

# AI AND KIDS

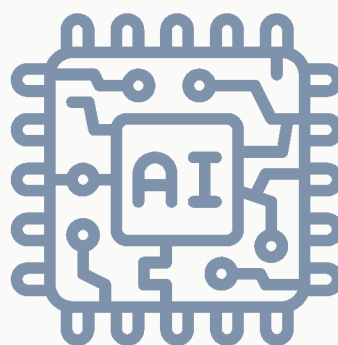
## WHAT PARENTS NEED TO UNDERSTAND NOW

Artificial intelligence is already changing how children experience images, voices, relationships, and truth online.

This is no longer just about future technology. AI can now generate fake images, clone voices, imitate real people, and create emotional interactions that feel personal. That changes how exploitation happens and why parent awareness matters now.

### FAKE IMAGES CAN BE CREATED FROM ORDINARY PHOTOS

AI can generate sexualized or manipulated images using everyday photos pulled from social media, school websites, or personal accounts.



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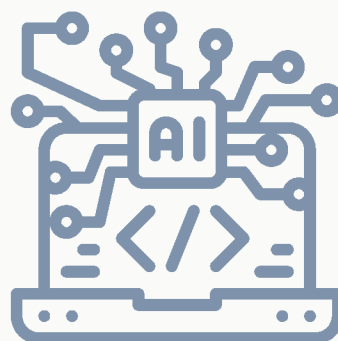


### VOICES CAN BE CLONED

Short audio clips can now be used to imitate a child, parent, or trusted person. These tools can be used to create panic, urgency, or false trust.

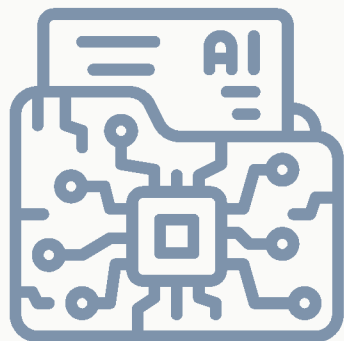
### AI CAN MIMIC EMOTIONAL CONNECTION

Some AI tools are designed to feel personal, responsive, and emotionally engaging. For children and teens, that can blur the line between real relationship and artificial attachment.



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### SEXTORTION IS CHANGING

A child may never send an explicit image, yet still be threatened with one. AI is making exploitation easier to fake and harder for kids to explain.

### TRUTH GETS HARDER TO RECOGNIZE

When images, voices, and conversations can be fabricated, children need more than warnings. They need discernment, conversation, and trusted adults who help them slow down and think clearly



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### BOTTOM LINE

AI does not remove the need for parenting. It raises the need for wisdom, awareness, and calm engagement

# HOW TO TALK TO YOUR KIDS ABOUT AI

Parents do not need to understand every AI tool in order to lead well here. But they do need to help children understand how these tools can distort truth, imitate trust, and create confusion.

## START WITH THIS

You do not need to know everything about AI. You do need to understand how it can be used and how quickly it can affect a child's world.

## NON-NEGOTIABLE MESSAGES FOR KIDS

- AI does not tell the truth by default.
- Not everything that looks real is real.
- Secrets online are always a warning sign.
- You will never be in trouble for telling me the truth.
- If something feels confusing, urgent, or strange, stop and bring it to me.

## WHAT PARENTS CAN DO NOW

### REDUCE THE DIGITAL FOOTPRINT

- Be thoughtful about what photos, videos, and voice clips of your child are publicly available.

### APPROVE APPS AND PLATFORMS

- Know what tools your child is using, especially chat-based or image-generating apps

### REMOVE DEVICES FROM ISOLATION

- Keep screens out of bedrooms at night and create more shared-device spaces.

### KEEP THE CONVERSATION GOING

- Do not make this one talk. Keep asking what your child is seeing, hearing, and experimenting with online.

### STRENGTHEN IDENTITY OFFLINE

- Kids who are rooted in connection, truth, and real-world belonging are harder to manipulate online.

## CLOSE WITH THIS

My job is to protect you, not punish you. If something happens online that confuses or scares you, you can always bring it to me

## BOTTOM LINE

This is not just about screen time. It is about truth, trust, identity, and protection in a world where technology can imitate all four.