

# The Parent's AI Safety Checklist

Run any AI app your kid wants through this page. If it fails the first two sections, skip it.

## Before your kid touches any AI app

- ☐ Who owns the account — the adult or the child?
- ☐ What does the kid hand over to log in? (A child email or phone number is a red flag.)
- ☐ Is it built FOR children, or an adult tool with an age checkbox?
- ☐ Is there a privacy policy you can actually find and read?
- ☐ What do independent reviews (not the app's ads) say about it?

## The data questions

- ☐ Is your child's data used to train AI models — and did anyone ask you first?
- ☐ Are conversations or creations retained? For how long?
- ☐ Can you review and DELETE everything your child made?
- ☐ Is your kid's work private by default, or public by default?

## Design red flags

- ☐ A persona that wants to be your kid's friend (companion bots are not for minors).
- ☐ Open-ended chat with strangers, or DMs of any kind.
- ☐ Streaks, endless feeds, or anything engineered for 'just five more minutes.'
- ☐ Removing a feature requires a paid subscription.

## House rules that work

- ☐ AI is a tool, not a friend: personal problems go to people.
- ☐ 'Check it' is a reflex — the AI guesses, humans verify.
- ☐ Creating beats consuming: making things > scrolling things.
- ☐ Grown-up knows every AI app in use, and the login lives with them.