly.** Teenagers need to understand that everything they share with AI is potentially permanent, analysed, and used to train future systems. They need to recognise when they're forming unhealthy attachments to AI chatbots or using them to avoid dealing with real-world challenges.
- 3. Address academic integrity directly and repeatedly.** The temptation to use AI for homework help, essay writing, or exam preparation is enormous at this age. Clear expectations about what's acceptable help them navigate these situations.
- 4. Watch for signs of emotional dependence.** If you notice concerning behaviour, see our guide on [what to do if your child is talking to AI chatbots](#).

More resources from Digital Safety Squad™:

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

Digital Safety Squad™

digitalsafetysquad.com

Source: digitalsafetysquad.com/age-appropriate-ai-rules