



DIGITAL SAFETY SQUAD™

Ages 8-12: Introduce Responsibility

AI Rules for Primary School Children

The Reality:

About a quarter of US teens have used ChatGPT for schoolwork, with usage doubling from 2023 to 2024. Older teens in 11th and 12th grade are more likely to use AI for schoolwork than younger students. Establishing rules around this will help them understand limitations, avoid total dependence, and use the technology responsibly.

What this looks like in practice:

- 1. Co-use educational tools together initially**, then gradually allow more independence as they demonstrate understanding and good judgement. Sit with them whilst they use AI homework helpers or creative tools. Discuss what the AI does well and where it makes mistakes.
- 2. Explain privacy and limits in concrete terms they can understand.** 'Don't tell the AI your full name, school, or address' is clearer than vague warnings about 'being careful online.' Be specific about what information is off-limits.
- 3. Use parental control apps to monitor which AI tools they're accessing** and how long they're spending on them. At this age, transparency about monitoring is important. They should know you're checking in, and why. Apps like Bark and Qustodio can help you track AI usage without constant hovering.
- 4. Create clear rules about when AI can help with homework** and when it crosses into cheating. Many children this age struggle to understand the difference between 'AI helped me understand this concept' and 'AI did my homework for me.'

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](#)

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