


AI & YOUR TEEN:

What Every Parent Needs to Know



In a February 2024 Barna survey, 72% of parents expressed significant concerns about the safety and social implications of Artificial Intelligence (AI) on their children and teens.

That's why House of Hope has created this resource for parents of teens, to help you navigate the impacts of AI on your teen's life and how you can guide them with wisdom and confidence.

WHEN SHOULD YOU BE CONCERNED ABOUT AI?

Beyond the security issues, there are several areas of concern when it comes to AI and teens. Here are a list of things to consider:

➔ **When AI replaces conversations with God**

The temptation to get a quick answer to a question can easily move into replacing normal conversations with God (sometimes the answer takes longer than we like!) with something that seemingly gives you what you want right now.

Turning to AI for answers, rather than God takes away the opportunity to build a relationship with our Creator, and only the one true God, who knows us and the future better than anyone, can give the answers that never fail.

➔ **When AI replaces conversations with Parents**

Teens often turn to their devices for advice, entertainment, or even companionship. If AI starts filling the space where meaningful, heart-to-heart conversations with you as a parent should be, it could affect your relationship and their ability to process their thoughts and feelings with trusted, godly guidance. And...it is very likely that the information provided will not match what you would say to your teen or when.

➔ **When AI replaces creativity and uniqueness**

We are created in the image of God and God is the Creator! AI can easily generate ideas, solutions, and content, but it can never replace the God-given creativity and individuality that each person possesses. When your teen starts relying too heavily on AI for creative projects or solutions, it may stifle their own ability to think critically and express their God-given talents.

➔ **When AI replaces thinking for yourself**

While AI can provide quick answers, it's important to encourage your teen to think for themselves, seek wisdom, and make decisions with discernment. If AI is being used to do all the thinking for them, it could lead to a passive approach to life, where they follow what the algorithms suggest rather than developing their own beliefs and decisions guided by faith.

OTHER THINGS TO KNOW AND DISCUSS WITH YOUR TEEN:

Bias and accuracy: AI uses information from various sources, meaning content may be misleading, biased, and inaccurate.

Using AI honestly: Remind your teen that using AI as a tool is only honest up to a certain point. Encourage your teen to consider plagiarism, as well as the integrity of doing your own work.

Internet safety: The absence of parental controls and settings in AI can complicate navigating social media safely. It's important to keep collaborating with your teen to ensure online safety.

Truth and accuracy: Not all information on social media or AI is reliable. Be present in your teen's online experience without being overbearing, and try to understand the content they're engaging with.

Privacy issues: Privacy remains a key concern with AI. Review how to clear browsing history, delete cookies, and block any suspicious users.



WHAT CAN YOU DO:

- **Have conversations with your teen about AI.** *Dinnertime or driving in the car together are great times to chat about AI and how we can responsibly navigate this resource.*
- **Monitor online activity.** *Part of parenting is maintaining a close eye on what goes on with your kids and under your roof!*
- **Pray for and with your teen.** *Take the time to pray for and with your teen, asking God for wisdom. Encourage your teen to seek the Lord for answers above all else and to keep their relationship with Him at the forefront. Only there will they find true knowledge, answers, truth and comfort.*