HEALTHY DIGITAL CHILDHOOD ALLIANCE

# The Why and How

## Why This Matters (The "Dinner Table" Effect)

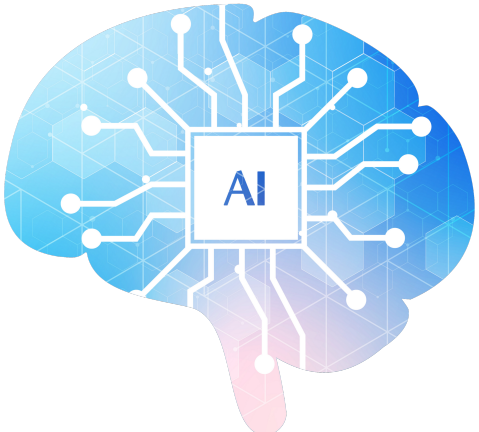
We often think of AI as a "tech subject," but it's becoming the "water" our children swim in.

1. **Safety Through Understanding:** You can't guide your child through a landscape you refuse to look at. Avoiding tech doesn't protect them, it leaves them navigating alone.

**2. Fluency is more important than Mastery:** Research shows children who talk about AI at home develop "Fluency", the ability to ask "Is this true?" or "Is this fair?", rather than just passively consuming it.

**3. Connection:** We're learning this tech alongside our kids. Time to explore, mess up, and get curious together.

You don't need to be a computer scientist. You just need to be a co-pilot.



**The Plan**
We are not going to try to become experts overnight. We are simply going to shift from being “Worried Gatekeepers” to “Curious Co-Pilots.”

Expect at most note a week: 1 concept + 1 micro-activity.

**Literacy Ladder (Roadmap)**
We’ll climb one rung at a time:

**1.  The First Rungs (The Mechanics):** We’ll start by leveling set on some key definitions: what AI is, whether it’s just large language models (LLMs) like ChatGPT or Gemini, and what these tools can and can’t do right now.

**2.  The Next Rungs (The Capabilities):** Once we understand the limits, we’ll explore the strengths. We’ll use AI to plan a party or design a vacation to show how it works as a collaborator (like a super-fast intern): it can do a lot of the heavy lifting, but we still need to be the boss: setting the constraints and checking the work (a “human first, human last” approach).

**3.  The Top Rungs (The Judgment):** Then we’ll tackle the ethical side: privacy, bias, and why we don’t share our secrets with chatbots.

Then: Fun creation!

**Your First Micro-Action This Week**
Ask kids tonight: “If a robot did ONE boring chore perfectly, what?”

Their pick reveals values. (Homework robot? Likely. )

***Don’t Lecture, If we instantly say “No! That’s cheating!”, we just shut down the conversation.***

**Try Connection Before Correction:**

1. Ask curiously: “What makes homework boring?”, “What do you wish was different about it?”Reflect back: “So the hardest part is starting, right?” This shows you’re listening, not just waiting to talk.

**2. Share one short idea, then stop**

Offer a single thought: “I care more about your effort than perfect answers, so I’d want a robot that helps you learn, not one that just helps you get the result.”

Then ask: “What do you think about that?” and let them respond.

**3. Collaborate:**

Invite them in: “If your robot was just a helper, what’s one part of homework you’d want it to make easier?”

Agree on something small so it feels like teamwork, not a lesson.

**See you next time!**