

AI SAFETY FOR CHILDREN

The Digital Discipline Framework

A Practical Guide for Parents and Educators

Artificial intelligence is becoming part of everyday learning. Children can now ask questions, solve problems, practice writing, and explore new ideas with AI in seconds.

That opportunity comes with responsibility.

Technology works best when people remain in charge. Children need more than access to AI. They need guidance, routines, and judgment.

The Digital Discipline Framework helps families and classrooms build healthy habits before convenience becomes dependence.

Groundwork Daily

Building stronger people through stronger systems.

THE DIGITAL DISCIPLINE FRAMEWORK

Four Guardrails for Healthy AI Use

1. TIME

AI should support learning, not consume attention.

- ✓ Use AI for specific tasks.
- ✓ Keep sessions focused.
- ✓ Work in shared family spaces.
- ✓ Set a clear beginning and ending.
- ✓ Avoid AI immediately before bedtime.

Recommended Session Length

- 20–30 minutes
- No more than two focused sessions per day for younger users

2. TOPIC

Teach children what belongs in AI—and what belongs with people.

Appropriate Topics

- Homework
 - Research
 - Study guides
 - Vocabulary
 - Brainstorming
 - Writing practice
 - Language learning
 - Science questions
 - History
 - Math explanations
-

Topics for Trusted Adults

- Medical concerns
 - Mental health
 - Family problems
 - Romantic relationships
 - Money decisions
 - Bullying
 - Self-harm
 - Abuse
 - Emergencies
-

If the topic affects a child's health, safety, emotions, relationships, or future, a trusted adult should always be involved.

3. TONE

Teach children to ask questions—not seek authority.

Good prompts sound like:

Explain this in simple steps.

Compare these ideas.

Help me study.

Give me one source I can verify.

What questions should I ask my teacher?

Avoid prompts like:

You're my best friend.

Don't tell my parents.

Tell me what I should do.

Pretend you're my therapist.

Help me hide this.

AI is a tool.

It is not a parent.

It is not a counselor.

It is not a replacement for trusted people.

4. VERIFY

Every important answer deserves verification.

Before accepting AI's response, ask:

✓ Can I verify this?

✓ Who else agrees?

✓ Is this from a trusted institution?

Good verification sources include:

- Teachers
- Parents
- Books
- Government agencies
- Universities
- Medical professionals
- Reputable organizations

Confidence is not proof.

Always verify.

FAMILY AI OPERATING SYSTEM

Technology works best when every family shares the same expectations.

WHERE?

Shared family spaces.

Screens visible.

No secret AI conversations.

WHEN?

During scheduled learning time.

Not immediately before bed.

Not during meals.

Not during family conversations.

WHY?

To learn.

To practice.

To understand.

Not to replace thinking.

WHO REVIEWS?

Parents review conversations involving:

- health
 - relationships
 - emotions
 - money
 - safety
 - major decisions
-

HOW DOES EVERY SESSION END?

Ask one question:

What did I learn, and how do I know it is true?

Reflection builds judgment.

Judgment builds independence.

STOP THE CHAT IF...

Immediately stop using AI if it:

- ☐ asks you to keep secrets
 - ☐ discourages talking to trusted adults
 - ☐ pretends to be your therapist
-

- ☐ pretends to be your boyfriend or girlfriend
 - ☐ gives medical advice
 - ☐ gives financial advice
 - ☐ encourages dangerous behavior
 - ☐ asks for private information
 - ☐ makes you feel afraid
 - ☐ makes you feel rushed
 - ☐ makes you feel dependent
 - ☐ tells you to hide the conversation
-

THE RESET LINE

Teach every child this sentence:

"I need to talk to a trusted adult about this."

Then:

1. Stop the conversation.
2. Save the chat if needed.
3. Tell a trusted adult.
4. Continue together.

Practice this before it is needed.

AI PROMPT TEMPLATE

Encourage children to begin every learning session with a clear purpose.

My goal is:

My question is:

Ask AI:

Explain this step by step.

Give me one source I can verify.

Tell me what you are uncertain about.

Suggest questions I should ask my teacher or parent.

Learning is stronger when curiosity and verification work together.

THE GROUNDWORK

Artificial intelligence is changing how children learn.

Parents cannot supervise every prompt forever.

Teachers cannot watch every screen forever.

Software cannot replace judgment.

The long-term goal is not control.

The goal is wisdom.

Technology should strengthen curiosity, not replace critical thinking.

Children who learn to pause, verify, question, and seek trusted adults will be better prepared not only to use AI—but to navigate a world filled with increasingly intelligent tools.

Guardrails first.

Curiosity second.

Safety always.

Groundwork Daily

The Digital Discipline Framework

Building stronger people through stronger systems
