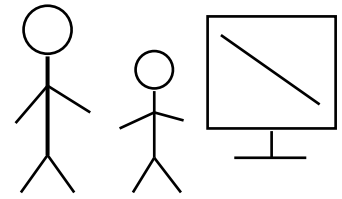


FAMILY AI CHECK

The 5-question AI quick check

A one-page starting point before AI helps with schoolwork.



DO THESE CHECKS TOGETHER

1 PURPOSE

What thinking is the task meant to help the child practise?

2 AGE AND RULES

Is the tool age-appropriate, and does the school permit this kind of help?

3 PRIVACY

Have we removed names, school details, photos and identifying information?

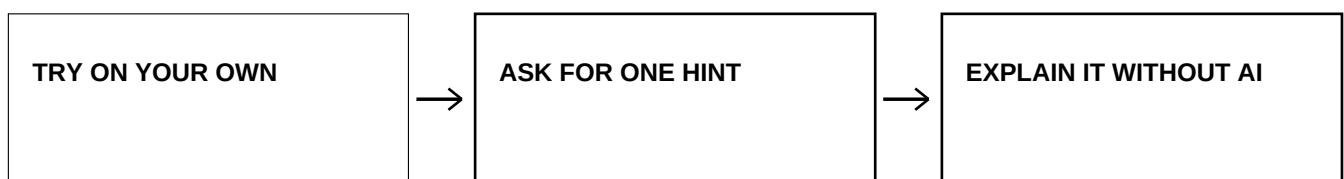
4 HELP LEVEL

Can we ask for a question or hint rather than the completed work?

5 INDEPENDENCE

Can the child verify the result and finish in their own words?

VISUAL RULE



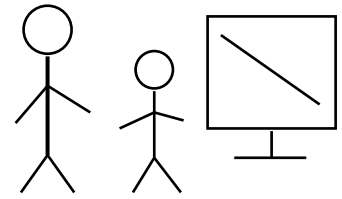
KEEP IN MIND

ChatGPT isn't intended for children under 13; any educational interaction with ChatGPT for under-13s must be conducted by an adult.

FAMILY AI CHECK

How to help without taking over

A 10-minute routine you can use tonight.



BEFORE, DURING AND AFTER

1 BEFORE: ATTEMPT FIRST

Ask your child to read the task, try one step and describe where they got stuck.
Listen before opening a tool.

2 DURING: CHOOSE THE SMALLEST HELP

Adult-operated prompt: 'Ask one question that helps with 48 divided by 6. Do not give the answer.'

3 DURING: TRY A SIMILAR EXAMPLE

If needed: 'Show a different division example using groups, then ask the child to try the original.'

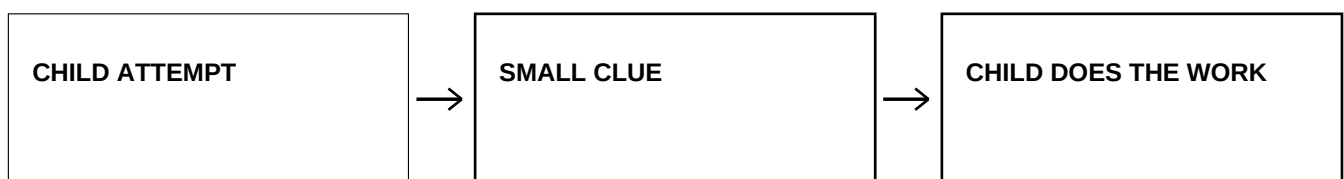
4 AFTER: CLOSE AND TRANSFER

Close AI. Ask the child to do one fresh step, explain the result and check if it answers the original task.

5 DECIDE WHEN TO SKIP AI

If the school requires independent work, or the tool isn't age appropriate, use books, a teacher or a parent instead.

VISUAL RULE



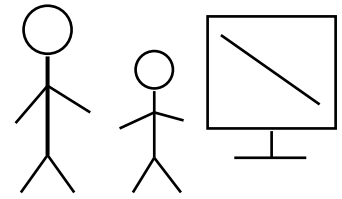
KEEP IN MIND

A polished answer is not evidence of learning. Focus on what the child can now do independently.

FAMILY AI CHECK

Three worked examples

Fictional, repeatable models - not reported outcomes.



WHAT TO ASK, AND WHAT THE CHILD DOES

1 MATHS: 48 DIVIDED BY 6

Instead of 'solve this', an adult asks AI for one grouping hint. The child draws groups, calculates and explains.

2 WRITING: A STORY PARAGRAPH

Instead of 'rewrite it', ask for two revision questions about clarity and detail. The child makes their own changes.

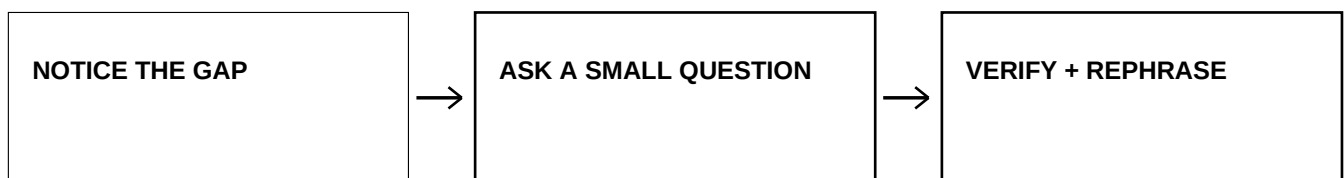
3 RESEARCH: A PLANET FACT

Instead of copying a fluent AI answer, ask for a source to verify, check that source, then write a child-owned explanation.

4 A USEFUL FINAL QUESTION

'If we closed the tool now, what part could you do again by yourself?' If the answer is 'not much', use less AI.

VISUAL RULE



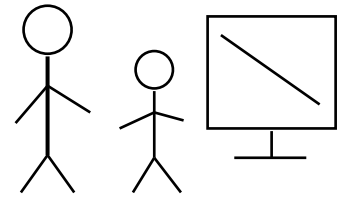
KEEP IN MIND

Never paste another child's work or identifiable personal information into an AI service.

FAMILY AI CHECK

When the AI plan goes wrong

Use simple scripts to respond, not lectures.



FOUR REAL DECISION POINTS

1 AI ALREADY GAVE THE WHOLE ANSWER

Close it. Say: 'Which part can you explain? Let's work through the first step without the answer.'

2 THE ANSWER SOUNDS RIGHT BUT IS WRONG

Say: 'Where could we check that?' Use a trustworthy source, calculation or original text.

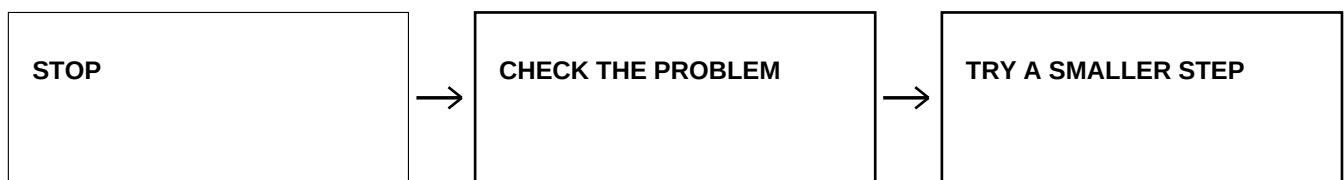
3 PRIVATE DETAILS APPEARED IN A PROMPT

Stop sharing; remove them from the task, review settings and use a made-up example next time.

4 THE CHILD CANNOT CONTINUE ALONE

Break the task into smaller pieces. Ask for a clue on a similar problem rather than a complete solution.

VISUAL RULE



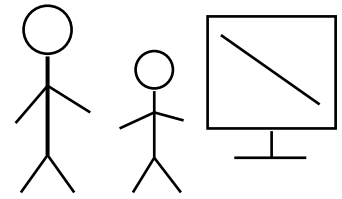
KEEP IN MIND

AI makes mistakes. The child should not be asked to trust it merely because it sounds confident.

FAMILY AI CHECK

Our family AI agreement

Print and fill together. Keep it flexible.



WRITE YOUR ACTUAL FAMILY RULES

KEEP IN MIND

Use age-appropriate tools only. This is a family aid, not an override of product age rules or school policies.

AI is useful for these kinds of help:

We won't use AI for these tasks:

We will never share:

Before asking AI, our child will:

After AI, we will check understanding by:

Our review date:

FURTHER READING (CLICK TO OPEN)

[OpenAI: Is ChatGPT safe for all ages?](#)

[ThinkBySketch: Full Family AI Check](#)