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5 Questions to Ask Your Child About AI

A conversation starter guide with age-appropriate questions to understand how your child is already using AI.

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A Conversation Starter Guide for Parents

Understanding how your child already uses AI is the first step toward guiding them well. These five questions open the door to honest dialogue—without lecturing or creating defensiveness.

Before You Start

Choose the right moment. Car rides, walks, or casual meals work better than formal sit-downs.

Listen more than you talk. Your goal is to understand their world, not to correct it (yet).

Stay curious, not judgmental. If they sense criticism, they'll shut down.

Question 1

"Have you ever used ChatGPT or any AI tool for school?"

Why this works: It's specific and non-accusatory. Most kids have at least experimented.

What to listen for:
- How they describe using it (research help vs. writing entire assignments)
- Whether they mention teachers' policies
- Their comfort level discussing it with you

Follow-up: "What did you use it for? I'm curious how it works."

Question 2

"What do your friends say about AI?"

Why this works: Asking about peers feels less personal and reveals the social context.

What to listen for:
- Whether AI use is normalized in their friend group
- Any concerns or excitement their peers have expressed
- How they position themselves relative to their friends

Follow-up: "Do you think most kids your age are using it?"

Question 3

"Is there anything AI can do that surprised you—good or bad?"

Why this works: Opens space for them to share both enthusiasm and concerns.

What to listen for:
- What impresses them (often creative capabilities)
- What worries them (privacy, accuracy, jobs)
- Whether they've encountered anything that made them uncomfortable

Follow-up: "What made that surprising to you?"

Question 4

"Do you think AI ever gets things wrong?"

Why this works: Tests their critical thinking about AI limitations.

What to listen for:
- Whether they've noticed errors or "hallucinations"
- How much they trust AI-generated information
- If they verify what AI tells them

Follow-up: "How would you know if it gave you wrong information?"

Question 5

"Is there anything about AI you wish I understood better?"

Why this works: Invites them to be the teacher, which builds connection.

What to listen for:
- What they think you're missing about their digital world
- Frustrations about how adults talk about technology
- Opportunities for you to learn together

Follow-up: "Would you show me sometime?"

What Comes Next

These conversations aren't one-time events. The goal is to establish that AI is something you can discuss openly—without fear of punishment or lectures.

After your conversation:
- Thank them for talking with you
- Don't immediately create new rules
- Let what you learned inform your approach
- Plan to revisit the topic in a few weeks

Want More Guidance?

This guide is a sample from **Navigating AI as a Family**, a comprehensive course designed to help parents understand AI, set healthy boundaries, and prepare children for an AI-influenced future.

Learn more at: [Your Course URL]

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