

# AI and your child's learning

## What you need to know

AI rules differ between schools.  
Always check your child's school policy.  
[See also: AI and your child's wellbeing](#)

### What is AI?

AI tools like ChatGPT can answer questions and write things. But AI does not actually understand anything. It puts words together based on patterns. It can be very wrong, and it sounds confident even when it is. AI is also now built into many apps and social media that children use every day.

This includes the feeds on TikTok, YouTube and Instagram, which use what your child watches to decide what to show next.

When children use AI to do their thinking for them, they miss the practice that builds real skills. This matters just as much as getting the right answer.

It is important to get the right balance: AI should support your child's learning, not replace it.

### AI and schoolwork

#### Acceptable use:

- Ask AI to explain something after trying to understand it yourself
- Use AI to check spelling and grammar in your own work
- Ask AI to make practice questions, then answer them yourself

#### Not acceptable use:

- Ask AI to write your homework for you
- Copy what AI says without checking if it is right
- Share personal details or exam papers with AI

Using AI to write work and hand it in as your own is cheating. Schools and examination bodies take this seriously.

### Children under 13

**Most AI tools are not meant for children under 13.**

Being 13 or over is a minimum, not a guarantee of readiness. Ask your child's school what they use and what the rules are.

### School AI tools

If your child's school provides an AI tool, it is likely safer than tools they find on their own - it will have more safeguards and protect their data better.

### What can parents do to help?

You do not need to be a technology expert. The most important thing is to talk with your child about what they use AI for and how.

- Ask: "How do you know that is right?" This is the most useful habit to build.
- When your child is stuck, try sitting with them in the difficulty before suggesting AI. That effort is where learning happens.
- Use AI together sometimes, so they see you questioning its outputs.
- Make sure they know they can always come to you when things are hard.

### Questions to ask your child tonight

**"What do you use AI for when you are studying?"**

**"How do you check that what AI tells you is right?"**

**"What does your school say about using AI for homework?"**

### You do not need all the answers.

Evidence from digital parenting research suggests that open conversations at home are more effective than silence or blanket bans. Talking with your child is the single most protective thing you can do.