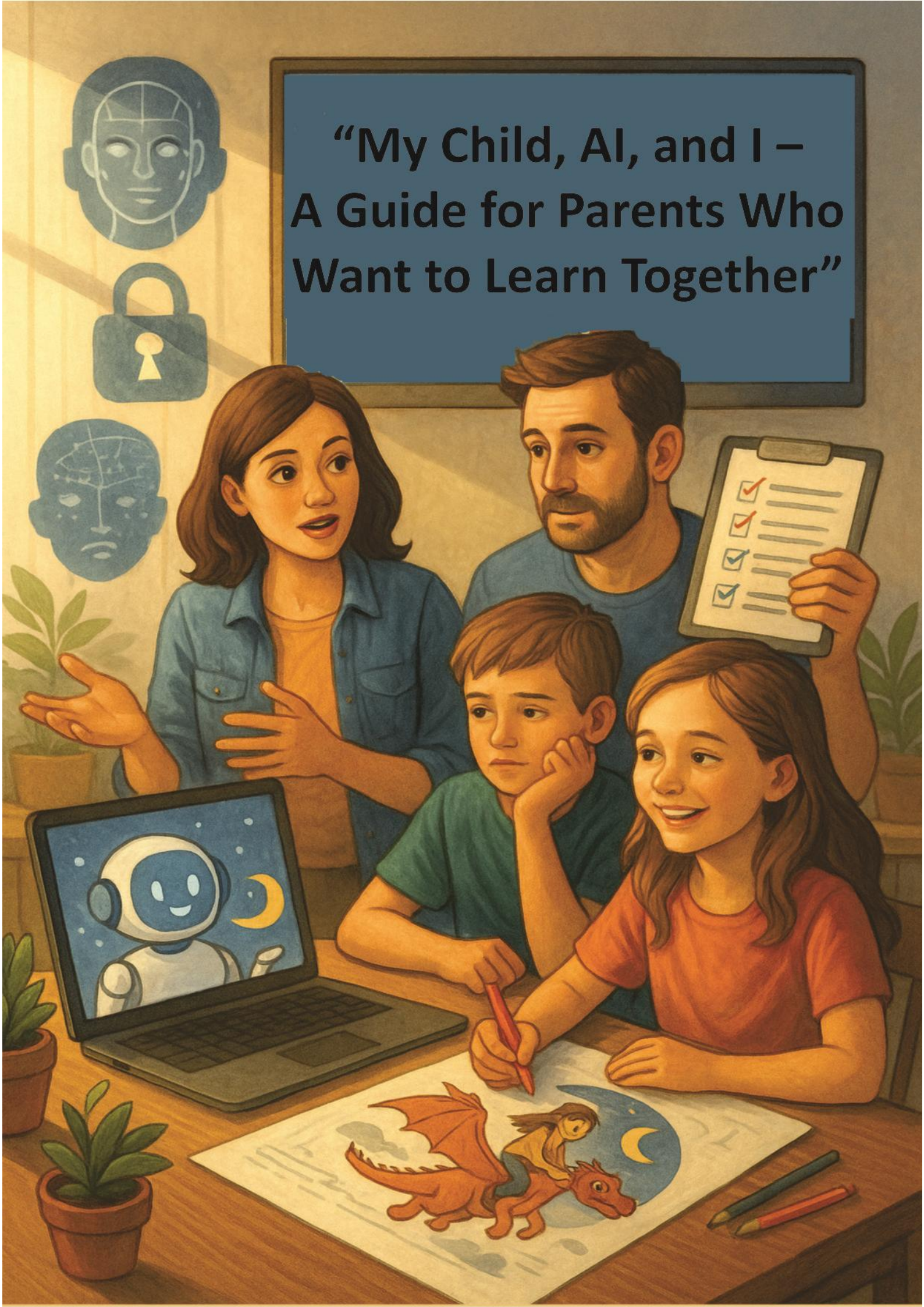
“My Child, AI, and I –
A Guide for Parents Who
Want to Learn Together”

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Introduction

You may recognize this feeling, as described by the mother of a 12-year-old:

“I worry about how my child uses AI-based apps because I can’t always tell what kind of content or suggestions they’re getting — and that scares me, because they might be exposed to risks I can’t control.”

Dear parents,

Artificial Intelligence (AI) is no longer a thing of the future — it’s already part of our children’s daily lives. Whether through search engines, games, learning apps, or voice assistants, AI accompanies them much earlier than we imagine.

Many parents feel uneasy — and that’s perfectly understandable. Technology evolves at lightning speed, and it’s hard to keep up.

This guide is here to support you as parents: with essential knowledge, real-life examples, practical exercises, and ideas for everyday family life.
Our goal isn’t to create fear but to offer confidence and guidance. Because children don’t only need protection — they need orientation. And that starts with us, the adults.

It’s especially important to nurture critical and reflective thinking — in both ourselves and our children. AI can do a lot, but it’s not neutral: it makes decisions based on data that we often can’t fully understand. Those who know how AI works can question it, look at what it shows — and what it hides — and evaluate the information it provides more accurately.

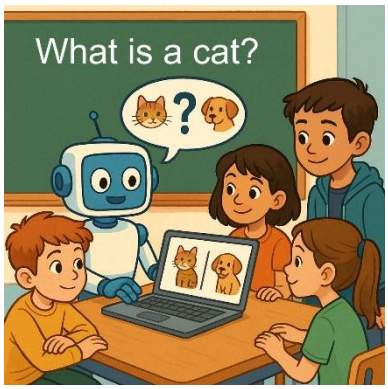
So let’s explore together:
What can AI really do?
What are the opportunities and what are the risks?
And how can we accompany, empower, and inspire our children — toward a future where they not only use Artificial Intelligence but help shape it?

Chapter 1: What Is Artificial Intelligence – Simply Explained for Parents and Children

Understanding AI in a Child-Friendly Way: What It Can – and Cannot – Do

Artificial intelligence (AI) often sounds like a complicated term – but in reality, its meaning is quite simple: AI is a computer program that can perform tasks that normally require human thinking. For example, AI can speak, listen, write texts, recognize images, or make decisions.

However – and this is very important to understand – AI doesn't actually think. It doesn't understand the way a human does. It simply calculates which answer is most likely to be correct or appropriate, based on vast amounts of data and examples. It may seem as if it "understands," but in reality, it doesn't feel, have opinions, or possess common sense.



Imagine an AI that learns to recognize whether there's a cat in a picture. It's shown thousands of photos – with and without cats. The AI compares, calculates, identifies patterns: "Oh, cats often have pointed ears, whiskers, and big eyes." Next time, it guesses whether a picture shows a cat based on what it has "learned." If it's wrong, we correct it – and over time, it gets better. But it doesn't actually know what a cat is – it just recognizes patterns in data.

For children, this is often hard to tell apart. A voice assistant that tells jokes or an app that answers questions may seem "alive" – but it isn't. AI isn't thinking – it's clever computation. That's why it's so important for children to know: AI isn't a person. It's a tool. And like any tool, what matters is **how** we use it.

Where Children Encounter AI in Everyday Life – A Quick Overview

Children use AI almost every day – often without realizing it. Here are some examples:

- **Voice assistants** like Alexa, Siri, or Google Assistant listen, answer questions, or play music – all thanks to speech recognition and generation powered by AI.
- **YouTube, Netflix, or TikTok** recommend videos that "you might like" – through recommendation algorithms based on past choices.
- **Learning apps** adjust exercises to a child's level – AI "sees" whether they're learning faster or slower.
- **Games** adapt difficulty or opponents depending on how a child plays – often using AI.
- **Photo filters** and effects use AI to recognize faces, change backgrounds, or "enhance" images.

All these applications seem harmless – and they often are useful. But they all have one thing in common: they work with data. And usually, they don't explain what's happening behind the scenes. That's why it's so important for parents and children to talk together about it: What Can AI Actually Do? And What About My Information?

What Can AI Actually Do? And What About My Information?

What AI can do	An AI cannot do the following:
Recognise images	Understand what is happening in the image
Write texts	Know whether the text is true of false
Answer questions	Have emotions or show empathy
Speak language	Have ist own opinion
Play games	Truly grasp the meaning or significance

Opportunities & Risks at a Glance

Opportunities:

- Children can learn through play and develop their personal interests.
- AI enhances creativity – in painting, music, and storytelling.
- Voice assistants and translation apps can support communication or help children with learning difficulties.
- AI can provide personalized practice, repetition, and feedback.

Risks:

- Children often don't realize whether they are interacting with a human or a program – which may affect their sense of reality and trust.
- Many AI systems collect personal data without genuine consent.
- Recommendations (e.g., videos) can be manipulative and limit the diversity of experiences.
- Children tend to trust AI too much – even when it makes mistakes.

Opportunities – Examples That Foster Creativity

1. **Creating stories with an AI assistant**

Children can write stories together with an AI program. They start with an idea – for example, "A dragon who's afraid of fire" – and the AI helps to continue the narrative. This encourages imagination and a love for creative writing.

2. **Painting with AI tools**

With programs like DALL·E, children describe what they imagine ("A flying house above a rainbow"), and the AI turns it into an image. This activates imagination and promotes creative thinking. You might ask: "What do you think it looks like inside that house?"

3. **Composing music with AI**

Apps allow children to create their own melodies – AI suggests rhythms or chords. This gives even kids without musical training the chance to experiment creatively.

4. **Role-playing games with AI characters**

Educational apps or chatbots let children "talk" with virtual characters – an astronaut, a detective, and more. This enhances imagination and language skills.

5. **Craft and DIY ideas**

AI can help children find creative project ideas. For example: "I have a cardboard tube and some paper – what can I make?" AI suggests imaginative craft projects and upcycling ideas.

Case Example

"Lena and the Speaker That Listens"

Lena is 9 years old. Every morning, she talks to Alexa: "Play my favorite song!", "What's the weather today?", or "Tell me a joke!". To her, the smart speaker feels almost like a family member – reliable, friendly, and always there.

One day, Lena asks Alexa: "How do I write an apology letter?" The artificial intelligence gives her a ready-made written apology. Later, her parents are surprised when they find that exact same text in their email – and they begin to wonder: What else does Alexa know?

When they look into it more closely, they discover that the speaker saves all voice commands – and that this data is stored on servers the family cannot control.

They discuss the issue with Lena, and she responds in surprise: "But Alexa only listens when I call her name!" She didn't know that the device constantly listens to its surroundings so it can "wake up" the moment it hears its name.

Exercise

Become an AI Detective!

A small family challenge to help you learn how to consciously recognize and understand artificial intelligence (AI).

Here's how it works:

1. Together, look for 5 objects or apps in your daily life where you suspect "there's an AI behind it."
   Examples:
   - Voice assistants (Alexa, Siri, Google)
   - Video recommendations on YouTube
   - Autocorrect or word suggestions on your phone
   - Google Maps ("You'll arrive in 23 minutes")
   - Facial recognition on a camera

2. Discuss each example:
   - What exactly does the AI do here?
   - Is it helpful or annoying?
   - What does the AI learn about us?
3. Write down your findings in a table or create a small notebook with drawings or symbols.

Goal: Children should learn to recognize AI as an *"invisible helper"* – and to think critically about when it's truly useful and when it's not.

Message for Parents

Talk about AI as if it were a new pet.

A good metaphor to help children understand what AI is:

> *"Artificial intelligence is like a parrot: it listens to everything, remembers a lot – and sometimes says things it doesn't understand."*

This image helps children (and adults) grasp that AI seems "alive," but isn't truly intelligent like a human being. It repeats and combines information – often impressively, but without real understanding or awareness. That's why we need people who are willing to take responsibility – just like with a real pet.

Info Box

Did You Know?

- The voice assistant Alexa stores all questions and answers by default – and parents can view them through their Amazon account.
- YouTube uses more than 80 different factors to recommend new videos to children – even if they've only watched one.
- Studies from the United States and Scandinavia show that children who understand that artificial intelligence is a machine behave more cautiously and think more critically when interacting with it.

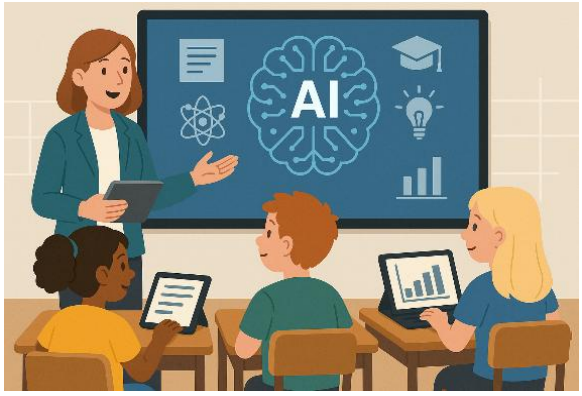
Chapter 2: How AI Is Changing Learning – Opportunities and Challenges in Schools

Digital learning experiences in constant transformation

School has already changed – and continues to evolve.
More and more classrooms now use digital tools: from tablets and e-books to online attendance systems. What many don't realize is that artificial intelligence (AI) has already become part of this transformation. A look at other European countries shows how differently AI is used in education – both as a learning tool and as a subject of learning:

- **Estonia** is one of Europe's pioneers in digital transformation. There, students learn the basics of algorithms and coding in a playful way starting in elementary school.
  In higher grades, AI is taught systematically in computer science – not only technically, but also critically: What kind of data do AIs use? How does machine learning work? And what does this mean for privacy and shaping opinions?
- **Finland**, known for its innovative education system, has created a free online course, "Elements of AI", aimed at all citizens and increasingly used in schools. Students learn what AI can – and cannot – do. The technical aspect is linked with social questions such as: What kinds of decisions should AI be allowed to make?
- **Austria** promotes AI-related skills through pilot programs.
  In Vienna, for example, schools experimented with AI-based learning platforms for personalized learning. At the same time, workshops are organized where young people explore how AI affects their daily lives – from music recommendations to deepfakes – and how they can think critically about it.

Today, many learning platforms use AI to adapt exercises to each student's level. An app might notice that a child makes frequent mistakes and suggest easier exercises – or recognize that a child is progressing quickly and offer new challenges.



This sounds practical – and it can be very useful: Children receive targeted support, boredom and overload are avoided.

But it's worth asking critically: Are children truly learning better with AI – or are they at risk of relying too much on technology and thinking less on their own? And what happens to all the data being collected?

To personalize learning, many platforms closely track how students work: how long they take per exercise, where they make mistakes, how often they practice, even how they respond to feedback. These learning profiles are very sensitive data.

What today serves individual support could tomorrow be used for other purposes – for example, in school admissions, university selection, or "learning potential" evaluations. In most countries, the law has not yet caught up – data protection lags behind technological progress.

What this means for parents: It's worth checking which platforms your child's school uses and how transparent they are about data handling.
Trustworthy providers clearly explain: what data is stored, for how long, and for what purpose.

Tip: Don't hesitate to ask — the school or the provider.
And talk with your child about how important it is to think along with AI — because no app can replace their own judgment.

From ChatGPT to Math Apps – Help or Hindrance to Learning?

Today, children encounter artificial intelligence (AI) in many different forms of learning:

- **Language generators** like ChatGPT can write essays, summaries, or even poems.
- **Math apps** can solve problems and explain the steps.
- **Language** learning apps recognize pronunciation and provide corrections.
- **Tutoring platforms** (e.g., Sofatutor, Anton, Simpleclub) adapt their material to each student's individual needs.

But how are such tools used in other European countries?

- **Finland:** Focuses on equal access for all. The platform *Oppimisen palvelut* offers AI-based exercises supported by artificial intelligence that are adapted to individual learning. At the same time, critical handling of digital tools is already included in the curriculum – for example: *Can I use a text generator for my assignments? How do I know if it's correct?*
- **The Netherlands:** Platforms like *Snappet* are used in many primary schools. They continuously adjust difficulty levels based on the child's progress. Teachers receive real-time insights into each student's development, allowing them to offer targeted support.
- **France:** Is testing a national AI tutoring platform *(MIA – Mon IA)* aimed to support students with learning gaps. The platform analyzes anonymized performance data and recommends personalized exercises — with a strong focus on data protection: The platform is hosted on government servers and cannot be used for commercial purposes.

These examples show that AI has already become an integral part of school life in many countries — sometimes as a tool for more personalized learning, sometimes to promote equality of opportunity. The crucial question remains: Will AI become a tool for greater fairness in education, or will it start replacing human relationships and pedagogical guidance?

AI can be incredibly useful — when children understand what it does. But often, they use it **without much thought**. One click, and the text is ready. Yet that's when the risk arises: AI starts doing the thinking instead of the child. And then, AI stops being a helpful assistant — and becomes **a shortcut for convenience.**

What Parents Should Know and Discuss

As parents, we often wonder:

"Is this still learning — or already copying?"

The truth lies somewhere in between. Artificial intelligence (AI) can be a valuable aid **if used correctly.** But that requires clear rules — and open communication within the family.

Questions parents can discuss with their children:

- Did you really understand the assignment — or did you just copy an answer?
- Can you explain in your own words what the AI told you?
- Could you have solved the task without its help?
- When does AI truly help you — and when does it "take the learning away" from you?

These questions help children take responsibility for their own learning — and see AI not as a "shortcut," but as a support tool.

Tip for parents:
If you're unsure how to approach these conversations or how to assess AI use, you can find guidance at https://www.klicksafe.eu/en. The platform offers reliable information and practical advice on safe use of digital media — and specifically on artificial intelligence.

Case Study

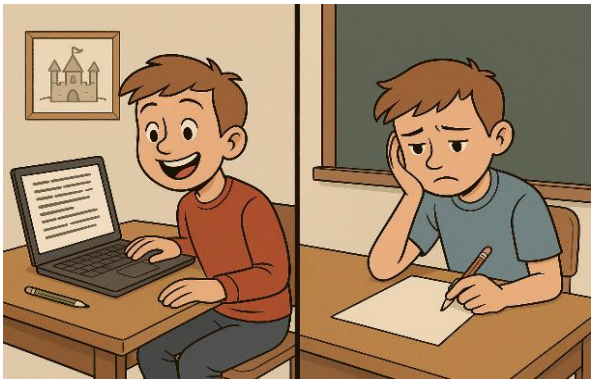
Tim and the "Smart" Answers

Tim is 12 years old. His teacher asks the class to write a fantasy story. Tim isn't in the mood — and opens ChatGPT. Within seconds he has a perfect text: correct spelling, exciting plot, neat ending.

His parents are impressed — they didn't know he could write so well! But when they ask him, "How did you come up with this idea?", Tim falls silent. He doesn't know what to say.

A few days later they take a test — this time without help. **Tim barely writes anything**. The teacher becomes suspicious and invites the parents for a conversation. Together, they discover that Tim knows far less than his assignments suggested.

Now the problem isn't AI — it's the child's self-confidence. He became dependent on the technology — and now he no longer believes in his own abilities.



Activity

Learning Together With and Without AI

This activity shows children the difference between thinking for themselves — and letting AI do the thinking for them.

Step 1: Choose a real school task.
For example:

- a math problem
- a short writing task
- a vocabulary translation
- a knowledge question (e.g., "What is photosynthesis?")

Step 2: Solve it yourselves first.
Discuss, try things out, make mistakes. Write your solution on paper.

Step 3: Now give the same task to an AI

For example: ChatGPT, a math app, or a translation tool.

Step 4: Compare the two results.

- Which was better?
- Where did you learn more?
- Which process made you think more?

Step 5: Discuss the results. What was the difference between understanding and simply getting it?

This exercise strengthens the ability to self-reflect – and helps children to use AI wisely, but not abuse it.

Message for Parents

Learning Doesn't Mean "Getting Everything Right"

At school, there's often a strong focus on having the right answer. **But learning isn't just about being correct — it's about understanding, practicing, making mistakes, and growing.** When AI immediately provides the right answer, it takes away exactly this essential process of learning.

That's why: Encourage your child to **think for themselves. Praise the effort**, not only the result. Show them that mistakes are natural — and necessary for learning.

Digital Family Rule

AI Can Help — But It Shouldn't Think for Us

Many families find it very helpful to establish shared rules for using artificial intelligence at home.

Tip

Children should feel that AI is a useful assistant —but that they remain in control.

Info Box

Did You Know?

- Research shows that students who use AI as a *complementary tool* learn more — but only if they understand **how** its results are generated.
- Many teachers find it difficult to recognize when a text has been written by AI — they notice it only when the child **cannot explain it.**
- In Estonia, AI education starts as early as primary school: children learn how machines "think," what they can do, and where their limits are.
- In many learning apps, it's not clear which content was created by AI and which by humans.
- Studies show that children learn better when they *discover their mistakes themselves*, instead of just receiving ready-made feedback.
- In Scandinavian countries, like Finland, AI is consciously integrated into teaching: students learn not only *with* AI but also *about* AI — how it works, where its limits lie, and how to think critically about it.
- Teachers receive special training through government programs or universities, so they can use AI in the classroom responsibly and reflectively.

Chapter 3: Strengthening Digital Literacy – When AI Changes Reality

How AI Shapes Our View of the World

Imagine your child watching videos every day that say: "This is true – this is real." But what if those videos are fake? Or what if they only show what matches what your child already believes?

Artificial intelligence now plays a crucial role in determining **what children see online – and what they don't.**

On platforms like YouTube, TikTok, Instagram, or even news apps, AI **algorithms** decide which content gets recommended. They analyze what children like, how long they watch, and what they click – and then show more of the same. This creates what's called a **filter bubble** – a world where you only see what you already know or enjoy.

What seems harmless can become risky — especially when it comes to **misinformation, extreme opinions**, or **deepfakes**. That's why it's vital for children **to learn to tell appearance from reality.** Their view of the world can be narrowed — accidentally or even intentionally.

Filter Bubbles, Algorithms, and Recommendation Logic

Many platforms work the same way: they show users what they think will "interest them." While this can be useful — for example, in music or recipes — it can also narrow one's perspective when it comes to opinions, facts, or worldviews.

Example:
If a child often clicks on conspiracy videos (out of curiosity or fun), they'll soon see more and more of those — and fewer other perspectives. A tunnel forms. Children gradually lose touch with reality.

Questions for parents:

- Does my child know that not everything is true just because it looks real?
- Do they know that the videos on their homepage **are not random**?
- Can they tell the difference between **an opinion** and a fact?

Recognizing Deepfakes, Misinformation, and Fake News

Today, AI can "fake" videos, photos, and even voices so convincingly that even adults struggle to tell the difference. These are called **deepfakes** — AI-generated content in which, for example, a famous person appears to say something they never actually said.

Misinformation is deliberate deception — images, news, or videos that have been manipulated to provoke fear, confusion, or influence opinions.

Children often encounter such content first on entertainment platforms — as memes, short clips, or comments — and believe it unless someone talks to them about it.

What they need isn't distrust toward everything, but rather healthy skepticism.

Building Critical Thinking – Through Talk and Practice

Digital literacy today means: understanding how content is created — and being able to question it.

Helpful questions for parents to ask regularly:

- Who made this — and why?
- Is it a real channel or a fake one?
- Is there another source saying the same thing?
- Can I verify it?

Such questions don't make children suspicious — they make them **confident and capable media users.** If you want to talk with your children about their online experiences, you can use the digital conversation game "P@th"by DigiEthik.
It's easy to play and, in just three rounds, opens up meaningful discussions about online life. Play here: https://digiethik.eu/en/path-play-and-think-en/

"How to Spot Misinformation" – Simple Clues for Kids (and Adults)

- Is there a clear source or author mentioned?
- Does it sound too extreme or sensational to be true?
- Is it shared often but never properly explained or verified?

Concrete clues like these make the abstract idea of "misinformation" easier to grasp — giving children tools to navigate the digital world more safely.

Case Study

Emil Believes a Fake Video

Emil is 13 years old. He sees a video on TikTok where a politician says: "We're canceling Christmas." The video looks real — complete with a news anchor and network logo.

He's outraged. So are his friends. They share it, comment on it — and believe it. His mother happens to see the video when Emil proudly shows it to her. Something doesn't feel right. They research together — and discover it's a deepfake. The politician never said it. The video was AI-generated to stir anger.

At first, Emil feels embarrassed — then curious. He wants to learn how such videos are made — and, more importantly, **how to spot them.**

Watch together: A step-by-step explanation of how AI "learns" and how deepfakes are created: https://www.youtube.com/watch?v=HJMx9n5mFSM

Activity

Real or Fake? The Video Check

Goal: Help children learn to critically analyze digital content.

Step 1: Compare two videos

Find together:

- one real video (e.g., a news broadcast or children's show)
- one staged or edited video (e.g., an ad, sketch, or AI-generated example)

Step 2: Analyze together

Ask your child:

- Who is speaking? Is it a real person?
- Is there an impressum or clear source?
- What stands out? Does anything seem too "perfect" or "polished"?

Note for parents and educators:

The following infographic (or checklist) provides simple, practical tips on how both children and adults can recognize misleading information online.
It's designed especially for classroom or family discussions. These criteria can be reviewed and applied together as part of the "Real or Fake?" exercise.

If you want, you can also play the game "Know Fake", in which you learn about certain concepts and contents of false information in a playful way. You can also talk about this with your children and learn together. The game is available on the KNOW FAKE project website:

https://knowfake.eu/en/play-know-fake-online/

Step 3: Take a Media Literacy Quiz Together

On platforms like https://www.klicksafe.eu/en or internet-abc.de, there are interactive quizzes that help children learn how to tell the difference between real and fake information.

Message for Parents

Talk About Media the Way You Talk About Food

Just as children learn that sweets are tasty but not nourishing, they can also learn that:

Not everything entertaining is necessarily true.

You might say, for example: “What we see online is often like candy — shiny on the outside, but what’s really inside?” “You can see everything — but you don’t have to believe everything.”

By talking this way, you give your child a critical mindset — without imposing bans or creating fear.

Info Box

Did You Know?

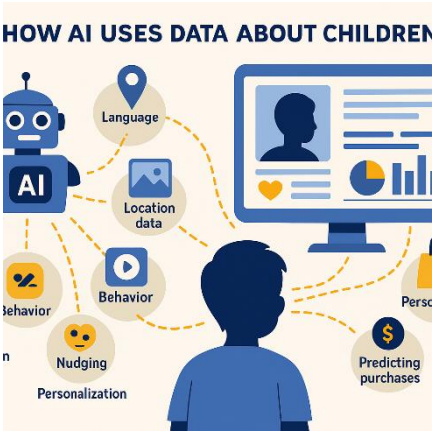
- Over 80% of videos on TikTok are recommended by AI algorithms, not found through search.
- Children as young as 10 years old typically use 3 to 5 platforms where misinformation can appear.
- Studies show that children who regularly talk with their parents about media are much more resilient against fake news.

Chapter 4: What AI Knows About Our Children – and How We Can Protect Them

What Data Does AI Collect – and Why?

Artificial intelligence only works when it is "fed" with large amounts of data. It learns from examples — and the more it knows about people, behavior, or language, the better it becomes at recognizing patterns, making predictions, or suggesting content. But there's a problem: AI never forgets. The data collected often remains stored for years.

Children and teenagers are particularly attractive targets for many AI-powered applications: they use devices frequently, click quickly, experiment with everything — and leave behind a vast trail of digital footprints. They often don't realize how much personal information they reveal — or how these pieces combine to form personal profiles that can reveal personality traits, interests, and even vulnerabilities.



Typical Data Collected by AI Applications:

- Voice: Through voice assistants like Alexa, Siri, or Google Assistant. Everything spoken — and often background sounds — can be recorded and stored.
- Location data: From GPS or location services.
  This can reveal where a child is — and how often they go there.
- Searches and clicks: What they search for, open, or tap provides insights into their interests, age, or mood.
- Behavior in games and apps: How long they play, what level they reach, which emojis they use — all these are valuable behavioral data points.
- Images, videos, and voice recordings: AI can recognize faces, analyze voices, or even detect emotions through expressions and tone.

These data are not stored only on the device — they are transmitted to servers, often outside Europe (for example, in the U.S.). There, they end up in the hands of large technology companies that create detailed user profiles. These "digital twins" don't just show what a child watches or plays — they can also reveal what scares them, how they feel, or where they are most vulnerable.

Artificial intelligence uses these profiles to:

- Personalize content: Tailored videos, ads, or recommendations.
- Predict purchasing behavior: e.g. through targeted product recommendations or in-app purchases.
- Influence behaviour: e.g. throug nudging (small psychological prompts) that keep children in an app for longer.

Why This Is a Problem

Children are particularly vulnerable — not just because of their age, but because they're in a stage of identity formation. If AI begins steering them too early toward specific paths, it can affect their self-image, their freedom to choose, and their relationship with media.

Moreover, children cannot yet grasp the long-term consequences of their digital traces. They often share personal information spontaneously — without realizing that this data remains and could be used against them years later.

That's why data protection for children is not a technical issue — it's a fundamental right. It safeguards their privacy, freedom, and dignity. The European Union's GDPR (General Data Protection Regulation) recognizes this right and provides special legal protection for children. However, in practice, many digital services fail to fully comply — and for parents, the flow of data often remains opaque and difficult to control.

Who Owns What, after all? - Copyright and Artificial Intelligence

When children write, draw, compose music, or create videos with the help of artificial intelligence (AI), the results can be impressive. But one important question arises: Who actually owns what was created?

According to traditional copyright law, rights belong to the person who creates a work independently — for example, someone who writes a text or paints a picture. These rights protect the creator from copying, misuse, or unauthorized distribution of their work. With AI, however, things become more complicated: If an app is the one that "draws" or "writes" based on the user's instructions, who is the real creator? Is it the child who gave the idea? The application itself? Or the company that developed the AI?

Important to Know

- Works created by AI are not automatically protected under copyright law.
- Some AI tools retain certain rights to the works generated by users — something that children (and parents) often don't realize.
- If an AI application uses images, music, or text from third parties without permission, this may lead to legal problems, even for the user.

What Parents Should Keep in Mind:

- Children should learn to deal with third-party content responsibly – in other words, not simply copy or publish everything.
- When using AI tools, choose providers that are transparent about copyright ownership and how they use data.

- If children want to publish their creations (e.g. on social media), encourage them to ask themselves: “Did I make this myself — or did the AI help?”
- Copyright may sound like a “boring topic,” but it protects creativity and helps children develop respect and awareness for what truly counts as their own creation — and what does not.

COPYRIGHT IN AI – WHO IS ALLOWED TO DO WHAT?

EXAMPLE	Who ownst he right?	What should you bear in mind?
The child draws a picture with markers or on tablet	The child	Full copyright protection – the work belongs entirely to the child.
The child creates an image with AI (e.g from a text command such as ‘draw a dragon’)	Unclear – often no copyright protection	Depending on the tool’s terms of use, the AI company may retain rights. Be cautious before publishing or sharing.
The child makes a remix of a song using AI	Often legally problematic	The original music is protected by copyright. A remix may infringe on others’ rights.
AI writes an essay or poem for a school project	Usually not protected by copyright – not a human creation	Can be used as a learning aid, but children should write their own work and always disclose if AI was used.
Children design their own games with AI support	Partly the child, partly the AI	Legally complex. The greater the child’s personal contribution, the stronger the protection of their rights

Tip: Talk to your child about how to handle personal data – e.g. why you should not share your name, photos or whereabouts everywhere.

Voices, Images, Locations – The Invisible Risks

Many children use apps that have access to their camera, microphone, or location—without realizing that they are revealing personal data in the process.

Examples of “invisible” data traps:

- A gaming app asks for microphone access “to record sound effects,” but in reality, it may also be listening to conversations.
- A simple flashlight app requests location access, even though there is no technical reason for it.
- An AI chatbot asks for the child’s name, age, and interests “to make the conversation more personal.”

All of this may seem harmless, but AI systems combine this information – and use it to create **a digital mirror image** of the child.

How parents can protect their Children – without causing fear

Children don't need fear — they need knowledge and **clear guidance.** Instead of imposing bans, it's more effective to create shared rules and explain **why** something might be risky.

Specific Tips:

- Check together which permissions apps have on your child's phone or tablet.
- Explain why **some information** is private — such as their name, address, school, voice, or face.
- Don't just say "no." , but rather: "I want to protect you, not control you."

Helpful Family Rules:

- No sharing location in games.
- No profile pictures showing faces on unfamiliar platforms.
- No real birthdate or full name when signing up for services.
- Use separate email addresses for different purposes.

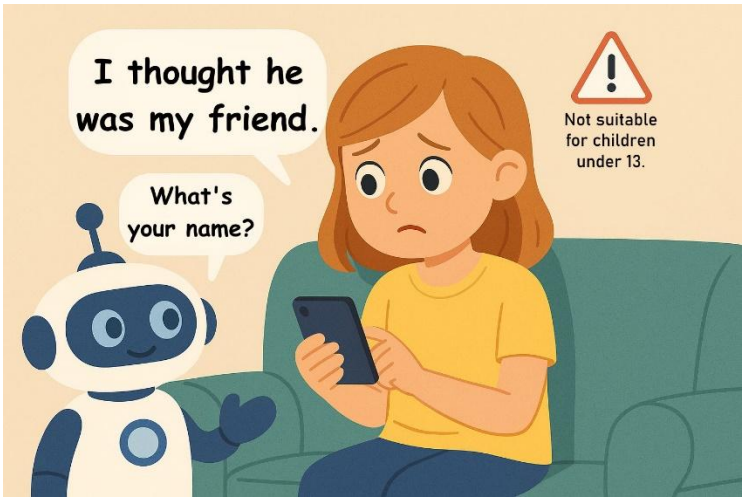
When children understand **what they're protecting** and why, they're far more willing to cooperate.

Example

Sofia and the Curious Chatbot

Sofia is 10 years old and loves playing with an app where she can chat with a friendly, cartoon-style bot.
The bot asks her:
"What's your name?"
"What do you like to do?"
"What school do you go to?"

Sofia answers honestly. The bot praises her, asks more questions, and says kind things. Over time, Sofia begins to confide personal things — that she feels lonely or had a fight with her best friend. Her parents know nothing until they notice in the App Store: "Not suitable for children under 13."



They read the terms and discover that the app **stores all conversations.** Shortly after, they start receiving ads related to

Sofia's interests. Sofia is shocked: "I thought he was my friend."

Exercise

Data Protection Detective – What Can I Share?
Help children learn the difference between what's public and what's private.

Step 1: Write words on small cards, such as:

- First name
- Last name
- Date of birth
- School
- Favorite color
- Password
- Photo showing face
- Home address
- Pet's name

Step 2: Sorting: Lay out two areas on the table:

'May I share' and 'I'd rather keep it for myself'.
Let your child decide which cards belong where – and explain why.

Step 3: Discuss together:

- Why are some pieces of information harmless while others are not?
- Why do some apps ask for things they don't really need?
- What could happen if we share too much?

Tip:
Make your own privacy **traffic light** as a reminder:

= Never share

= Only after consultation

= Safe

Message for Parents

Privacy Starts with Small Things

Many children think, "I have nothing to hide!"

But **every child has a right to privacy** — just like they have a right to their own room or personal diary.

You can say:

“Your data is like your thoughts — they belong to you.”

“Some things we don’t tell everyone — not even our phones.”

This helps your child understand personal boundaries, the importance of privacy, and how to feel safe — without fear.

Info Box

Did You Know?

- Voice assistants like Alexa or Siri store all voice commands — even those from children.
- The EU’s General Data Protection Regulation (GDPR) gives children special protection, but many apps still don’t fully comply.
- AI-driven advertising systems can infer age, interests, and mood — just from clicks or emojis.

Chapter 5: Artificial Intelligence and Ethics – What Is Right, What Is Fair?

Can Machines Have Morality?

Artificial intelligence (AI) can do many things: calculate, analyze, recognize faces or objects, even talk. But it **cannot** act with moral awareness. It has no feelings, values, or empathy. Its decisions are based on data and probabilities — not on responsibility or fairness.

This means that when AI decides — for example, which application looks "better" or which child seems more "capable" — **the decision comes from data, not from justice.** And if the data itself contains bias, the AI will also act in a biased way.
That's why ethics is so important: it helps children (and adults) understand:

- Where are the limits?
- What does "fair" mean?
- What should technology be allowed to do — and what not?

Bias, Discrimination, and Responsibility

AI is not neutral. It learns from the examples we show it. If those examples contain bias, the machine will **copy** it — without understanding what it's **doing**.

Examples:

- An image recognition app assumes "man in a suit = boss," while "woman with children = mother."
- An AI in an education system recommends lower school levels for children with "foreign" names — because that's what it learned from old data.
- A translation program outputs "the doctor – the nurse," even though no gender was provided.

Children should understand:

> *"Just because a machine says something doesn't mean it's right — or fair."*

And they should ask:

> *"Who programmed this machine — and with what values?"*

Values in the Digital Age

Children learn values through examples, discussion, and experience. In the age of AI, new questions arise:

- What does respect mean — even online?

- What can we say — and what might hurt someone?
- When is something funny, and when does it become offensive?
- How do we react when someone is mocked using AI?

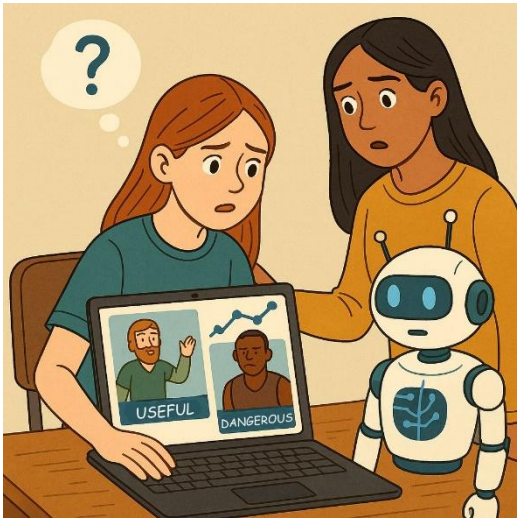
Ethics isn't a subject that ends — it's a way of living. And it begins at home — through conversation, example, and the simple message:

"Just because you can do something doesn't mean you should."

Example

Emilia Discovers Injustice in a Game

Emilia, 13, loves programming. With the help of an AI, she creates her first video game. The AI's task is to recognize whether a character is "friendly" or "dangerous" based on appearance.



At first, everything seems to work fine — until Emilia notices something strange: Characters with darker skin or serious expressions are often labeled "dangerous," even though they do nothing wrong in the game. Emilia is surprised:

"Why does the AI judge like that? Where did it learn this?"

Together with her sister, she investigates and finds that the AI was trained on internet images containing hidden biases. Emilia is shocked:

"That's unfair! I don't want my AI to act like that!"

So she adds fairer, more balanced data — and gradually, the AI's decisions change.

Emilia learns: Artificial intelligence can inherit prejudice, but humans can teach it to be fairer.

Exercise

What Would You Do? – Digital Dilemma Stories
An activity that helps children think about what's right in tricky digital situations.

Step 1 – Read dilemma stories:
Choose and read one of the following together:
Example 1:

"A friend shows you a photo of a classmate, edited by AI with a funny filter. Everyone laughs, and she wants to post it. What do you do?"

Example 2:

"You've written a perfect essay with ChatGPT's help, but you have to submit it as your own. No one will know. What will you do?"

Example 3:

"You find a deepfake video of an influencer saying something mean. You want to share it. What do you think?"

Step 2 – Reflect and discuss:

- What feels right?
- How would you feel if you were the other person?
- Who is affected by your decision?

Step 3 – Create your own dilemma stories:

Children can come up with their own small "ethical dilemmas" and discuss them together. This helps them develop responsibility, empathy, and moral courage.

Message for Parents

Technological Intelligence Needs a Human Touch

Explain to your child:

- "AI can calculate, but it can't feel what's right or wrong."
- "Technology can help you decide — but not think for you."
- "Just because something is possible doesn't mean it's fair or right."
- "AI doesn't understand sadness, anger, or love."
- "If a machine makes a decision, always ask: 'Is this fair?'"
- "It's good to use technology — but the responsibility is still yours."
- "AI learns from people — so people must be fair first."
- "Always ask: 'Who taught the AI to judge this way — and why?'"
- "If you see injustice in technology, you have the right to challenge it."

This empowers your child to stay thoughtful, fair, and responsible in a digital world

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Info Box

Did You Know?

- Most AI systems are developed by adults — mainly men from Europe or the U.S. — which shapes their perspectives.
- Research shows that children who talk about fairness and responsibility respond more thoughtfully and critically to AI systems.
- In countries like the Netherlands and Finland, there are already programs where children actively help design fair AI.

Chapter 6: Artificial Intelligence in Free Time – Games, Art, Music

Artificial Creativity – When Machines "Play" With Us

In their free time, children encounter artificial intelligence (AI) in fun and creative ways. Whether they're playing video games, painting in apps, or making music, AI is there — and taking part. Today, AI programs can create images, compose melodies, write stories, and even design entire games.

Children are often amazed:

- "The AI turned me into a comic character!"
- "I made a song just by typing!"
- "My game character talks like a real person!"

These experiences are joyful and inspiring — they nurture imagination and open up new paths of expression. But they also raise new questions: Where does personal creativity end? When does dependence begin? And how can we use AI without letting it "replace" us?

Games, Apps, and Creative Tools: What Empowers Children – and What Limits Them

Many of the entertainment activities children love already rely on AI — often without them realizing it:

- Games automatically adjust their level of difficulty (adaptive AI)
- Digital avatars react to emotions or playing style
- Apps offer "smart" image editing, auto-generated comics, or music
- Chatbots talk with players inside games

Strengths:

- Helps them express their imagination in new ways.
- Makes creativity more accessible and inviting.
- Gives fast, positive results that build confidence.

Dangers:

- The AI makes decisions instead of the child ("the computer does it better").
- Children compare themselves to the "perfect" results of the machine and lose confidence.
- Creates the illusion: *"I don't need to learn or try — AI does everything."*

That's why children need not **only digital possibilities** but also **digital boundaries** — and, above all, encouragement to create their own works.

Experience AI Creativity Together

The key is to see AI **not as a replacement** but as a **tool that enriches imagination**.

Parents can support this mindset through open conversations and questions like:

- "How did you come up with this idea – and how did AI help you with it?"
- "What did you change or improve after seeing the AI proposal?"
- "Was there anything you found more interesting than what the AI suggested?"
- "Did you ever decide against an AI proposal? Why?"
- "How would you explain to a friend: what did you do – and what did the AI do?"
- "What makes your result yours?"
- "Imagine you were an AI – what would you do differently?"
- "Do you feel like you learned something today – or did you just do something?"
- "If you were to design this all by yourself – without a computer – what would it look like?"
- "How do you know that something is your work – and not the work of an AI?"

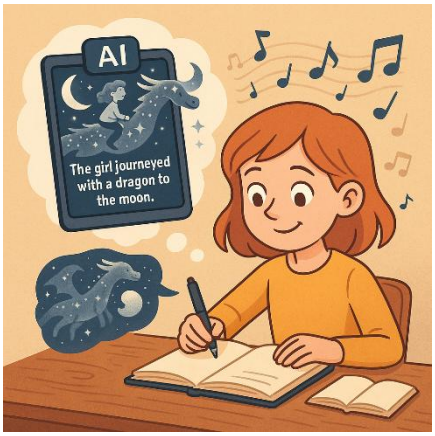
Such discussions help children remain active creators, making AI a helper — not the boss.

Example

Mia and the Audio Fairy Tale

Mia is 11 and loves stories. In an app, she finds an AI tool that helps her create her own audio fairy tale.

She types: "A girl travels with a dragon to the moon."The AI adds: "The dragon is made of stardust and is afraid of the dark." Mia is thrilled. The story continues on its own — voices and music are generated automatically.



But soon she realizes: "I only typed a few words… this isn't really my story." So she decides to start again — this time with pen and paper.

She combines her own ideas with the AI's suggestions. And suddenly, the story has heart, rhythm, and… Mia's signature. Mia understood that AI can inspire — but true creativity begins with the human mind.

Exercise

Your Own AI Creation – Draw, Write, or Code

Goal: To help children experience how they can be creative with artificial intelligence — without becoming dependent on it.

1. Choose a Project

- Write a story using a tool like ChatGPT.

- Design an image with an AI image generator.
- Create a comic (e.g., with StoryboardThat or Canva).
- Compose a song or melody using tools like Soundraw or Beatoven.

For example:

I. Visit www.chatgpt.com and ask the program: "What time is it now in Lisbon and New York?"

II. Ttry composing music with your child:
Visit www.beatoven.ai , sign up with your email, and enter a short lyric that the app will include in the song it creates. You can use this sample text:

Today is a wonderful day.
Today is a day to be with family.
Today is a day for a walk in nature.

2. Reflect on Your Own Contribution

Discuss questions such as:

- What did I do myself?
- What did the AI do for me?
- Does the result feel like mine — or like someone else's?

3. Conclusion

You can present the project or develop it further with new ideas. Perhaps the digital artwork becomes a real painting; the story might turn into a short play or an audio fairy tale?

Tip for Parents: Join in the activity! Even adults can learn how fascinating — and sometimes limited — AI creativity can be.

Message for Parents

True Creativity Comes From Within
Tell your child:

*"AI can do impressive things — but **your ideas** make them special."*
"What you feel, think, and imagine — no machine can replace."

This will boost his confidence – and encourage him to remain creative.

Info Box

Did You Know?

- Images or songs created with AI don't automatically belong to your child — the rights often belong to the app.
- Creativity with AI is most meaningful **when the child decides** what the machine does — not just by clicking buttons.
- Research from Austria shows that children who develop their own ideas use AI in a more **conscious and creative** way.

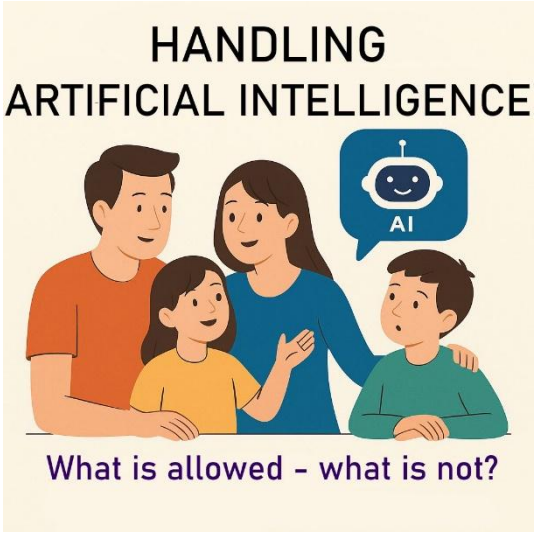
Chapter 7: Family Rules & Digital Balance – How to Manage AI at Home

Why Children Need Clear Rules – Especially with AI

Technology is now an inseparable part of children's daily lives. The phone is always nearby, smart speakers are "listening," and apps "recommend" what to watch or play. The smarter the devices become, the more **essential human rules** are — for clarity, safety, and guidance.

Artificial intelligence often seems invisible and harmless. But precisely because it works "in the background," children need **clear family agreements:**

- What is allowed — and what isn't?
- When can AI help — and when should it stop?
- What should I do if something feels uncomfortable or confusing?



Rules aren't about control — they're about safety and understanding. And they're not just for children — parents need them too. Only when adults lead by example do rules have real meaning.

How to Create Meaningful Family Rules for Using AI

A rule only matters when everyone understands and agrees with it.
Family rules about AI use shouldn't "come from above" — they should be built through **dialogue and cooperation**.

Here's how to do it:

1. **Choose the right moment:** Talk when everyone is calm — not right after an argument about phones or screen time.
2. **Start with questions:**
   - When do you use apps or programs with AI?
   - What do you like about them — and what not?
   - When do you feel you need help or guidance?
3. **Create the rules together**, e.g.:
   - "I only ask AI after I've tried to solve something myself."
   - "I don't use AI for schoolwork without asking my teacher."
   - "I don't share personal information (name, address, photos) with apps or chatbots."
4. **Write down your rules – together**
   Make a small poster or "family agreement" and decorate it together. Hang it somewhere visible — on the desk or the fridge.

5. **Review the rules regularly**
   Technology changes — so your family's rules should evolve too.

Be a Role Model: Parents and Their Own Media Habits

Children learn mostly by watching. If we're constantly checking our phones, using voice assistants without thinking, or relying on AI without question, we send an unspoken message:

"AI makes life easier — just trust it."

That's why it's important **to use technology mindfully and moderately.** You don't need to be perfect — just honest. You might say, for example:

- "I use AI to find information — but I always double-check."
- "I spent too much time on my phone today — tomorrow I'll try to limit it."
- "I got frustrated with an AI app — it said something silly."

This creates an **honest, equal dialogue** — and shows children that even adults are still learning.

Tips for a Healthy Digital Relationship at Home

- **Create tech-free zones** — for example, at the dinner table, in bedrooms, or on walks.
- **Agree on specific screen-time schedules** — for adults too!
- **Talk about what you see online:** "What was the most interesting thing you watched today?"
- **Leave room for mistakes:** if something goes wrong, treat it as a learning moment — not a punishment.
- **Encourage curiosity:** show genuine interest in what your child does with AI — even if it's "just a game."

Exercise

Our AI Agreement – A Family Contract

Goal: To create a personal, meaningful agreement on how your family uses AI.

1. **Discuss together**
   - Which AI apps or tools do you use? What about your parents?
   - When is their use acceptable — and when not?
   - What's important to each family member?
2. **Write your agreement (examples):**
   - I don't use AI to harm or deceive others.
   - I ask AI for help — but also ask my parents or teachers.
   - I'm honest when I've used AI for school assignments.
   - I can always speak up if an app makes me feel uncomfortable.
3. **Sign and display it**

Design your contract like a colorful poster — with drawings or icons — and make sure everyone signs it.

You can also create it digitally using a free AI tool like Google Gemini https://gemini.google.com/app.

Enter the following in 'Conclude family contract':

- whereby the following family members are:
- The contract should contain the following information:

Once everyone agrees, download and print your family contract.

Extra Activity

Tech Time vs. Family Time – A Weekly Schedule

Children love routine. A weekly plan helps maintain a healthy balance.

How to make it:

1. Create a chart with columns for Monday–Sunday and rows for:
    - Learning time (with or without AI)
    - Creative time (art, reading, crafts)
    - Outdoor activity
    - Screen time (games, YouTube, TikTok, etc.)
    - Family time (cooking, talking, playing, laughing)
2. Each evening, note what you did — or plan for the next day.

Goal: Children see at a glance: there is more to life than the screen – even if AI is part of it.

Message for Parents

Rules Are Bridges, Not Walls

Rules aren't a sign of distrust — they're an act of love. They help children **move safely**, make their own choices, and take responsibility.

You can say things like:

"I don't want to control you — I want to make you strong."
"You can make mistakes — but I want you to know what helps you grow."
"We're learning together how to use AI wisely."
"Show me what you do online — so we can understand it together."

Info Box

Did You Know?

- Children who help create family rules are far more likely to follow them.
- AI is often used at home without people even realizing it.
- Families who regularly discuss digital topics experience fewer conflicts — and more trust.

Creative Idea

Our Weekly Schedule for Tech, Free Time, and Family

Format: A4 or A3 landscape sheet (with space for drawings and stickers)

Title

"Our Week – With Tech, Without Stress!"

Or more child-friendly:

"Time for Tech, Time for Us"

If you want, color it, decorate it, or equip it with symbols for a mobile phone, heart, book, sun, etc.

2. Weekly Table (Monday–Sunday)

Time Slot	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Learning Time (with/without AI)							
Creative Time							
Outdoor Activity							
Screen Time							

Family Time

Every day, children (and parents) **write down what they have done** – or what they plan to do. The fields can be filled in, coloured in or decorated with stickers.

Creative Ideas for Kids:

- Draw little icons: for family, for screen, for activity
- Use emoji stickers to show how you felt each day.
- Color code feelings: e.g. green = great, yellow = okay, red = too much.
- Space for one sentence:

'*What I liked best today was: _____*'

Final Section (Sunday):

"This was our week with AI — and beyond."
Reflect together:

- What went well?
- What do we want to change next week?
- Who had a fun moment — without any technology?

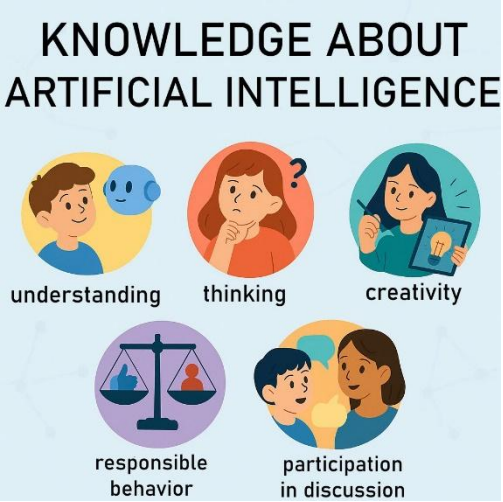
Optional: Add a signature line

"We take care of each other — and our time — together."

All family members sign as a symbol of unity and mutual respect.

Chapter 8: Shaping the Future – How Children Can Grow Up with Artificial Intelligence

Why Knowledge of AI Belongs to the Future



Our children are growing up in a world where Artificial Intelligence (AI) is part of everyday life — at school, at work, and at home. Those who understand the basics today will be the ones shaping tomorrow. That's why it's so important for children not only to use AI, but to **understand, question, and create** with it. This doesn't mean every child must learn to code.
It means they should:

- Understand what AI is — and what it is not,
- know its limits,
- and have the chance to bring their own ideas to life with its help.

These are called **future skills** — and they can be nurtured early on through daily experiences, play, discussion, and creativity.

Digital Future Skills for Children

Children are growing up alongside AI. But how can they learn to use it wisely and safely? Here are five essential skills — learned not through textbooks, but through participation, curiosity, and experimentation:

1. **Understanding:** What is AI? How does it work? Where do I encounter it?
   Children need to develop a basic understanding of what artificial intelligence is: it's not a human, it's not a robot, but a program that learns from data. Whether it's in YouTube suggestions, voice assistants or image generators - artificial intelligence is something they encounter every day. Anyone who understands how artificial intelligence works has less fear - and more confidence in dealing with it.
2. **Critical Thinking:** What can I trust — and what not?
   AI can make mistakes. It can say the wrong thing, make up texts or even mislead people (e.g. with deepfakes). Children need a sense of when they need to critically check something. This media criticism is not developed through learning, but through thinking, asking questions and playfully testing.
3. **Creativity:** How can I use AI to bring my ideas to life?
   Children can use AI to write texts, create comics, make music or illustrate stories. Those who work creatively with AI can not be "replaced" by it. They use it as a tool – like a paintbrush or a dictionary. This strengthens their active media competence and self-confidence.

4. **Responsibility:** Where do I draw the line? What's fair?
   AI shouldn't do everything. Can I use AI to imitate someone? Can others use my voice? Children need to develop a sense of fairness, respect and data protection. This is best achieved through conversation: with questions that encourage thought without being too burdensome.
5. **Communication:** How do I talk about AI — even with adults?
   When children learn to talk about artificial intelligence, they gain confidence – even in their relationships with parents, teachers or older siblings. Anyone who can participate in the discussion does not feel exposed. Parents can encourage this by taking the time to explain the concepts together and not being afraid of the "wrong questions".

These skills grow through closeness, curiosity, and shared experiences. Parents are their children's most important companions. A good start? Ask together: "What do you think — how does the AI do that?"

First Steps in Programming and Exploring AI

Many children don't just want to know what AI does, but how it works.
That's the perfect time to give them tools for discovery:

- **Scratch** – a free platform where kids can create games, stories, and animations without coding knowledge.
- **Teachable Machine** (Google) – shows how a computer can "learn" from images, sounds, or movements in a simple, fun way.
- **AI Experiments** – such as Quick, Draw!, AI Duet (music with AI), or Talk to Books (answers drawn from real books).

Tip: Parents don't need to know everything — just be willing to learn together.

I. Try your drwing skills:
   Try, for example, https://quickdraw.withgoogle.com/ — draw something and see if the AI can guess it!

II. Create a picture by yourself:
   Visit https://www.canva.com/ai-image-generator/ to create pictures from words. Enter the text of what kind of image you want in the text box. The more information you enter, the more detailed the product the app will make. The app will create four different images that will show what it imagines based on your description.

Exercise

Ideas for a Fair and Creative AI Future

Artificial Intelligence is shaping our world more and more — yet girls remain underrepresented in technology fields. Parents and teachers can play a crucial role by encouraging curiosity, experimentation, and inspiration.

Practical ideas:

- Encourage girls to ask questions about technology and AI.

- Use child-friendly coding apps.
- Introduce inspiring women in science — such as Ada Lovelace or Fei-Fei Li.
- Talk about stereotypes — and how to break them.

This way, you will help ensure that girls have equal opportunities in a world marked by artificial intelligence - today and in the future.

Step 1 – Ask Questions

- What kind of AI would help you in everyday life?
- What would a "good" AI be like — and why?
- What should an AI never do?

Tip for Parents:
Pay attention to whether boys and girls are encouraged equally to explore technology.

Ask yourself:

- Are their interests treated differently?
- How can I support both equally?
- What inspiring female role models can I show my child?

Step 2 – Invent Your Own AI Character

- Give it a name.
- What can it do?
- What does it look like?
- What does it do better than today's AIs?
- How does it show respect and understanding toward people?

Step 3 – Draw or Describe It

The AI being can be drawn, built, or described as a short story.
It can even be presented as a creative project: "My AI of the Future."

Parental Impulse

The Future Belongs to Those Who Ask Questions

Tell your child:

"You don't need to know everything about AI — but you can ask about anything."

"The best technology of tomorrow is the one you can imagine today."

"If you understand how technology works, you can use it — or even improve it."

By saying this, you give your child not only direction, but also **responsibility and courage.**

Infobox

- In Estonia and Finland, children start learning about AI as early as age 10 — not only technically, but also socially.
- There are child-friendly platforms like Scratch, Teachable Machine, and AI for Kids — free and available in several languages.
- Most jobs of the future won’t be replaced by AI — they’ll collaborate with it.

Conclusion: Learning, Understanding, and Moving Forward Together

Artificial Intelligence is no longer a matter of the future — it is already part of our children's everyday lives: in learning, play, information searching, communication, and creativity. For many parents, this raises questions: What exactly is happening? Is it good? And how can I help my child use AI responsibly?

This guide aims to offer guidance — not with strict rules, but with a clear view of both the opportunities and the risks. Even if AI seems complex, parents don't need to be technology experts to give their children stability, values, and critical thinking. What matters most is genuine interest, openness to dialogue, and the willingness to learn together. Children between the ages of 6 and 16 encounter AI naturally and with curiosity. They need adults who listen, take their questions seriously, and encourage them to use digital technologies responsibly, creatively, and confidently.

AI will continue to change our world — but we decide how. At home, at school, and in everyday life. That's why this guide is more than just an introduction to a technical topic — it's an invitation: to talk, to reflect, and to shape the future together with our children.

Appendix: AI quiz at the end

For the Whole Family – A Small AI Quiz a fun activity for everyone! This little quiz is designed for children up to 11 years old and for children aged 12 and older – and of course, it's perfect for the whole family to join in. It's ideal for guessing, marveling, and learning together – the questions encourage thinking, spark curiosity, and open space for great family discussions.

Tip for Use: Write each question on a small card and note the answer on the back. That way, you can turn it into a playful family game – anytime, anywhere!

The questions and answers can be found further back.

Part 1: For Primary School Children (up to about 11 years old)

These questions are simple, playful, and imaginative — perfect to inspire curiosity and help children think about how AI works.

1. Can an AI smell how fresh strawberries scent?
2. Can an AI make up a story about the picture you drew?
3. Can an AI create an audio story — with voices that aren't real?
4. Can an AI solve a maze faster than a human?
5. Can an AI invent a new kind of animal that doesn't exist in nature?
6. Can an AI imitate your voice so it sounds just like you?
7. Can an AI dream like a human while sleeping?
8. Can an AI help you learn new vocabulary?
9. Can an AI write texts, draw pictures, and compose music?
10. Can an AI read your thoughts?
11. If many people use AI the wrong way, could it become dangerous?
12. Can an AI solve an argument between two people?
13. Can an AI tell whether your text sounds happy, sad, or angry?
14. When I chat with an AI, does it know who I am?
15. Can an AI decide who gets a job?

Part 2: For Middle & High School Students (Ages 12 and up)

These questions are a bit more challenging — perfect for helping older kids think critically about what Artificial Intelligence (AI) can and can't do.

1. Can AI recognize whether a message is real or fake?
2. Is AI always objective and neutral?
3. Can AI tell from your voice whether you're sick?
4. Can AI develop feelings if it's trained for a long time?
5. If I teach AI how I draw, can it copy my style?
6. Can AI create deepfakes — for example, fake faces or videos?
7. Does AI learn best if you treat it like a child?
8. Can AI decide on its own whether to lie?
9. Can AI lie — and you might not notice at first?
10. Can AI invent a person — with a face, name, and life story?
11. Can AI know what I'm thinking today?
12. Can AI paint like Van Gogh?
13. Can AI tell if you're sad or happy — just by looking at your face?
14. Can AI smell better than a human?
15. Can AI help identify fake news — but sometimes make mistakes too?

AI Quiz – With Answers

1. For Children up to 11 Years Old

These answers help explain what AI can and cannot do — in a way that's easy to understand for kids!

1. Can an AI smell how fresh strawberries scent?

🔴 Of course not! (That's nonsense – AI can't smell.)

2. Can an AI make up a story about your picture?

🟢 Yes, it can!

3. Can an AI create an audio story – with voices that aren't real?

🟢 Yes, it can!

4. Can an AI solve a maze faster than a human?

🟢 Yes, it can!

5. Can an AI invent a new kind of animal that doesn't exist in nature?

🟢 Yes, it can!

6. Can an AI imitate your voice so it sounds like you?

🟢 Yes, it can!

7. Can an AI dream like a human while sleeping?

🔴 No way! AI doesn't sleep or dream.

8. Can an AI help you learn vocabulary?

🟢 Yes, it can!

9. Can an AI write texts, paint pictures, and compose music?

🟢 Yes, it can!

10. Can an AI read your thoughts?

🔴 Of course not! It can't read minds.

11. If many people use AI the wrong way, could it become dangerous?

🟢 Yes, that's true!

12. Can an AI solve an argument between two people?

🟡 Sometimes – only partly!

13. Can an AI tell if your text sounds happy, sad, or angry?

🟢 Yes, it can!

14. When I chat with an AI, does it know who I am?

🟡 Sometimes – it depends on how the app is made!

15. Can an AI decide who gets a job?

 No! Only people should make such decisions.

2. For Middle & High School Students (Ages 12 and up)

These questions are a bit more advanced — they help older kids think critically and understand the limits of Artificial Intelligence (AI).

1.Can AI recognize whether a message is real or fake?

 Sometimes – only partly!

2. Is AI always objective and neutral?

 Of course not!

3. Can AI tell from your voice whether you're sick?

 Yes, it can!

4. Can AI develop emotions if you "train" it for a long time?

 Of course not!

5. If I teach an AI how I draw, can it imitate my personal style?

 Yes, it can!

6. Can AI create deepfakes — that is, fake faces or videos?

 Yes, it can!

7. Does AI learn better when you treat it like a child?

 Of course not!

8. Can AI decide on its own whether to lie?

 Of course not!

9. Can AI lie — and you might not notice right away?

 Yes, it can!

10. Can AI invent a person — with a face, name, and biography?

 Yes, it can!

11. Can AI know what I'm thinking today?

 course not!

12. Can AI paint like Van Gogh?

 Yes, it can!

13. Can AI recognize whether you’re happy or sad — just by looking at your face?

 Yes, it can!

14. Can AI smell better than a human?

 Of course not!

15. Can AI help identify fake news — but sometimes make mistakes too?

 Sometimes – only partly!

List of sources and literature

The manual was created without sources based on the experience and practice of the manual's author.

List of image sources

All image materials were created with artificial intelligence as part of the exercises and learning process when working with artificial intelligence.

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