

Artificial Intelligence 101

A GUIDE FOR PARENTS

The use of artificial intelligence (AI) has surged, with around 30% of teens using AI chatbots daily, including 16% who use them multiple times a day.* While AI offers benefits, it also raises safety concerns for parents.

What is AI?

AI is technology that mimics human thinking and decision-making.

Examples: Virtual assistants (Siri, Alexa) and chatbots (ChatGPT, Google Gemini, Microsoft Copilot).



Risks to Watch for:

- **Deepfakes & Misinformation:** AI-generated, realistic fake videos/images can deceive children.
- **Strong Attachment:** Children are turning to AI for companionship.
- **Privacy Concerns:** Apps may collect, store, and use child data for training.
- **Dangerous Content:** Risk of exposure to harmful, adult-oriented conversations with AI companions, including self-harm and suicide.

Tips for Parents:

- **Monitor for overuse:** Overreliance on AI bots might prevent your child from socializing with people or getting quality sleep at night.
- **Set Boundaries:** Define when it is okay to use AI. Try using parental controls to set screen & content limits.
- **Discuss that not all information online is true:** Ask, "How would you do this without AI?" or "How do you know that answer is accurate?"
- **Co-Explore:** Use AI tools together with your child to understand how they work.

More Resources

[*Teens, social media, and AI chatbots \(Pew Research Center\)](#)

["Artificial intelligence and adolescent well-being" \(American Psychological Association\)](#)

Call, text, or chat 988 for mental health and substance crisis support



OHIO'S VOICE FOR SUICIDE PREVENTION



OhioSPF.org

175 South Third Street, Suite 700

Columbus, Ohio 43215