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A PARENT GUIDE TO AI USAGE

USE CASES, MISUSE,
AND POSSIBLE DANGERS
AMONG STUDENT USAGE





PARENTS, LET'S TALK ABOUT AI

AI isn't just science fiction anymore it's a part of your child's everyday life.

From homework apps, Snapchat conversations, and AI "friends/companions," your child has likely experienced AI in one way or another.



But here's the catch:

- ☞ Most parents have no idea how these tools work
- ☞ Many kids are using them without guidance
- ☞ And the line between helpful and harmful can get blurry

This guide will help you:

- ✓ Understand the basics
- ✓ Spot common pitfalls
- ✓ Talk with your child about AI confidently and clearly



WHAT IS GENERATIVE AI AND WHERE ARE KIDS USING IT?

Generative AI = Generative Artificial Intelligence



Tools that *mimic* human thinking and conversation by predicting the next logical word in a sentence.


Common uses of Gen AI among kids:

- Completing schoolwork (ChatGPT, MagicSchool, CoPilot, Gemini, Claude)
- Image and video creation (Canva, CapCut, TikTok filters, *the tools listed above)
- Chat companions (Snapchat, Character.AI, Replika, Nomi)
- Writing support (Grammarly, Quillbot)



HEALTHY USES OF GENERATIVE AI

AI can support learning and creativity:


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- ✓ Brainstorming ideas for school projects
 - ✓ Practicing language or coding
 - ✓ Summarizing long text or videos
 - ✓ Creating art, music, or stories
 - ✓ Exploring new interests
 - ✓ Meal prepping or workout planning

💡 Tip: Explore the tools with your child and ask how they're using them.



COMMON MISUSES TO WATCH OUT FOR

Without boundaries, AI can lead to:

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- ▶ Plagiarism or cheating on homework (copying AI output and turning it in as their own with no edits or revisions).
 - ▶ Shallow thinking and over-reliance
 - ▶ Exposure to inappropriate content (especially on uncensored tools)
 - ▶ Conversations that blur reality (e.g. with AI chat companions)

Kids may not know where the line is.

That's where you come in.



BE AWARE OF AI COMPANION CHATBOTS


These are AI “friends” that talk like real people.

Popular ones include:

- Replika
- Character.AI
- Snapchat



They often simulate relationships, offer 24/7 chat, give advice, and in some cases, get romantic or sexual in tone.

 Some teens are forming emotional bonds with AI “friends.” This can get confusing and even harmful without guidance. 



WHAT YOU CAN DO AS A PARENT



Parenting in the AI age means mentoring, not monitoring.



- ✓ Be curious, not judgmental. Ask your child what tools they use.
- ✓ Set boundaries by discussing what's OK and what's not.
- ✓ Use parental controls when needed.
- ✓ Test tools yourself so you're informed.
- ✓ Research the privacy statements, guidelines, data sharing, and safeguards in place for the tools your child is using.



AI COMPANION TOOLS TO BE CAUTIOUS OF

The tools listed below are some that parents should be cautious of and monitor their child's chat history if being used due to lack of topic restraints:



Character.AI

<https://character.ai/>

Replika

<https://replika.com/>

Nomi

https://nomi.ai/?via=bonuses&gad_source=1

Snapchat

<https://www.snapchat.com/>





AI FOR EDUCATION TOOLS

The tools listed below are some popular generative AI chats used for a variety of purposes. These tools have extensive safeguards in place, but plagiarism and using it to complete schoolwork is still possible and often taken advantage of:



ChatGPT

<https://chatgpt.com/>

Gemini

<https://gemini.google.com/app>

Copilot

<https://copilot.microsoft.com/chats/JRLzT5tRzU9bzHRSpFkgr>

MagicSchool AI

<http://www.magicshool.ai>

