

Family AI Safety Checklist

Essential protocols for safe AI exploration together

paxember.com/ai-toolkit

Why this matters: AI tools are incredibly powerful for learning and creating - but they work best when families explore them together with clear safety guidelines. Use this checklist to set up your family's AI safety foundation!



Before You Start



Choose age-appropriate AI tools

See paxember.com/ai-toolkit for vetted options



Set up parental controls if available

Most kid-friendly AI tools have these built in



Create accounts together

Use family email, never child's personal info



Review privacy settings

Disable data sharing when possible



Family Rules



Always share what you create

Show parents AI art, stories, and conversations



Never share personal information

No real names, addresses, schools, or photos



Ask before trying new AI tools

Parents can check if it's safe first



Set time limits

AI is fun, but balance is important!



Always Verify AI Outputs



AI can be wrong - always fact-check important info

Use trusted sources like encyclopedias or ask a teacher



AI can make things up - it's called "hallucination"

Never trust AI for homework facts without checking



AI doesn't know everything - especially recent events

AI knowledge has a cutoff date



Red Flags - Tell a Parent Immediately If...

- AI asks for personal information (name, age, location, photos)
- AI generates something that makes you uncomfortable
- AI suggests doing something against your family's rules
- Someone online asks you to use AI to share information
- AI content seems designed to scare or upset you



Conversation Starters

- ☐ "What was the coolest thing you made with AI today?"
- ☐ "Did AI get anything wrong that you noticed?"
- ☐ "How do you think AI knew how to do that?"
- ☐ "What do you think AI can't do that humans can?"

Our Family AI Agreement

We agree to explore AI together safely, follow these guidelines, and talk openly about what we discover!

PARENT/GUARDIAN

CHILD

DATE

From "Welcome to the AI Generation" by Pax Ember | paxember.com