



# Safe AI Usage for Kids

Which AI tools are genuinely child-safe — and which ones aren't

FREE FAMILY GUIDE - 2026 EDITION

## What Is AI and Why Does It Matter?

AI chatbots like ChatGPT, Claude, and Gemini are now widely used by children for homework, creativity, and entertainment. Most are not designed with children as the primary user. Some are actively dangerous when used by kids without supervision.

This guide helps you understand which tools are safer, what the risks are, and how to set ground rules at home.

## AI Tools — Safety Assessment

### ✓ SAFER OPTION

#### Claude (Anthropic)

Designed with safety as a core principle. Refuses harmful content, avoids manipulation, and is transparent about being an AI. Does not try to form emotional bonds with users. Recommended for supervised use with older children (13+).

### ⚠ USE WITH SUPERVISION

#### ChatGPT (OpenAI)

Powerful and capable but not designed specifically for children. Can produce inappropriate content without proper settings. Use the "ChatGPT for Education" version if available. Always supervise younger children. Not recommended unsupervised under age 13.

### ⚠ USE WITH SUPERVISION

#### Google Gemini

Similar profile to ChatGPT. Not child-specific. Can be used supervised for homework help. Ensure SafeSearch is enabled in Google account settings. Parental supervision recommended for under 16.

### ⊘ HIGH RISK — AVOID

#### Character.AI and similar "companion" AIs

Designed to simulate emotional relationships with AI characters. Multiple documented cases of children forming unhealthy attachments or being exposed to inappropriate content. Not recommended for children of any age without strict parental oversight. Several lawsuits filed in 2024-2026 involving child safety incidents.

### ⊘ HIGH RISK — AVOID

#### Unverified AI chatbots on gaming platforms

Many games now integrate AI chat features. These are largely unregulated. Predators can use AI-powered accounts to automate grooming conversations at scale. Treat unknown AI chat in games the same as unknown human chat.

## 5 Ground Rules for AI Use at Home

### 1 AI is a tool, not a friend

Teach your child that AI cannot truly care about them, feel emotions, or be loyal. If an AI seems to "really understand" your child, that is a design choice — not a real relationship.

### 2 Never share personal information with AI

No full name, school name, address, phone number, or photos. Even if the AI asks or it seems harmless.

### 3 AI in shared spaces only

Keep AI usage in common areas of the home — living room, kitchen. Not in bedrooms with the door closed.

### 4 Show parents anything that feels weird

If the AI says something uncomfortable, confusing, or that feels wrong — show a parent immediately without fear of getting in trouble.

### 5 AI answers are not always true

AI can be wrong, biased, or outdated. Never use AI output for important decisions without checking another source.

## How to Talk to Your Child About AI

### Conversation starter (ages 8-12):

"Have you ever used any AI tools for school or fun?"

"Yeah, I use it sometimes for homework."

"That's okay! I just want to make sure we use it safely together. Can you show me what you use it for?"

### Conversation starter (ages 13-16):

"AI tools are amazing but some of them are designed to keep you engaged as long as possible — kind of like social media. Do you know which ones are safer to use?"