MAKE IT TOGETHER

OUR FAMILY AI AGREEMENT

AI is a tool in our house, not a ghostwriter. We think first.

The _____ Family

Agreed on _____

We'll revisit it on _____

AI CAN HELP WHEN...

Check the ones your family agrees on.

- ☐ We've tried it ourselves first
  Do it by hand, then use the tool
- ☐ We want ten ideas, then pick one ourselves
- ☐ We're double-checking a fact, and we check what it says too
- ☐ It's a chore, not a skill we're still building
- ☐ We say out loud what it helped with
- ☐ _____

WE THINK FIRST WHEN...

Our AI-free zones. Brains only.

- ☐ It's bedtime story time
  Homemade, wonky, ours
- ☐ We're at the dinner table
- ☐ It's the first draft of homework
  Our words come before the tool's
- ☐ We have big feelings
  We talk to a person, not a bot
- ☐ We're bored
  We figure it out ourselves
- ☐ _____

WHO DECIDES

How we keep each other honest.

1. Grown-ups decide which AI tools come into our home, and when.
2. Kids can use the tool after showing their own thinking first: a guess, an outline or a first draft.
3. Anyone can call a **"Think First"** pause, even on a parent.
4. If AI helped, we say so: *"AI helped with ___. The thinking is mine."*
5. We change this agreement together, not alone.

OUR RULE IN ONE SENTENCE: _____

_____

SIGNED BY EVERYONE (ANY SIZE HANDWRITING COUNTS)

NAME _____ NAME _____ NAME _____ NAME _____ NAME _____ NAME _____

Making it together: let the kids write the AI-free zones. Rules they wrote are the ones they'll actually keep. Then sign it and put it on the fridge.

Adapted from **USE YOUR BRAIN: Think Deeper in a World on Autopilot** by Erica Dhawan (St. Martin's Press, 2027) · momsagainstaiaddiction.org · Free to print and share for family and school use.