AI, Honestly

FREE GUIDE

5 Questions to Ask Your Kid About AI This Week

A 10-minute starting point from AI, Honestly — written by an AI industry professional and father of three, for parents who want to move from worried to informed.

86%	4 in 10	64%
of 9–17s use AI in some form *(Common Sense Media, 2026)*	kids say a parent's never talked to them about AI safety *(Common Sense Media, 2026)*	of teens use AI chatbots — only ~half of parents realise it *(Pew, 2026)*

This isn't a quiz — it's a conversation starter. Below are five simple questions you can ask this week, plus a quick note on why each one works and what to actually listen for in the answer.

QUESTION 1

"What AI stuff have you used recently — even just for fun?"

Open, non-judgemental, and assumes some use rather than asking "have you," which invites a defensive "no." Most kids have used something.

Listen for: anything mentioned casually, like "just Snapchat's thing" — that's usually where the real answer is hiding.

QUESTION 2

"Do any of your apps have a built-in AI chat, like on Snapchat or Instagram?"

Many kids don't think of My AI or Meta AI as "AI" — it's just part of the app. This question surfaces tools a general "do you use AI" question misses.

Listen for: "I don't really use it" — worth a gentle follow-up, since it's often used more than kids realise.

QUESTION 3

"Has an AI ever said something that felt weird, wrong, or upsetting?"

Normalises the idea that AI can get things wrong or say something off — and opens the door for them to tell you if it already has, without it feeling like a confession.

Listen for: hesitation before answering — often a sign something happened they weren't sure how to bring up.

QUESTION 4

"Do you ever use AI for homework? What kind of help, exactly?"

The honest answer here tells you whether they're using it to understand something or to skip understanding it — the single most useful distinction for schoolwork.

Listen for: "it just gives me the answer" — a good, low-pressure moment to introduce the "understand vs. avoid" test.

QUESTION 5

"If you were talking to an AI and it felt more like a friend than a tool, would you tell me?"

Plants the idea early, before it's ever an issue, that emotional attachment to a chatbot is something to talk about — not something to hide.

Listen for: a quick, confident "yes" is a good sign — a long pause is worth gently revisiting another time.

A PREVIEW FROM THE COMPLETE GUIDE

Here's exactly the kind of thing you're missing

These five questions are a start. The complete guide covers 11 tools your kid is actually using, tool by tool, in this level of detail. Here's one entry, word for word, so you know exactly what you're getting.

Grok (xAI, built into X/Twitter)

13+ per terms, poorly enforced

What it's for A chatbot built by xAI, available on its own app and website, and embedded directly into X (formerly Twitter) via the @grok account, where replies can be posted publicly and go viral. Also generates images and video, and offers AI "companion" characters.

Watch for This is the one in the guide I'd actually worry about most. Common Sense Media's 2026 risk assessment rated it unsafe for teens outright, citing weak age checks and companions designed for uncensored romantic or sexual roleplay.

Do this Given the safety track record here, this is a reasonable one to treat as a firm "not yet" rather than a supervised "yes, with rules," at least for now.

— one of 11 tool breakdowns inside, each this specific —

What else is inside the complete guide

- **Part One: Is This Actually a Big Deal?** The full data picture, what's genuinely new about this generation of AI tools, and where the worry is earned vs. overblown.
- **Part Two: The Tool Landscape.** ChatGPT, Snapchat AI, Character.AI, Grok, Gemini, Meta AI, Muse, Claude, Midjourney, Canva and Roblox — each one broken down exactly like the Grok entry above.
- **Conversations by age.** Ready-to-use scripts for 10–11, 12–13, and 14–16 year-olds.
- **If This Happens, Do This.** A quick-reference table for the specific situations that actually worry parents — explicit content, emotional attachment to a chatbot, AI-assisted cheating, and more.
- **Your Family AI Agreement.** A one-page template to fill in together, not hand down.

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