


TALKING TO TEENS

ABOUT AI

A PARENT TIP SHEET

Help your teen use AI wisely, safely, and with confidence.

Connection first.
Conversations that stick. 

THE GOAL

Not fear or control.
Connection, understanding, and critical thinking.



1 BE CURIOUS, NOT FEARFUL



Teens open up when they feel respected, not judged.

Try asking:

- What AI tools are you using?
- What do you like about them?
- What do you think AI is good at? Any worries?

2 AI CAN SOUND CONFIDENT—BUT IT CAN BE WRONG



- AI predicts likely answers.
- It doesn't "know" the truth.
- It can make up facts, sources, or details.
- It can reflect bias.

Confidence does not equal accuracy.

3 TALK ABOUT EMOTIONAL DEPENDENCE



AI can feel supportive, but it can't replace real people.

Encourage connection with:

- Friends & family
- Trusted adults
- Mentors & coaches
- Mental health professionals

4 PRIVACY & SAFETY MATTER



What goes into AI tools may not stay private.

Remind teens NOT to share:

- Passwords or logins
- Addresses or locations
- School or personal details
- Financial information
- Private photos
- Deeply personal struggles

Don't share with AI what you wouldn't share publicly.

5 USE AI AS A TOOL, NOT A SHORTCUT



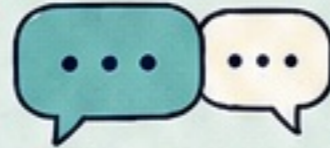
AI can help with learning, planning, and creativity. But over-relying on it can weaken growth.

Encourage your teen to:

- ✓ Brainstorm, don't copy
- ✓ Learn, don't just ask
- ✓ Practice skills
- ✓ Build confidence and independence

AI should help your brain grow—not replace it.

6 KEEP THE CONVERSATION GOING



You don't need all the answers. You just need to stay connected.

What helps:

- ★ Regular check-ins
- ★ No judgment
- ★ Listening more than lecturing
- ★ Apologizing and repairing
- ★ Adapting as tech continues to change

Ongoing conversations build strong, lasting trust.

7 NORMALIZE MISTAKES



Everyone makes mistakes online. What matters is learning and trying again.

Create a safe space to talk about mistakes, mistakes with tools, and uncomfortable experiences.



8 HELP THEM BUILD CRITICAL THINKING



Encourage your teen to:

- ✓ Question information
- ✓ Check multiple sources
- ✓ Look for bias
- ✓ Think about the motives behind content
- ✓ Trust their own thinking

Critical thinking today = independence tomorrow.

QUICK REMINDERS FOR PARENTS



Connection comes before correction.



Teach critical thinking, not just rules.



Balance screen time with real life.



Validate why AI is appealing to your teen.



Model healthy tech habits too.

THE BIG MESSAGE

AI is powerful—
but it can't replace human connection, wisdom, creativity, empathy, or values.

YOU ARE STILL THEIR MOST IMPORTANT GUIDE.