

Introduce artificial intelligence at home judiciously.

A brief guide to talking before use, agreeing what AI is for, protecting privacy and turning every answer into an opportunity to think.

1. Start with the purpose, not the tool

Before choosing an application, it is worth deciding what it can be useful for in your home. Learning an idea, practicing, looking for a different explanation, imagining a story or preparing questions are concrete uses. "Let him do anything" does not offer the child a criterion for knowing when to use it.

A sentence to start: "AI can help us think and create, but it does not think for us or replace the people who care for and teach us."

2. Four simple agreements

1 Do not share personal data

Full names, addresses, passwords, school, photographs or private information of other people are not part of a question.

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2 Check what is important

If a response affects a job, health, safety, or another person, it is reviewed with a source or adult.

3 Ask for help when something bothers you

A strange, confusing, or worrying response is taught to an adult; You don't have to solve it alone.

4 Use it to advance, not to hide

If the AI has helped with a task, the child should be able to explain what they have learned and what part they have done themselves.

3. The ten questions that a family can ask any AI

1. Where are conversations processed?
2. Are they sent to a company or to external servers?
3. What data is saved and for how long?
4. Can the age of the minor be configured?
5. Does it allow defining family guidelines?
6. How do you respond to a sensitive topic?
7. Do you help learn or directly deliver the solution?
8. Do you distinguish between education, creation and everyday emotional support?
9. Can what you remember be reviewed or deleted?
10. What happens when there is no internet?

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4. A homework routine

AI can be useful if incorporated after a first attempt. The child reads the task, marks where he or she is blocked, and asks a specific question. The answer should offer a clue or example. Afterwards, the child continues and explains in his own words what he has understood.

Question that replaces

"Do this exercise for me and give me the answer."

Question that teaches

«I don't understand the first step. Can you explain it with a similar example? »

5. Talk about mistakes without losing confidence

An AI generates plausible answers and can be wrong. For a child, it is useful to compare two explanations, look up a word in a reliable source, or ask "how can I check this?" Detecting an error is not a failure of the activity: it is an important digital skill.

Adults don't need to know all the answers either. They can accompany the process with questions: "Which part convinces you?", "What information would you check?" or "Can you explain it to me without looking?"

6. Curiosity and creation

AI doesn't have to be limited to schoolwork. You can propose a safe experiment, explain why the sky changes at dusk, or start a story and let the child decide what happens next. The key is to keep space to choose, imagine and ask again.

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7. Emotions and sensitive topics

A tool can help you name an anger or propose a simple pause. It is not therapy and does not replace the help of a person. If fear, harm, danger, health or a situation of concern appears, the appropriate step is to talk to a trusted adult and seek professional help when necessary.

In a familiar AI, notifications should be designed to facilitate this support, not to turn each conversation into surveillance. The child needs to understand what types of issues require adult support.

8. Review agreements over time

Age changes, interests change and the family learns. Setting aside ten minutes every few weeks to review what uses have been helpful, what answers have raised questions, and what boundaries need adjusting prevents the rules from becoming disconnected from the actual experience.

Family checklist

- ☐ We have agreed on what we want to use AI for.
- ☐ The child knows what data he should not share.
- ☐ We know where conversations are processed and stored.
- ☐ The experience is adapted to your age.
- ☐ In homework, we ask for clues before solutions.
- ☐ We check important information.
- ☐ The child knows how to go to an adult if something worries him.
- ☐ We have a scheduled time to review the agreements.

How Famil·IA fits in

Famil·IA is a prototype that tries to turn these agreements into part of one's own experience: [Skip to content](#) profiles, modes with different objectives, guidelines configured by the

family, reviewable memory and notices on the family dashboard regarding sensitive topics.

The web demo allows you to understand four modes with predefined examples. It does not connect with real AI and does not collect conversations. If you want to participate in future tests, the form on the cover is aimed exclusively at adults.

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