# How to Get Started
## The Family AI Guide

**This guide is for parents and guardians who want to introduce AI to their children in a safe, educational, and fun way.**

### Talking About AI with Your Kids

- **Explain the basics**: Use simple analogies. Tell them that AI is like a computer assistant that learns from lots of information to help us with things like writing stories or drawing pictures. A great way to explain this is by asking them about a video game they love and how a character in the game learns to get better.

- **Encourage critical thinking**: Remind them that not everything an AI generates is real or true. Just as with content online, they should learn to question and verify information. You can use a game where you ask an AI to generate a picture of a made-up animal and then ask them what parts of the animal could be real or not.

- **Discuss digital privacy**: Explain that when they use an AI tool, their questions and creations might be used to help the AI learn. Teach them never to share personal information like their full name, address, or school name. Remind them to keep conversations with AI focused on fun or educational topics, not personal details.

### Setting Family Ground Rules

**Just as you set rules for other types of screen time, establishing simple ground rules for AI can help your family use it safely and responsibly.**

- **Human First**: Remind your children that their own creativity and thinking are always more valuable. AI is a tool to help, not a replacement for their own work.

- **Fact Check Together:** Make it a habit to check any information the AI provides, just as you would with a web search. This teaches them to be responsible consumers of information.

- **Be Kind**: Remind them to be respectful to an AI, just as they would be to a person. This helps reinforce good digital citizenship.

### Finding Age-Appropriate AI Tools and Activities

- **For Young Children (Ages 5-9)**: Look for tools that focus on creativity and simple learning. These might include AI-powered drawing tools or story generators that encourage them to make creative choices. Prioritise platforms with a simple interface and a focus on hands-on exploration.

- **For Tweens and Teens (Ages 10+)**: Look for tools that support learning and creative expression. These could be AI tutors that guide them through school subjects or generative platforms that allow them to create visuals and narratives. Encourage them to use these tools as a starting point for their own projects.

- **Check for Safety and Privacy**: Always review the privacy policy and terms of service of a new tool. Look for platforms that are designed specifically for children and provide parental controls. Be aware of privacy laws such as the New Zealand Privacy Act 2020, which provides a framework for how personal information should be handled.