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THE PARENT'S AI PLAYBOOK

Navigating AI is new for kids—and parents. This guide provides practical strategies, conversation prompts, and family activities to help you support your child's learning, creativity, and ethical use of AI at home. With guidance rooted in both education expertise and real-world parenting, it makes AI approachable, manageable, and meaningful for your family.



DEAR PARENTS



AI is here – and it’s moving fast. It’s changing how we think, how we create, and how we communicate. And it’s already touching our children’s lives, whether through schoolwork, creative projects, or the apps they use every day.

As both a parent and an educator, I’ve seen how exciting – and sometimes confusing – this new world can be. My own kids are learning to navigate AI while their school, like many around the country, is still figuring out what guidance to provide. That’s why I created this guide: to give parents practical tools, conversation starters, and strategies to help their children use AI thoughtfully, responsibly, and creatively at home.

You don’t need to be an expert. You just need curiosity, attention, and a willingness to explore alongside your child. This guide is here to help you do just that – step by step, in ways that are doable and meaningful.

The pace of AI can feel overwhelming. New tools, new platforms, and new conversations emerge constantly. But that also makes this a unique opportunity: a chance to set a strong foundation for your child’s thinking, ethics, and learning habits – foundations that will serve them no matter how technology evolves.

We don’t have all the answers yet, and that’s okay. What matters most is starting the conversation, modeling curiosity, and guiding your child with values in mind. The rest we can figure out together.

Warmly,
Sarah Robinson Levy



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INTRODUCTION WHY PARENTS MATTER IN THE AI ERA

Artificial Intelligence (AI) is no longer futuristic; it's woven into our daily lives. From the videos that autoplay on YouTube to the spell-checker that corrects our emails, AI is quietly shaping how we learn, shop, connect, and even think.

Generative AI, tools like ChatGPT, Canva's "Magic Write," or DALL·E, represent a leap forward because they don't just sort information – they create it. They can write essays, generate images, explain math problems, or compose music in seconds.

For our children, this reality is both exciting and overwhelming. On one hand, AI can be a powerful tutor, creative partner, and problem-solving tool. On the other hand, it raises questions about accuracy, cheating, over-reliance, and ethics (and, when not used properly, it has negative impacts on learning).

Schools are struggling to keep up; many don't yet have policies, teacher training, or curriculum in place to help students navigate AI responsibly.

That's where parents come in.

Just as we once had to guide our children through the early days of the internet, social media, and smartphones, now we must help them approach AI with curiosity and caution. The goal isn't to restrict our children from using these tools, but to empower them to use them thoughtfully and wisely and in a way that aligns with our goals and values.

In Jewish tradition, parents are seen as key teachers of their children, responsible not only for practical knowledge but also for moral guidance. Teaching our children about AI is not only about keeping pace with technology – it's about raising ethical, critical thinkers who can bring values of honesty, wisdom, and responsibility into a changing world.

WHAT PARENTS NEED TO KNOW

What AI Is (and Isn't)

Let's start with the basics. AI, at its core, is a set of computer systems designed to mimic aspects of human thinking, like recognizing patterns, making predictions, or generating responses.

Generative AI, which has become a household phrase in the past few years, refers to AI that can create new content: text, images, video, music, or code.

It's important to know that AI tools don't "think" the way humans do (though they do a good job of pretending that they do). They don't understand truth, meaning, or context. Instead, they generate responses based on probabilities and patterns in the data on which they've been trained. That means they can sound authoritative and polished and very human-like while still producing inaccurate or even fabricated information.

Think of AI less like a wise teacher and more like an extremely fast, extremely confident guesser. It can be a great helper...but it always needs a human fact-checker.

Where Kids Encounter AI

Many parents think of AI only in terms of tools like ChatGPT. But our children are already surrounded by it:

- In schoolwork: Tools like ChatGPT can summarize chapters, explain math, or draft essays. Grammarly and Quillbot refine writing with AI. Khan Academy has launched Khanmigo, an AI-powered tutor.
- In creativity: Canva's "Magic Write" drafts text; DALL-E and Craiyon generate artwork; AI music apps create songs. Kids may already be using these to complete school projects or for fun.
- In everyday life: TikTok and YouTube use AI algorithms to recommend videos. Spotify suggests playlists. Shopping sites personalize ads. Voice assistants like Alexa and Siri are powered by AI.

Understanding this broad presence helps parents see AI not as something abstract, but as part of their child's daily environment.

Key Considerations

AI has enormous potential, but parents should be aware of several key issues:

- Accuracy: AI can "hallucinate," making up facts, sources, or statistics. A student who relies on it for research without checking may end up with incorrect information.
- Bias: AI reflects the data on which it is trained. That means stereotypes, historical inequities, and misinformation can seep into responses.
- Ethics: Passing off AI-generated work as your own raises questions of cheating and honesty.
- Privacy: Most AI tools store and learn from the information entered into them. Children should avoid inputting personal details.

The big picture: AI is powerful, but it requires thoughtful, guided use. Our role as parents is to help children understand both its possibilities and its pitfalls.

The most important thing parents can do is engage.
You don't need to know everything about AI; you just need to show up with curiosity and openness.

Modeling Healthy Use

Children often model what they see. If we treat AI with curiosity, skepticism, and responsibility, our kids will, too. You might try:

- Asking AI a question together, then evaluating the answer side by side.
- Saying out loud when something seems “off” in an AI response and showing how you fact-check.
- Talking openly about when AI is helpful (getting feedback on writing) and when it isn't (writing an essay for you).

This positions AI as a tool, not a replacement for human thinking.

Conversation Starters

Some of the best learning happens, not in formal lessons, but around the dinner table or in the car.

Try questions like:

- “What kinds of schoolwork do you think it's okay to use AI for? Which things should be done by hand?”
- “How can you tell if something AI wrote is trustworthy?”
- “Do you think using AI makes learning easier or does it make us cut corners?”
- “What would your teacher think if you turned in an essay written by AI?”
- “What is the point of school? How can AI help/hinder?”

These conversations encourage children to reflect on their choices and values rather than simply following rules.

Family Activities

You can also make exploring AI a fun family project:

- Compare and Contrast: Ask ChatGPT the same question two different ways. Discuss how wording changes the answer.
- Fact-Checking Game: Have AI explain a topic (like “Why do leaves change color?”). Then look up reliable sources to check accuracy.
- Collaborative Storytelling: Start a family story, then ask AI to add a paragraph. Continue back and forth until you've built something together.
- Image Challenge: Generate an AI picture and ask, “Does this look realistic? Does it show any stereotypes?”

These activities turn AI into a shared learning experience rather than something kids do alone.

Setting Boundaries Together

As with screens and social media, clear expectations matter. Consider creating a family agreement about AI use. For example:

- AI can be used to brainstorm ideas or check explanations, but not to complete entire assignments (and, in school, AI usage should always follow whatever guidelines the teacher outlines).
- AI use should happen in shared spaces, not behind closed doors.
- If AI is used for schoolwork, children should make a note to themselves (or their teacher) about how they used it.

Boundaries protect not only academic integrity but also help children learn healthy habits for a future where AI is everywhere.

BUILDING VALUES & ETHICS INTO AI USE

AI isn't just about skills; it's about values and aligning our usage with those values. Jewish tradition offers timeless guidance for navigating new technologies:

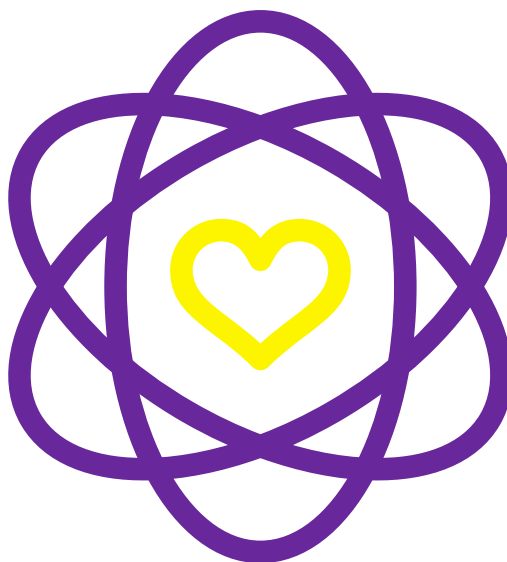
- **Emet (Truth):** AI can produce convincing but false information. How do we teach our children to recognize truth and value it?
- **Derech Eretz (Respect):** Using AI responsibly shows respect for teachers, classmates, and ourselves.
- **Chochmah (Wisdom):** Wisdom is not just knowledge; it's knowing how to apply knowledge responsibly. AI can help us gather information, but wisdom requires human judgment.
- **Tikkun Olam (Repairing the World):** AI can be used to solve real problems, from medical research to climate change. But it can also spread harm. How do we choose wisely?

Bringing values into the conversation helps children see themselves not just as users of technology but as ethical participants shaping the world's future.

Scenario Conversations:

- "If AI writes your essay, is that honest? Why or why not?"
- "What if AI creates an image that stereotypes people; should we share it?"
- "Would you trust AI to give medical advice? Should we?"
- "If AI makes something easier, does that always make it better?"

These scenarios invite children to wrestle with real-world dilemmas in a safe, values-based space.





TAKING IT BEYOND THE HOME

Parents don't have to do this alone. By partnering with schools and communities, we can help create a shared framework for healthy AI use.

Advocating at School

Don't be afraid to ask questions:

- "Does our school have a policy on AI use?"
- "How are teachers learning about AI so they can guide students?"
- "Are students being taught AI literacy?"

If your school doesn't yet have answers, you can encourage them to begin. Many educators are eager for parent partnership and perspective.

Partnering with Other Parents

AI raises new challenges for every family. Consider:

- Starting informal discussions with other parents to share strategies.
- Hosting a book club or learning night around AI.
- Sharing resources and family agreements to support consistency across homes.

A Community Lens

Jewish education has always emphasized preparing children not just for careers, but for life as ethical, responsible members of the community. The same is true here. AI is not just a technical issue; it's a societal one. Together, as families and communities, we can raise a generation equipped not only to use AI, but to help shape how it is used in ways that reflect our deepest values.

RESOURCES FOR PARENTS



Getting Started with AI

- [Parents Ultimate Guide to Generative AI](#) (CommonSense Media)
- [What Parents and Caregivers Should Know](#) (AI in Education)

Safe Tools to Explore Together

- ChatGPT (with adult guidance).
- Canva (for school projects and creative exploration).
- Khan Academy's Khanmigo (designed as an AI tutor).



PARENTS AS GUIDES IN A NEW AGE

AI will continue to evolve, and no one knows exactly what the future will bring. But that's okay. Our children don't need us to have all the answers. They need us to be their guides, their sounding boards, and their partners in navigating this new frontier.

By engaging with curiosity, setting thoughtful boundaries, and grounding our conversations in values, we give our children the tools not only to succeed academically but also to become thoughtful, ethical leaders in a world shaped by technology.

Our role isn't to keep AI out of our children's lives; it's to make sure that when it comes in, they're ready to meet it with wisdom, responsibility, and humanity.

Taking Action at Home and Beyond

Getting started with AI can feel overwhelming. It's new, fast-moving, and sometimes confusing. That's why I created this guide – to give you clear steps, conversation prompts, and strategies to support your child in navigating AI thoughtfully and responsibly.

The biggest risk is that because AI feels unfamiliar, it's easy to put off these conversations or wait for someone else to take the lead. But the truth is that the longer you wait, the more catching up you and your child will need to do.

You don't have to figure it out alone. I invite you to reach out so we can schedule a time to connect and discuss how to approach AI in your home. Together, we can:

- Talk about what your child is already experiencing with AI and where guidance is needed.
- Identify challenges or concerns you might have around technology, learning, or ethics.
- Map out simple, actionable steps you can take at home to build curiosity, critical thinking, and responsible habits.

If it feels like a fit, I can also share additional tools, activities, and resources that families like yours have found helpful in creating meaningful engagement with AI.

We're all learning as we go, and you don't have to navigate this alone. Let's take the next step together.

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Dr. Sarah Robinson Levy empowers excellence and innovation in education, partnering with clients to achieve the level of quality and distinction they desire for their schools, organizations, and students - serving as a strategic project manager, thought partner, and/or content expert. Her approach centers on the belief that doing what is best for students should always be our driving force.

With over 20 years of experience, including a master's and a doctorate as well as certificates in Day School Education, Jewish Leadership Studies, Jewish Educational Leadership, and Executive Coaching, Sarah helps educational leaders look towards the future, elevating their in-house teams and resources to foster effective, joyful, future-ready learning environments through a process that focuses on clarity, strategy, and execution.

Her focus on AI includes certificates in Elements of AI and Responsible AI as well as a TEDx talk titled "Why AI is the Catalyst We Need to Change Education Forever."

Her areas of expertise include progressive/student-centered education, integration of artificial intelligence into education, teacher professional development and support, as well as strategy and system and framework development.

She is a proud Colorado native and currently lives in Denver, CO with her four kids, dog, beta fish, and leopard gecko and is always more than happy to weigh in on the best place to ski.

**TO LEARN MORE ABOUT SARAH AND HOW YOU CAN PARTNER,
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