

The Family AI Agreement

Panoramic Parents | Raising the First AI Generation

Why we are doing this together

Your kid is growing up with AI everywhere: in homework, games, group chats, and soon in jobs that do not exist yet. This agreement is not about saying no to technology. It is about your family deciding together how AI fits into your home: what is allowed, what stays private, and what to do when something feels off. Fill it out together, sign it together, and revisit it every few months as your kid grows.

How to use this page

Sit down together for about 20 minutes. Read each section out loud. Write your family's choices on the lines. Kids help decide the rules; parents get the final say on safety. Revisit this agreement when your child enters a new age band, starts a new school, or gets a new device.

A few ground rules for the whole family

1. In our home, AI tools may be used in these places:

2. AI tools should be turned off during:

3. If anyone is unsure whether an AI tool is safe, we will:

4. We will review and update this agreement on this date:

Rules by age band

Fill in the blanks together. The examples are starting points. Make the rules your own.

AGES 5 to 8: AI together, always with a grown-up

At this age, kids use AI side by side with a parent. Nothing solo yet.

Which AI tools are allowed:

Where and when they may be used:

Example: Only on the family tablet, in the living room, before dinner.

If a chatbot says something weird or upsetting: tell a grown-up right away. You will never be in trouble for reporting something strange.

Our family's plan:

Homework and honesty: AI can help us learn, but it should not do our work for us. At this age, we agree that:

Privacy: never type your real name, photos, school name, address, or friends' names into a chatbot. Our promise:

AGES 9 to 12: More independence, check-ins required

Kids may use approved AI tools on their own, with regular check-ins.

Which AI tools are allowed:

Where and when they may be used:

Example: On my own device until 8 p.m., not at the dinner table.

If a chatbot says something weird or upsetting: screenshot it, stop the chat, and tell a parent. Nothing is ever too small to report.

Our family's plan:

Homework and honesty: AI can help with ideas, but the final work must be yours. Our rule:

Privacy: no real names, photos, school info, or friends' details in chatbots. Our promise:

AGES 13 to 17: Trust with accountability

Teens get real independence. In return, they keep parents in the loop.

Which AI tools are allowed:

Where and when they may be used:

Example: Schoolwork and creative projects anytime; no AI companions after 10 p.m.

If a chatbot says something weird or upsetting: stop the conversation, save a screenshot if it feels safe, and talk to a parent or trusted adult. If you feel unsafe, tell an adult immediately.

Our family's plan:

Homework and honesty: AI can be a study buddy and editor, but your school's honesty policy is the final word. Our rule:

Privacy: never share your name, photos, location, school, or personal details with chatbots. Our promise:

Our Parent Pledge

Parents sign this part. This is what your kid can expect from you.

1. Model good habits. I will follow the same honesty and privacy rules I ask of my kids.
2. Stay curious, not punitive. If my child reports something strange, I will respond with calm and curiosity, not punishment.
3. Review settings together. I will go through privacy settings with my child before any new AI tool is used.
4. Keep learning. AI changes fast. I will stay informed, and I will ask my kids for help learning new tools, too.
5. Revisit this agreement. We will update it together as our kids grow and technology changes.

Parent signature:

Parent signature:

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We agree!

Kids sign here. Signing means: I read this with my family, I helped make the rules, and I will follow them.

Child's name: _____

Age: _____ Date: _____

Child's name: _____

Age: _____ Date: _____

Child's name: _____

Age: _____ Date: _____

We filled this out together as a family. We will revisit it on:

Keep it visible.

Stick this agreement on the fridge or near the family computer. The best family AI rule is the one everyone remembers because they helped write it.