



DIGITAL SAFETY SQUAD™

Ages 0-7: Learn Together, Never Alone

AI Rules for Young Children

The Reality:

Nearly 80% of UK teens aged 13-17 use generative AI, but among children aged 7-12, around 40% are already engaging with these tools, making early supervision critical.

What this looks like in practice:

- 1. Keep AI use supervised and purposeful.** If you're using a voice assistant together to play music or ask silly questions, that's fine. If your child is independently chatting with an AI about their day, that's not appropriate for this age.
- 2. Avoid chatbots entirely for this age group.** Young children don't have the cognitive development to understand that they're talking to a program rather than a person. The risk of confusion, inappropriate responses, or emotional attachment is too high.
- 3. Focus on AI tools designed specifically for early learning.** Simple educational apps that use AI to adapt to their learning pace are fine, but steer clear of anything that simulates conversation or friendship.

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™

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