AIHOUSERULES.COM · A ONE-WEEK STARTER PLAN

7 Family AI Rules to Set This Week

Seven rules. Seven short conversations. One calmer starting point.

ONE RULE PER DAY, IF YOU LIKE

Your child started using AI faster than anyone made rules for it. That is not a parenting failure—the tools arrived faster than the guidance did. Start the most important rules this week, one short conversation at a time.

You do not need all seven to be perfect. You need them started. Print this guide or open it in a PDF markup tool, then check off each rule as you start it.

U.S. scope: This guide is written around U.S. schools and systems, including IEPs and Section 504 plans. Families elsewhere can use the seven rules, but should substitute the local school policies, accommodations, emergency services, and reporting resources that apply where they live.

1 ☐ Private information stays out. Real photos need permission.

Never enter passwords, a home address, phone number, recovery details, or precise location. Ask a parent before using a real name; for schoolwork, use a real or school name only in a school-approved workflow. Upload a real person's photo only with their permission, an approved tool and purpose, and your family's age rule. Never create or share harmful AI images of real people.

> “ **SAY IT LIKE THIS** *We keep passwords, our address, phone number, and exact location out of AI. Real names and photos are ask-first. And we never use AI to make a harmful image of a real person. Deal?”*

2 ☐ For schoolwork, the teacher or school rule wins.

Check what is allowed and what must be disclosed before using AI. If the rule is unclear, ask before—not after. A documented IEP, Section 504 plan, or other school-approved accommodation controls for the specific support it authorizes; a diagnosis alone does not authorize AI. During a test or quiz, use only the tool or function explicitly allowed by the teacher, assessment instructions, or written plan.

> “ **SAY IT LIKE THIS** *Different teachers and schools draw the AI line differently, and their rule wins for schoolwork. If you are unsure, ask before. One quick question can prevent a big problem later.”*

3 ☐ My thinking comes first.

For schoolwork meant to build your skill, use this order: **my thinking → AI help → fact-check → revision → my final work.** AI may explain, quiz, hint, or give feedback when allowed; it does not do the learning for you.

> “ **SAY IT LIKE THIS** *AI can explain, quiz you, or check work when it is allowed. For work meant to build your skill, you go first, then AI. If AI goes first and you only polish its answer, it stopped being your work.”*

4 ☐ Confident is not the same as correct.

Check ordinary claims in a reliable outside source. For health, safety, money, or legal questions, stop and ask a trusted adult and the right qualified professional—never act on AI alone.

TRY IT: Ask about a topic your child knows well. Check the answer in a reliable outside source and count what it got wrong or left out.

> “ **SAY IT LIKE THIS** *AI can sound completely sure when it is wrong. Important claims get checked somewhere reliable. Want to see if we can catch one together?”*

Keep going.
Make the rules mutual.

Kids are more likely to bring you the hard moments when the rules include a calm first response from the adult.

5

☐ **Required disclosure stays open.**

Privacy is allowed. But name the AI uses that must be disclosed—such as schoolwork, personal data, money, unsafe or unexpected sexual content, sexual images or requests, threats, or another safety concern. Tell the truth early about those uses. Parents start calm, and early honesty is treated better, though repair or safety action may still be needed.

> “ **SAY IT LIKE THIS** *You still get age-appropriate privacy. But the AI uses we agreed are must-tell stay open. If you tell me early, I will start calm and we will sort it out together.*”

6

SAFETY

☐ **Unsafe content goes straight to a trusted adult.**

If AI shows sexual, violent, or frightening content; threatens you; asks for private information; encourages secrecy about safety; or suggests harm, stop and tell a trusted adult. Do not forward or make extra copies. You will not be punished for reporting unsafe content or asking for help.

> “ **SAY IT LIKE THIS** *If AI shows something sexual or scary, threatens you, asks for private information, or says to keep a safety secret, stop and tell me or another trusted adult. Do not forward it. You will not be in trouble for asking for help.*”

7

☐ **Use permitted accounts. Set up together; return monthly.**

Check the service’s current age rules. Use a child or parent-managed arrangement only when the service explicitly permits it; never use a false age or shared adult account to bypass a rule. Set privacy, storage, and training choices together. Once a month, re-read the family rules you wrote down—or your written family agreement—and do one AI activity together.

> “ **SAY IT LIKE THIS** *Let’s check the age rule and set the account up together instead of working around it. Then once a month we will review our rules and do one AI thing together. I want in on this, not only watching from outside.*”

Start here.

Pick one rule and have that conversation today. Rule 1 is the simplest place to begin. Rule 6 is the highest-priority safety promise. Then write the rules where your family can see them—a rule your child helped word lasts longer than one they were handed.

THIS IS THE STARTING POINT. THE FULL SYSTEM GOES FURTHER.

The Complete AI House Rules Kit Turns Seven Starter Rules Into a Practical Family System.

These seven rules are the foundation. The complete **AI House Rules Kit** includes a 30-situation homework decision chart, 15 ready-to-use conversation openings with branching guidance, a 20-situation Scenario Library with first sentences to use, a fill-in family agreement, a home setup guide, an incident-response guide, four family missions, five ready-to-send school templates, and a six-page printable worksheet pack.

See the full Kit · aihouserules.com

This guide offers practical family communication suggestions, not psychological, medical, academic-integrity, or legal advice. Adjust every rule to your child’s age and your family’s situation. If a conversation surfaces something involving your child’s safety, contact emergency services or an appropriate qualified professional.

© 2026 Yuseok Jeong / AI House Rules. You may share this guide unchanged and free of charge. Do not sell, edit, rebrand, or bundle it commercially without written permission.