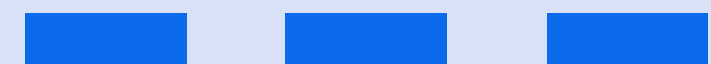


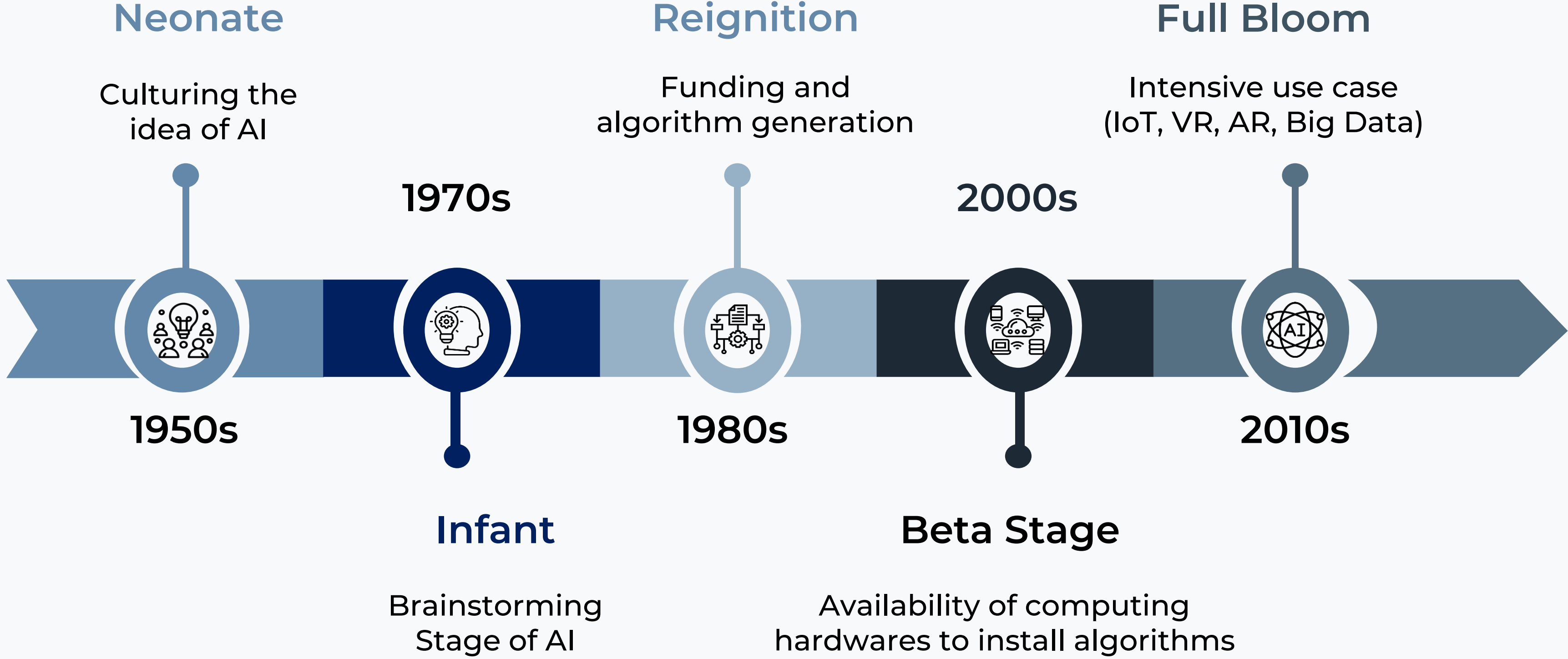


AI for Parents

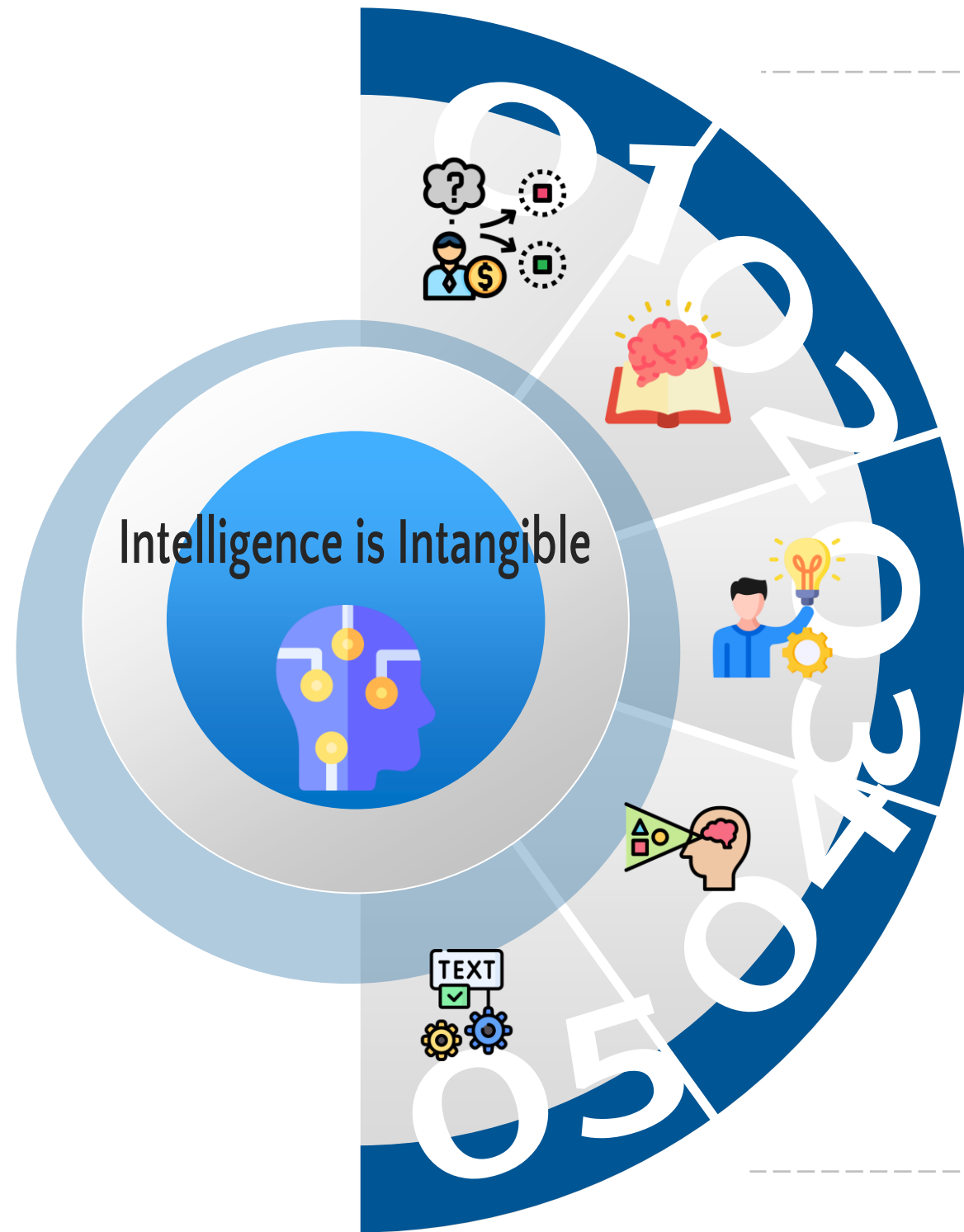
Shaping Young Minds Wisely



Evolution of AI



What is Intelligence Composed of ?



1

Reasoning

Set of processes that enables us to provide basis for judgement, making decisions, and prediction.

2

Learning

Activity of gaining knowledge or skill by studying, practicing, being taught, or experiencing something.

3

Problem Solving

Process to arrive at a desired solution by taking some path blocked by known or unknown hurdles.

4

Perception

Process of acquiring, interpreting, selecting, and organizing sensory information.

5

Linguistic Intelligence

Ability to use, comprehend, speak, and write the verbal and written language.

AI in Schools

is already being used for brainstorming, organizing ideas and study help.

But AI tools don't "think"—they predict, based on patterns in human-written text. That means mistakes, or "hallucinations," are common, and wards need help understanding how AI works, when it's appropriate to use and when it can affect the quality of their work.



AI isn't thinking. It's predicting.



AI is a Learning Aid, Not a Shortcut.



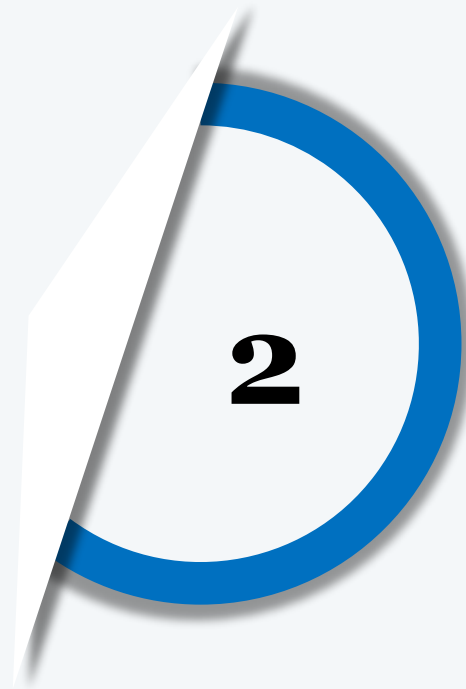
Ever Wondered How AI Works?

Let's see simple breakdown of the process >>>



Data Collection

Gathering data from various sources that includes images, text, voice and other info



Data Processing

This step involves organising the data and removing any errors or inconsistencies.



Algorithm Training

AI uses machine learning algorithms to learn from the data. These algorithms recognise patterns and relationships within the data. **For example**, an AI system can learn to recognise a cat by analysing thousands of images of cats.



Model Development

AI develops a model that can make predictions or judgements based on the patterns discovered. This model is continually refined as it processes more data and improves accuracy.



Decision Making

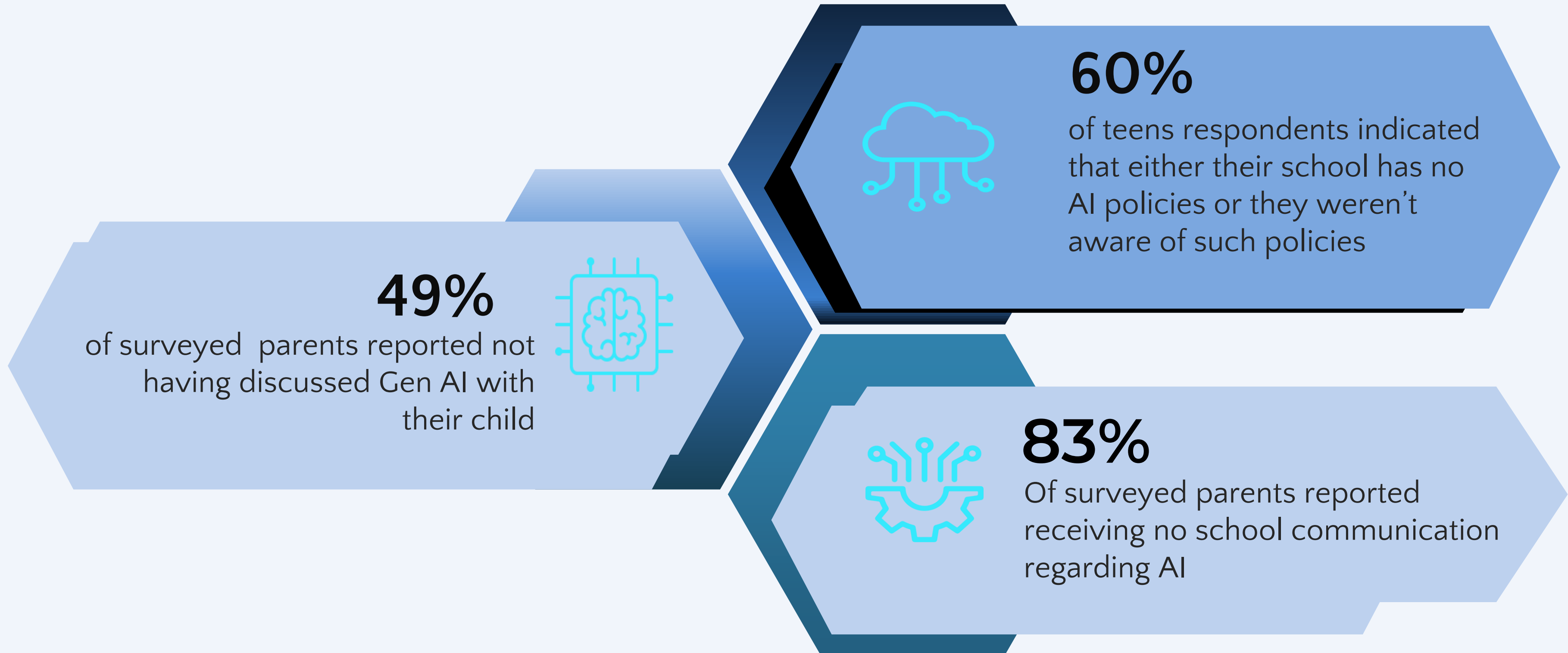
AI system uses the developed model to make decisions or perform tasks. **For example**, it might identify objects in images, translate languages, or recommend products.



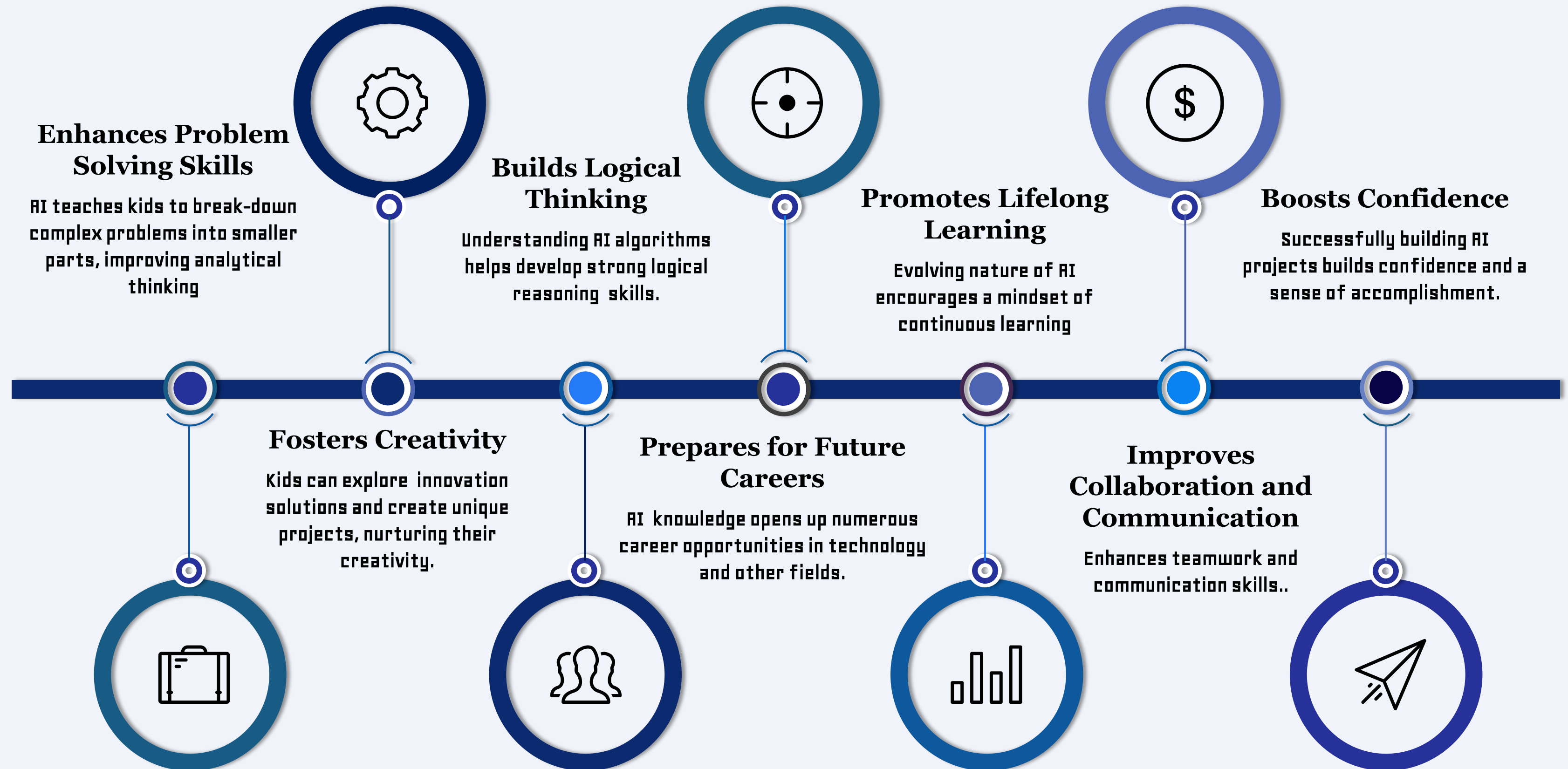
Continuous Learning

Artificial intelligence systems can learn and improve continuously analysing fresh data.

Why AI Literacy Matters?



Benefits of Learning AI for Children



How to Talk to Your Child About AI and Tech by Age

Young Children (5-7 years old)

Keep explanations simple: “AI is like a smart helper that learns from what we tell it.”

Discuss basic safety: “Never talk to strangers online.”

Emphasize safety: “We only use AI with a grown-up.”

Encourage creativity: Use AI tools for drawing or storytelling together.

Family Activity: Play with voice assistants (e.g., Alexa, Google Assistant) and explain how they work.

Tweens (8 – 12 years old)

Discuss responsible use: “Not everything AI says is true, so we should always double-check.”

Encourage critical thinking: Ask, “How do you think AI gets its answers?”

Talk about privacy: Explain the risks of sharing personal information with AI-powered apps.

Discuss privacy: “Some apps collect data about you. Always check with me before downloading.”

Family Activity: Explain what AI does: “AI helps recommend videos or games you might like.”

Teens (13+ years old)

Discuss AI ethics: “How do you think AI influences what we see online?” / “AI can make mistakes or be biased. Think critically about what you see online.”

Address sensitive topics: Cyberbullying, misinformation, and deepfakes.

Encourage independent research: “Before trusting an AI answer, how can we verify it?”

Talk about digital footprints: “What we do online can last forever. How does that affect what we share?”

Family Activity: Research real-world AI applications (e.g., healthcare, transportation).

Using AI as a family



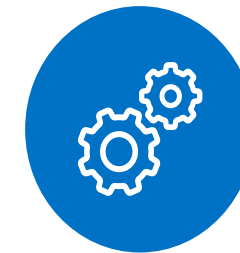
Building skills and learning

Quiz time, Riddles and puzzles, Research questions



Bedtime routines

From storytelling to Building calm habits, Advice for sleep.



Creativity and making new things

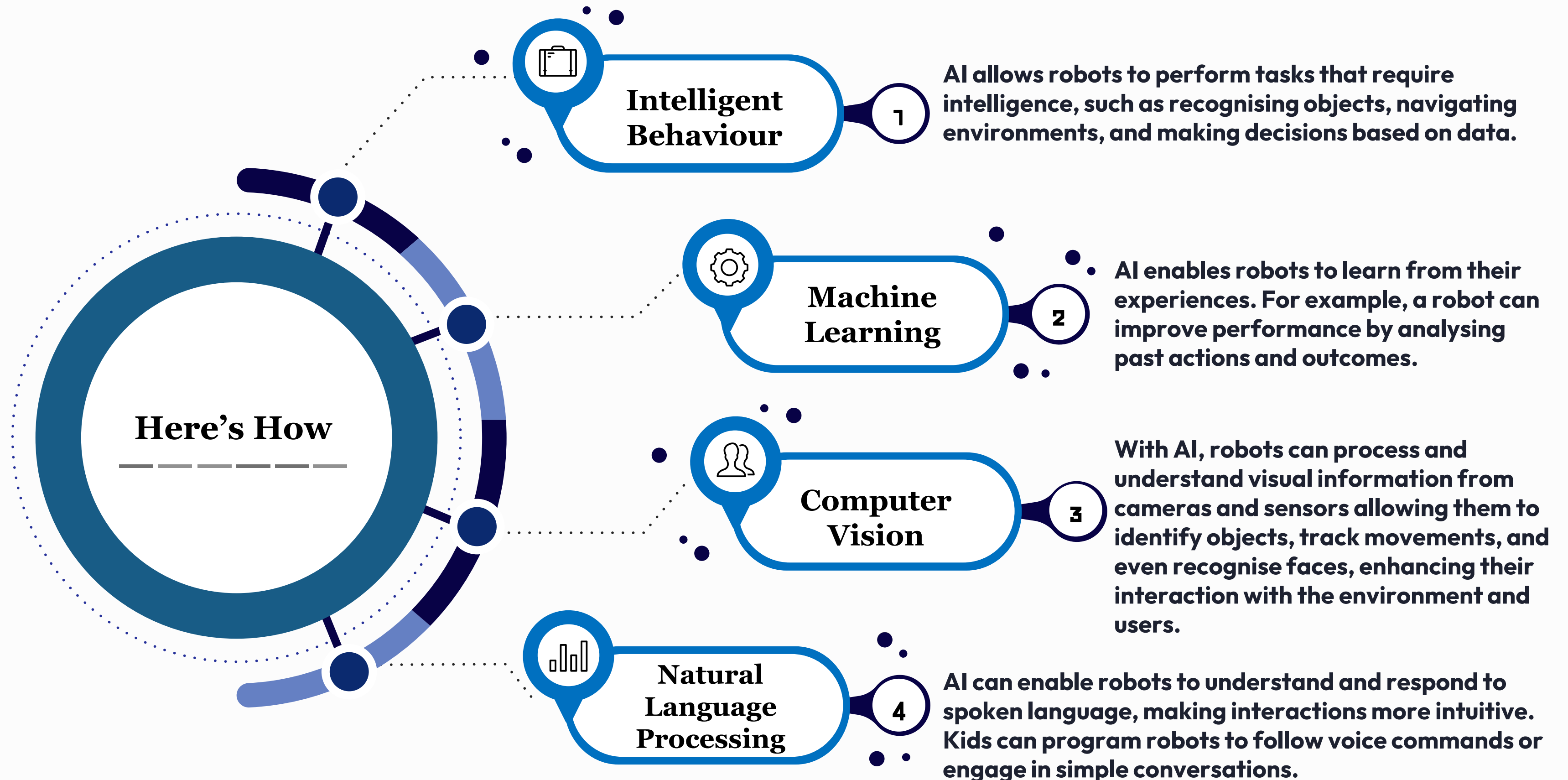
Game night, drawing challenges, One word stories, Character creation



Homework and Independent Education

Study and revision tips, get clarification, Break down problems, resource support

If Your Child Loves Robotics. How does AI Fit In ?



Physical, Mental Health and Well-Being

- 1 Parents may interact with children on a regular basis to know their physical and mental well being.
- 2 Watch out for signs of anxiety, depression /anger during digital learning.
- 3 Check if your child is becoming secretive about his or her online activities.
- 4 Explain and talk about basic hygiene and healthy lifestyle practices for protection during COVID-19 using digital resources. There are plenty of digital resources (videos, animations, booklets, etc.) available in the web.
- 5 Combine online time with fun filled offline play, games and other activities, so that there is a balance between the screen time and the concrete play
- 6 Parents may ensure the involvement of their wards in physical activities such as yoga, exercises, etc. during breaks from digital learning.

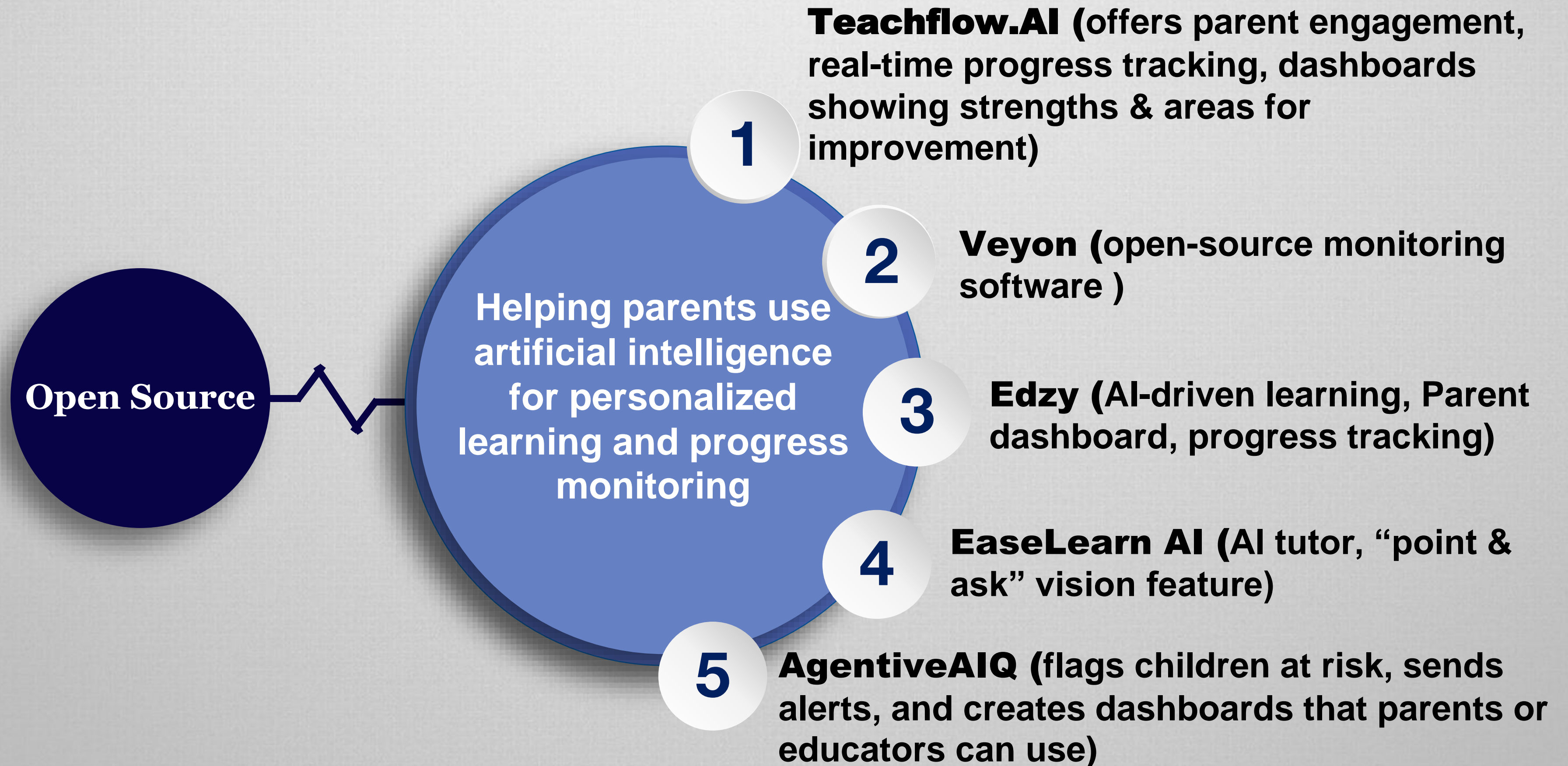
Safety Measures

- 1** Keep TV/ laptops/ computers etc. in a common area and definitely out of bedrooms
- 2** Develop digital rules in consultation with children, and follow it.
- 3** Talk with children regularly to help them understand the importance of responsible use of the internet rather than scolding.
- 4** Discuss with children about netiquettes like not to post hurtful messages about others, not to post photos, videos and other information without permission of that person online.
- 5** Discuss and enquire if the child is spending too much time on the Internet or mobile, predominantly in instant messengers, forums, texting messages,
- 6** If aware, may use parental controls in devices and enable safe search in browsers while children are surfing the web.

Teaching and Learning

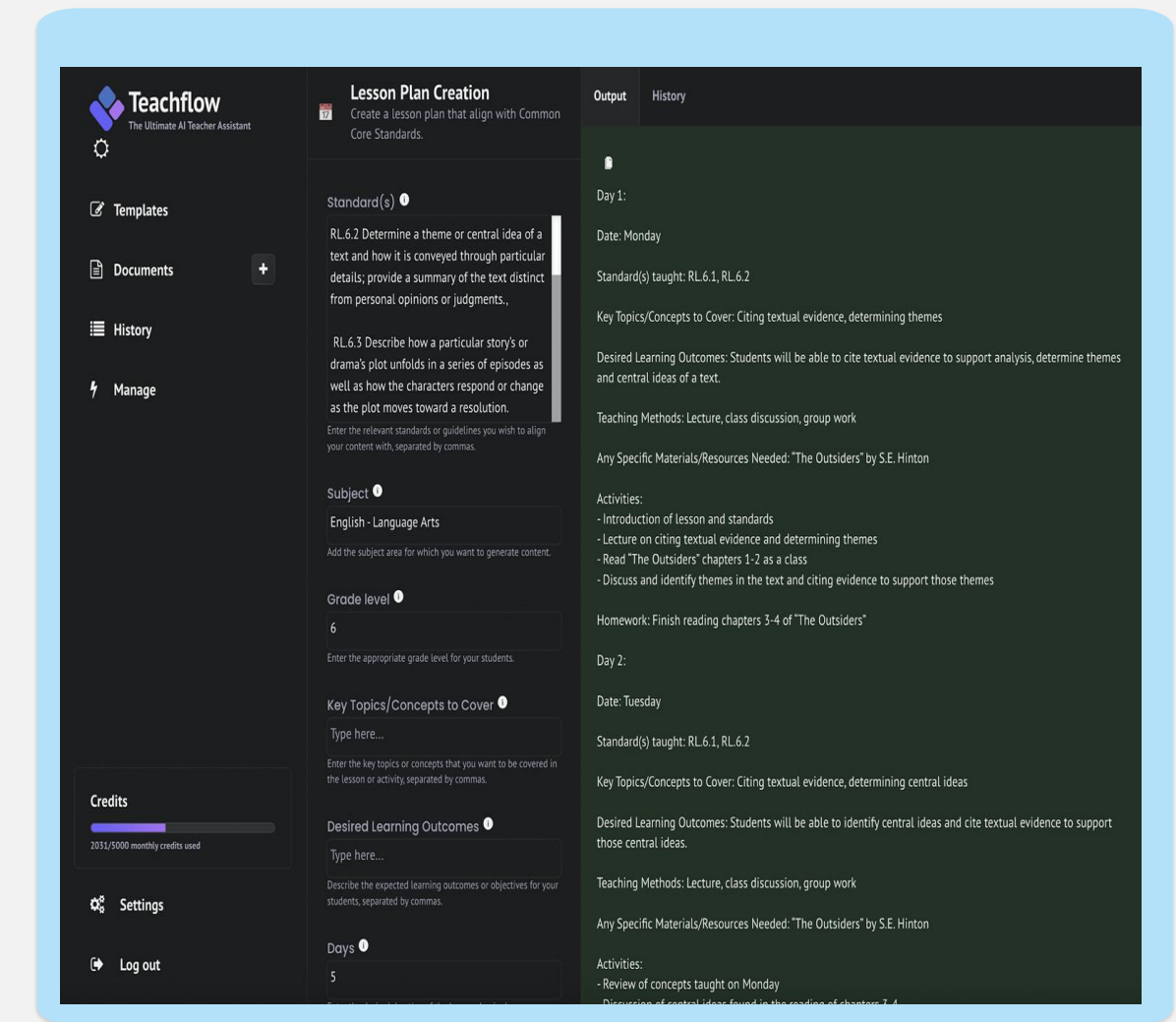
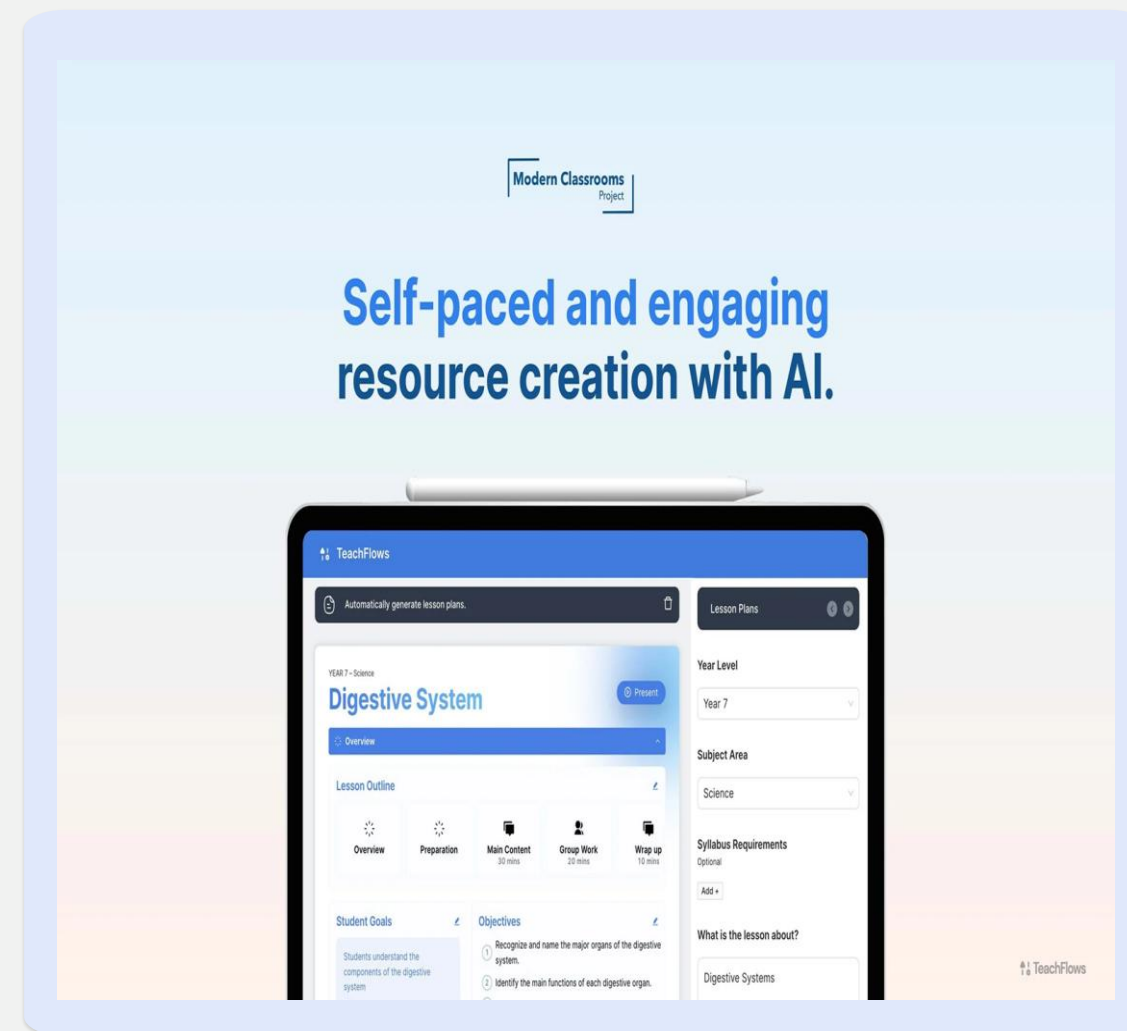
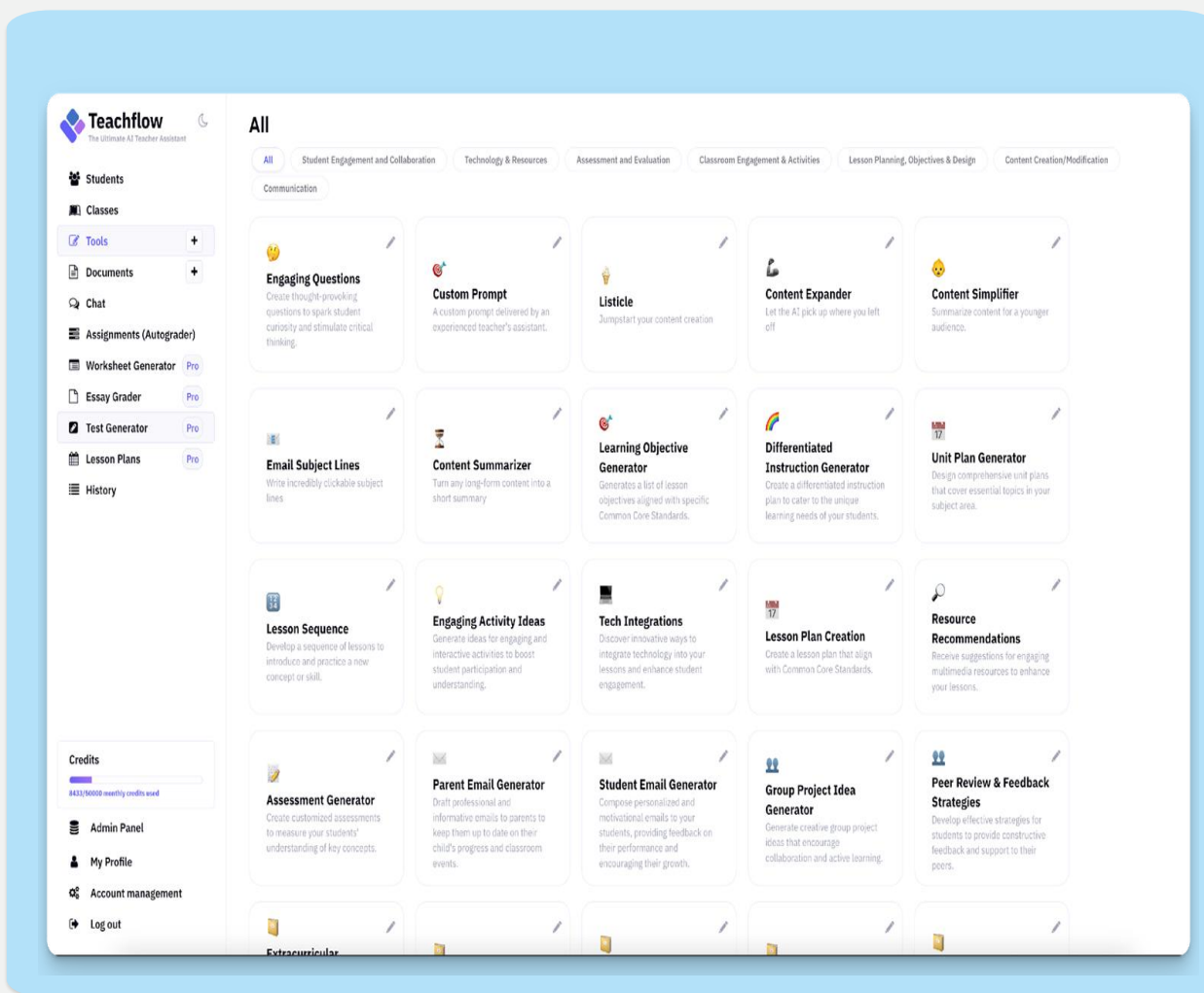
- 1** Have a regular communication channel with the school (counsellor, teacher, other staff) to better monitor and help children in their progress.
- 2** Try to create and maintain a routine for your children, particularly the younger ones with respect to all daily activities.
- 3** Talk with children regularly to help them understand the importance of responsible use of the internet rather than scolding.
- 4** Consult with teacher, parents of other children and create simple yet effective learning plans.
- 5** Ensure that your children use assistive aids (glasses, hearing aids etc.) during online sessions.
- 6** Do not force the child to sit continuously in front of the TV, laptop, mobile and never stress or pressurize the child to continuously do online activities when the child is not ready for it.

● AI Tools For Parents



1: Teachflow.AI

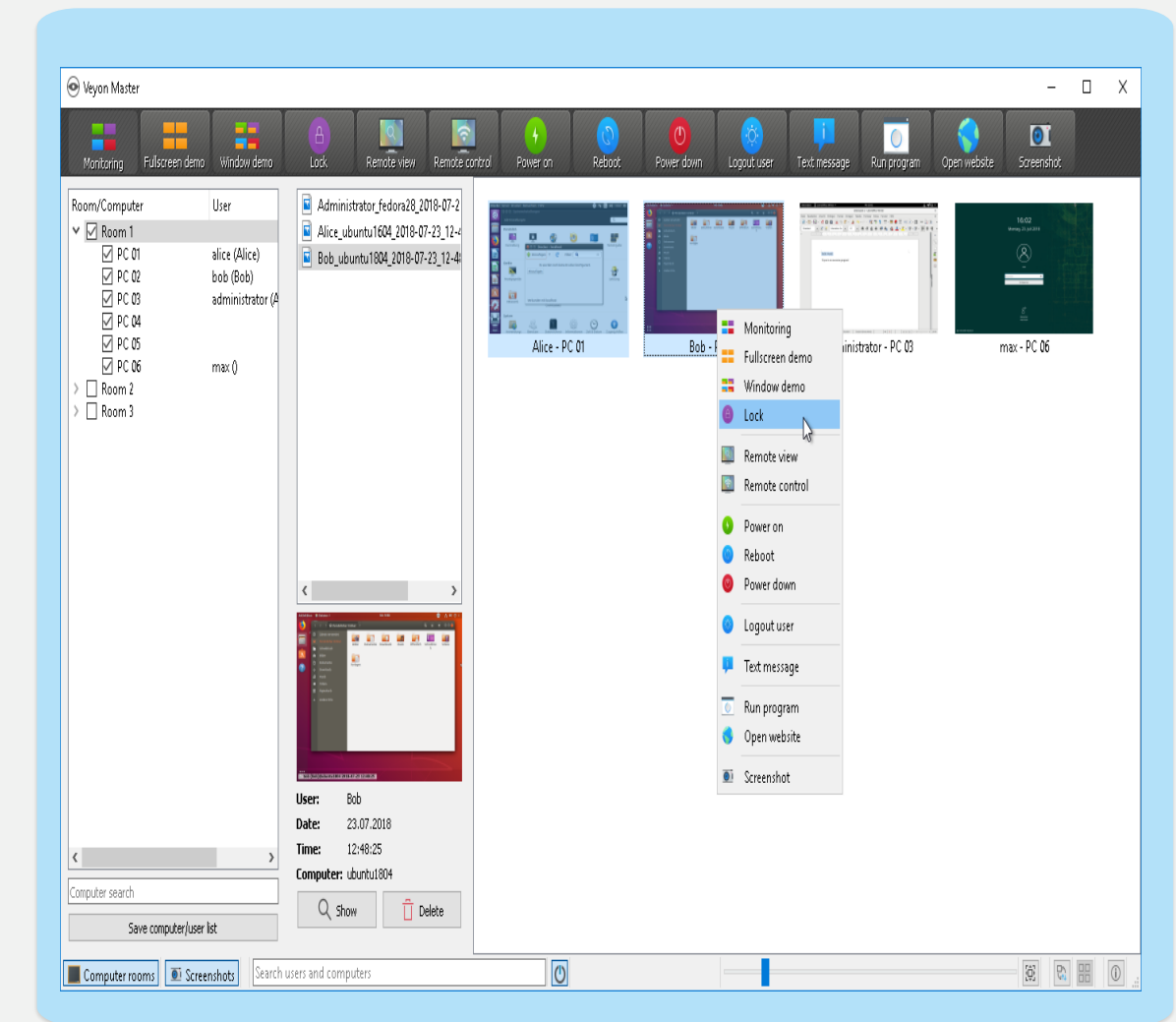
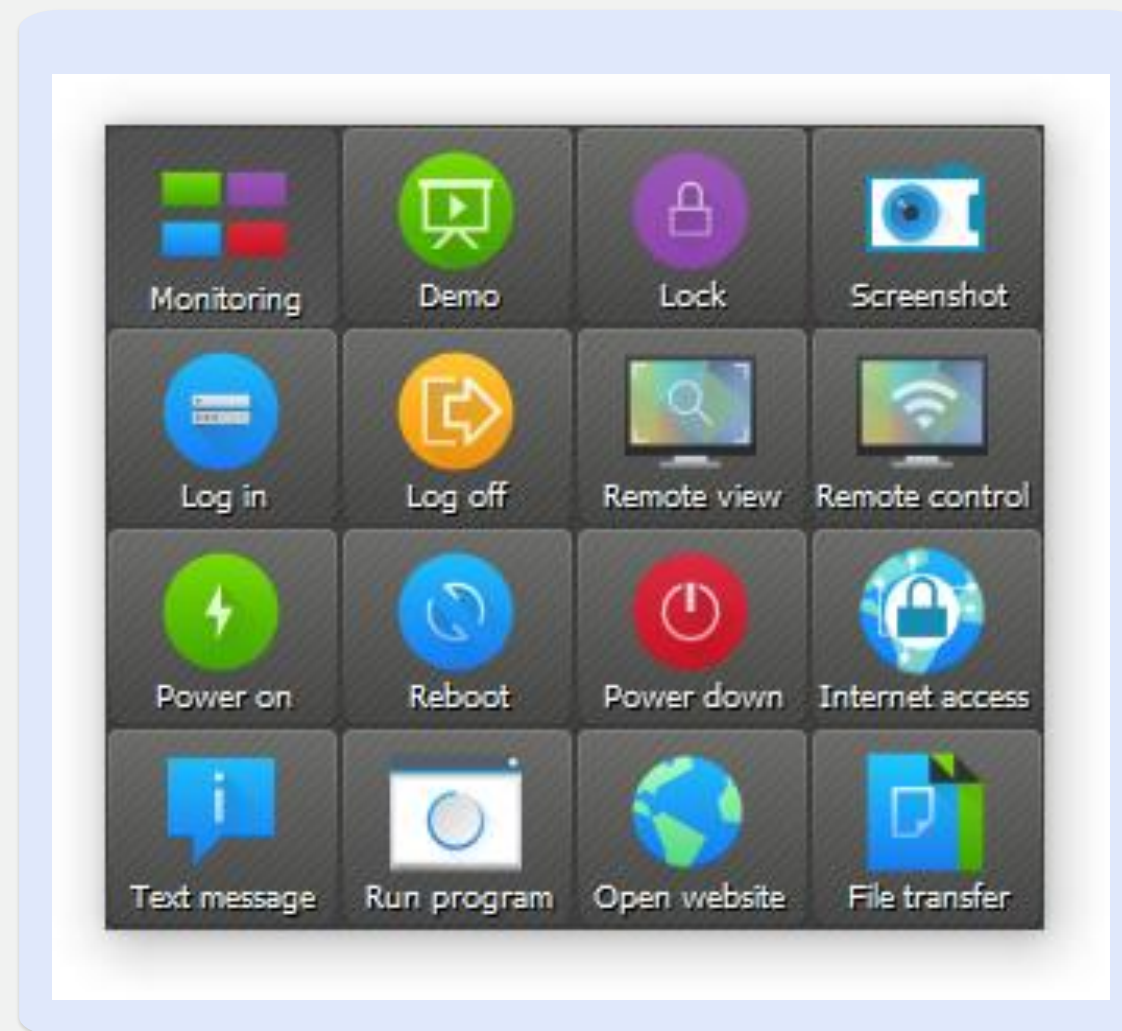
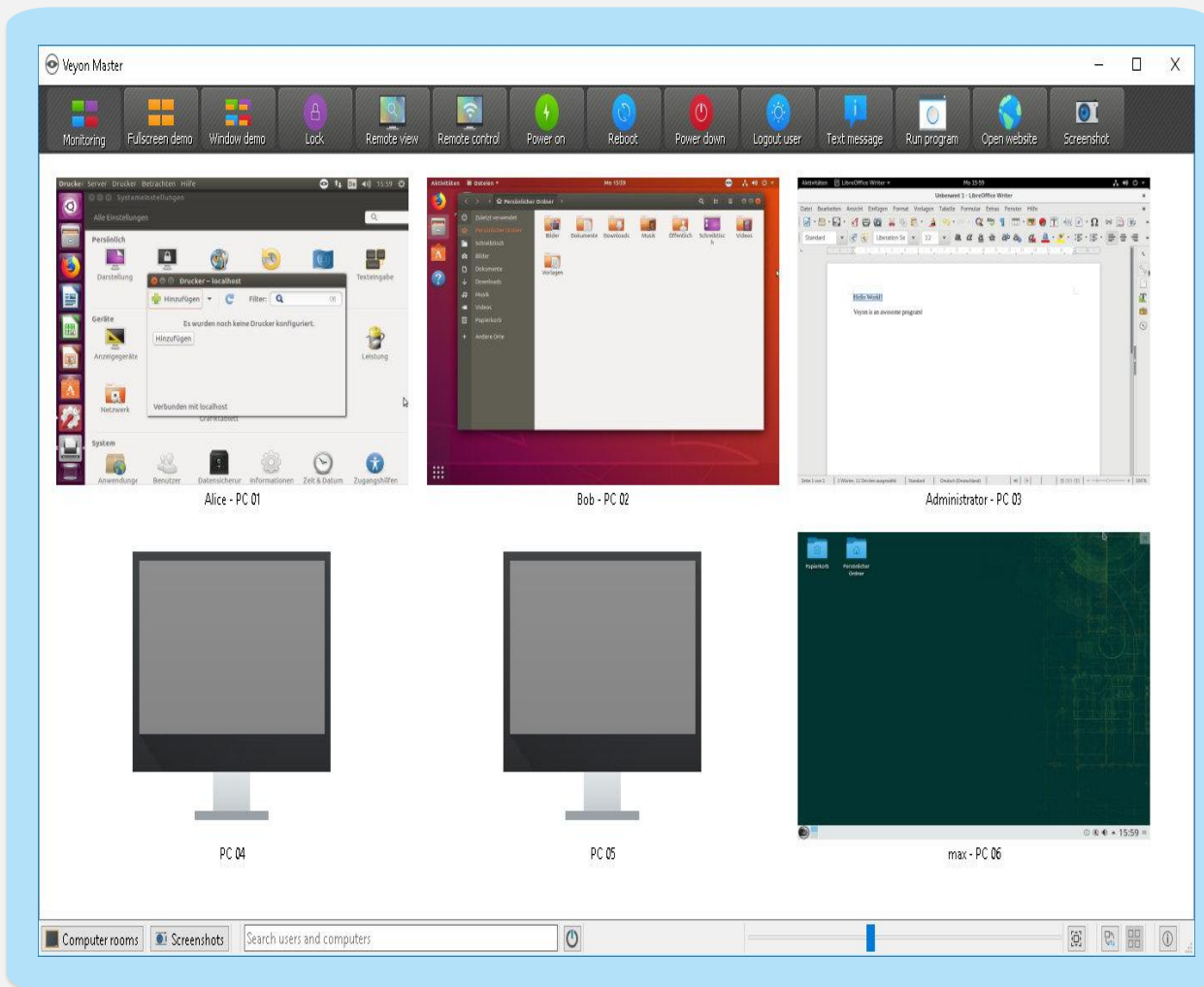
What it does: This platform offers **parent engagement, real-time progress tracking, dashboards showing strengths & areas for improvement, plus resource sharing and school/parent collaboration.**



What to check: Is it being used by your child's school or do you need to set it up yourself? Does it support the language(s) your family uses? Data privacy, cost, and how easy the dashboard is to interpret.

2: Veyon

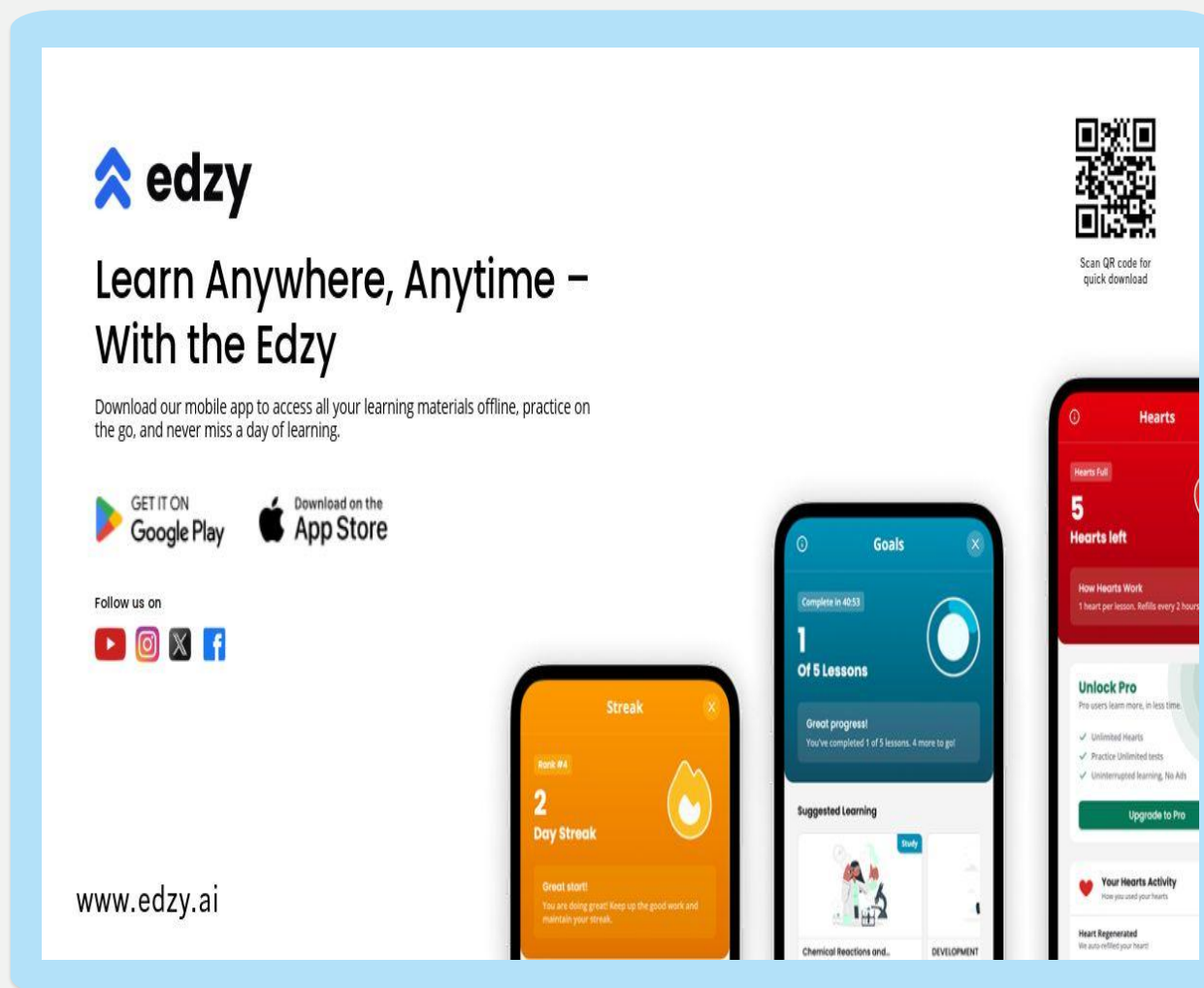
What it does: An open-source monitoring software originally for children; allows monitoring of computers, seeing which programs/websites are used, remote viewing.



What to check: This is more about device usage (screen behaviour) than academic progress per se. Use carefully: it raises privacy/trust considerations with children. Also technical setup is needed (install separate software on child's device).

3: Edzy

What it does: Edzy is an India-based AI-powered learning platform for Classes 6-12 aligned to CBSE & state boards. It offers personalized learning paths, interactive lessons/quizzes, and *parent dashboard* access so you can track your child's progress.



Why it's good for parents: As a parent, you get visibility into what lessons your child has done, how they're performing, which topics they are weaker in – enabling conversation and monitoring rather than guessing.

Do's and don'ts for Children (with a focus on AI/digital use)

In accordance with Information Technology Act, 2000 ("IT Act") the practical guidelines that parents can teach their children especially when the child interacts with AI tools (chatbots, generative AI, apps) or just online in general.

DO

Do treat your personal data carefully. Teach the child that information like name, address, school, phone number, passwords, etc., are valuable and should not be shared lightly.

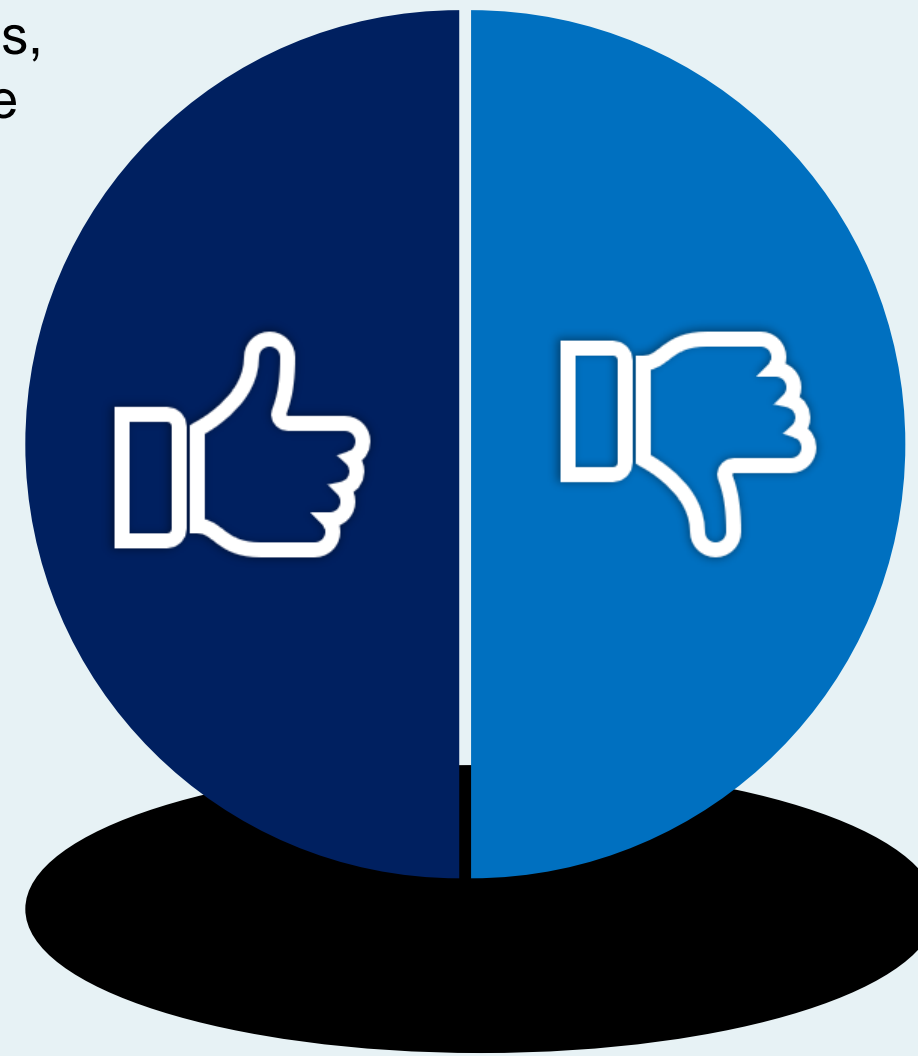
Do ask permission before using AI tools or online services. If an AI-app asks for data (images, voice, location), ensure an adult knows about it.

Do use strong, unique passwords & enable two-factor authentication where possible. Secure the devices and accounts.

Do keep devices and software updated. This helps protect against malware/hacking.

Do maintain respectful behaviour online.

Do think critically about the information produced by AI.



DON'T

Don't share sensitive personal or familial data with AI apps or unknown websites. Even if an app asks "just for fun", remind the child that some things are private.

Don't give away or reuse the same password across sites. Encourage "no" to "one password everywhere".

Don't download unknown files/apps or click suspicious links. These may lead to hacking or viruses — which the IT Act criminalises.

Don't engage in online behaviour that could be harmful, harassing or obscene. Just because it's digital doesn't make it consequence-free.

Don't ignore signs of someone misusing their digital identity (e.g., unusual messages from your account). The child should know to alert a parent.

Don't use AI tools for unethical or illegal behaviour.

Thank You

**Dr Rajesh D, Associate Professor &
Incharge AI Cell, CIET-NCERT**



CIET, NCERT, Delhi - 16



rajesh.d@ciet.nic.in