

# Home AI Safety Checklist

A guide to create a safer AI environment for families and caregivers.

## Foundational Setup

### Secure your devices and accounts

Activate content and privacy restrictions on all devices and enable Safe Search and Restricted Mode on Google, Bing and YouTube.

### Permissions and Histories

Families can use management accounts like Google Family Link or Apple Family Sharing to supervise child accounts.

Which should have minimal permissions. Turn off chat history for apps like ChatGPT.

## Vetting AI Tools

### Check Age Ratings and Privacy Policies

Verify the app is not rated 17+ before allowing children access. Check the privacy policy to ensure user data is not sold to third parties and if so, look for options to opt out of data collection.

### “Red Teaming”: Test Drive it

Create your own account as an under 18 user on the app and try asking questions your child is likely to ask - and some you hope they would never ask. If any output makes you uncomfortable, that’s a red flag.

## Establishing House Rules

### The Family Contract

Create and write down a set of common guidelines and rules around the use of AI for household members, both at home and elsewhere. Include things like time limits on consecutive usage or daily caps and specific approved tools only. Set consequences for intentional misuse, leaving room for honest reporting of unexpected outputs.

### Supervise and Approve

For younger children, require that AI only ever be used in common areas under adult supervision. Require that children get express parental consent before downloading new apps of any type.

## Building Skills

### AI Isn’t Human

Teach kids about AI, hallucination and explain that AI is not a human being and that it is not infallible either. It can and does get information wrong, present biased information or make things up. When AI gives a surprising fact, check it together with a reputable source.

### Deepfakes and Fake News

Encourage your child to be transparent about outputs from AI and their feelings about them. Ensure you do not blame the child for AI outputs, but rather use the opportunity to teach about the inaccuracy of AI products and the importance of direct research and fact checking.

### Encouraging Open Communication

## Promote a culture of AI Safety at home!

Conversation is key. Engage with children early and often about their experiences with AI and normalize the shared AI experience. With proper support from parents, we at AI Safely believe that children can use AI to change the world.

Learn more:

