



DIGITAL SAFETY SQUAD™

Ages 16+: Critical Thinking

AI Rules for Older Teenagers

The Reality:

7 out of 10 teens have used at least one type of generative AI tool, but almost half (49%) of parents have never talked to their children about generative AI. Open dialogue is essential as they prepare for university and work environments.

What this looks like in practice:

- 1. Talk about deepfakes, misinformation, and digital responsibility** in sophisticated ways. They're old enough to understand how AI can be misused, how it perpetuates biases, and why blindly trusting AI-generated content is dangerous.
- 2. Discuss the ethics of AI use in academic and professional contexts.** They're approaching university and work environments where AI use is evolving rapidly. Understanding not just what's technically possible but what's ethically appropriate will serve them well.
- 3. Encourage them to question AI outputs rather than accepting them as fact.** Every AI-generated response should prompt the question: 'Is this actually accurate, or just convincing?'
- 4. Focus on developing judgement rather than imposing restrictions.** For more on the risks older teens face, see our guide on [AI chatbots: the hidden dangers you need to know](#).

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