

Module 8 of 9 · 0/3 lessons done · Quiz: not taken · 0%

[← Family course](#)

QUIZ NOT STARTED · pass mark 80%

Family Module 8 · Kids & Teens · about 34 minutes · 3 lessons + 10-question quiz

Kids and Teens

Helpful, age-appropriate, private. How kids and teens can use the family assistant, what parents should keep, and how to talk about it.

▶ Open slides

Download the PDF workbook

Exercises work with Grok Bot or any AI assistant. Use non-sensitive information only.
App connections marked "varies" depend on your school, team or provider and are confirmed during setup.

Lessons

Lesson 1 · Age-appropriate use (~9 min)

Lesson 2 · Homework help without doing the homework (~9 min)

Lesson 3 · Privacy for kids and family conversations (~8 min)

Module quiz (10 questions, ~8 min)

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Lesson 1 · ~9 min

Age-appropriate use

You will be able to

- Set rules by age
- Know what's off-limits for kids

Younger kids benefit from the assistant indirectly: fewer missed practices, calmer mornings. Teens may want to use it themselves. Many AI services have minimum ages in their terms, so check the service's rules before giving a child their own access (varies by service).

Step by step

1. Under 13: parents use the assistant; kids see results (chore lists, reminders).
2. 13 to 17: check the service's terms; if allowed, agree on what it's for (planning, reminders, study help) and what it's not (contacting strangers, spending money).
3. Keep spending, account changes and messages to adults outside the family with parents.
4. Revisit the rules each school year.

Example

Gunnar (12) gets a Sunday checklist on the kitchen screen. Freya (15) asks the assistant to plan her study week, with a parent seeing the same calendar.

Checklist

- ☐ I've checked the service's age rules
- ☐ We've agreed on rules by age
- ☐ Money and outside messages stay with parents

Key points

- Rules depend on age and the service's terms.

- Kids benefit even without their own access.
- Revisit yearly.

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Mark complete & next: Lesson 2 →

Lesson 2 • ~9 min

Homework help without doing the homework

You will be able to

- Use AI as a tutor, not a ghostwriter
- Respect school AI policies

AI can explain a math step or quiz a kid on vocab. It shouldn't write the essay. Schools have different AI rules, so check the syllabus or ask the teacher (varies by school).

Step by step

1. Find your kid's school or class AI policy.

2. Use prompts like "Explain this step" or "Quiz me on these 10 words," not "Write my essay."
3. Have your kid explain the answer back in their own words.
4. If a teacher says no AI for an assignment, that's the rule.

Example

Instead of 'solve $3x + 7 = 22$,' your kid asks 'what's the first step and why?' and does the rest.

Checklist

- ☐ I know the school's AI policy
- ☐ We use tutor-style prompts
- ☐ Kids explain answers back

Key points

- Tutor, not ghostwriter.
- School policy wins.

- Explaining back proves learning.

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[Mark complete & next: Lesson 3 →](#)

Lesson 3 • ~8 min

Privacy for kids and family conversations

You will be able to

- Protect kids' information
- Talk about AI openly at home

Kids' grades, health and locations are sensitive. Share only what a routine needs, and talk with your kids about what the assistant sees.

Step by step

1. Tell older kids what the assistant reads (for example, school emails and the calendar).
2. Don't put kids' full names with birthdates, school IDs or health details into chats unless a routine needs them.

3. Location-sharing apps: varies; decide as a family whether to connect them at all.
4. Hold a short family talk: what feels helpful, what feels too much.

Example

The family agrees the assistant can see the calendar and school emails, but not Life360 locations.

Checklist

- ☐ Kids know what the assistant sees
- ☐ We share only what routines need
- ☐ We've had the family talk

Key points

- Share the minimum.
- Be open with kids about it.
- Location is a family decision.

Kids and Teens quiz

10 questions, about 8 minutes. Pass mark 80%. Your best score is saved in this browser.

1. Many AI services set minimum ages. What should you do before a child gets their own access?

- ☐ Lie about their age
- ☐ Ask their friends
- ☐ Check the service's terms (varies by service)
- ☐ Nothing

2. How do kids under 13 usually benefit?

- ☐ Indirectly: parents use the assistant and kids see chore lists and reminders

- ☐ They don't
- ☐ By paying bills
- ☐ Their own unsupervised account

3. Which actions should stay with parents?

- ☐ Getting reminders
- ☐ Seeing the calendar
- ☐ Reading a chore list
- ☐ Spending money, account changes and messages to adults outside the family

4. How often should family AI rules be revisited?

- ☐ Each school year
- ☐ Never
- ☐ Daily
- ☐ Only after a problem

5. Which homework prompt is appropriate?

- ☐ 'Take my test'
- ☐ 'Explain this step and why'
- ☐ 'Do all my worksheets'
- ☐ 'Write my essay'

6. A teacher says no AI on an assignment. What applies?

- ☐ Ask the assistant to decide
- ☐ The teacher's rule
- ☐ The family rule overrides
- ☐ Use AI secretly

7. Why have kids explain the answer back?

- ☐ To test the AI
- ☐ The teacher requires recordings
- ☐ It shows they actually learned it

☐ To waste time

8. Which detail should usually stay out of chats?

☐ Grocery lists

☐ Practice times

☐ Movie night ideas

☐ Kids' full names with birthdates, school IDs or health details unless a routine needs them

9. Should location-sharing apps like Life360 be connected?

☐ Always

☐ It's a family decision; connection support varies

☐ Never allowed by law

☐ Only for adults

10. What should older kids know about the assistant?

☐ What it reads, such as school emails and the calendar

☐ Your passwords

☐ Nothing

☐ How to turn off parental approval

Check answers

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