

Homework Routines by Age

The 3 Zones: Helpful, Borderline, Cheating

So your child understands where the red line is, here's a simple table. Post it near their desk.

 HELPFUL	 BORDERLINE	 CHEATING
AI helps you LEARN <ul style="list-style-type: none"> • Explain a concept • Check spelling • Give examples • Generate practice quiz 	Gray zone → ASK <ul style="list-style-type: none"> • Brainstorm ideas • Rephrase sentences • Translate (except homework) • Summarize long text 	AI does it for you <ul style="list-style-type: none"> • Write full essay • Solve problem without trying • Copy-paste answers • Submit as 100% yours

Practical Routine: The 3-Question Protocol

Before using AI for homework, your child asks these 3 questions:

1 Do I **NEED** to learn how to do this myself?

→ **YES** (writing, analysis, reflection): **No AI. Period.**

→ **NO** (spelling check, concept explanation): **AI is OK.**

2 Do I disclose my AI use?

If you used AI (even just for correction), you **MUST** mention it:

“I used ChatGPT to check my spelling.”

Hiding AI use = cheating, even if the use itself was allowed.
Transparency is non-negotiable.

3 Do I verify the AI's answer?

ChatGPT makes mistakes. Often.

Always verify using **at least 2 sources**:

- Your school textbook
- A reliable source (.edu, .gov, recognized encyclopedia)
- Your teacher or a parent

🚫 **Never copy-paste an AI answer without checking**
= risk of errors + cheating.

📁 Concrete Examples by Subject

📐 Math

- ✅ OK: "Explain the Pythagorean theorem with a simple example"
- ❌ NOT OK: "Solve this equation: $3x + 5 = 14$ "

📝 Language / Writing

- ✅ OK: "Check the spelling of my draft"
- ✅ OK: "Give me 3 synonyms for 'important'"
- ❌ NOT OK: "Write a 300-word essay on friendship"

🔬 Science

- ✅ OK: "Explain photosynthesis in 3 simple steps"
- ❌ NOT OK: "Write my lab report on density"

🤔 What if there's doubt?

If your child hesitates, use this quick checklist:

- ✓ If the teacher explicitly allowed it → **OK**
- ✓ If it's to **UNDERSTAND** (not to do the work) → **Probably OK**
- ⚠️ If it's graded/assessed → **Ask BEFORE using AI**
- ▶️ **If you wouldn't feel comfortable explaining it to the teacher → It's cheating**

💡 Tip:

Print the "3 Zones" table and hang it above the desk.
It's a daily visual reminder.

🎯 Goal:

**Your child must be able to justify every AI use.
If the justification holds, the use holds.**

AI Tools by Age Group

AI tools used by an 8-year-old are **NOT** the same as those used by a 16-year-old. Here are the **real** tools by age group.

Ages 6–10: Supervised Educational Tools

At this age, children learn through their senses. Tools are simple, visual, and often game-based.

Commonly used tools:

- Google Quick Draw (drawing + AI recognition)
- Teachable Machine (learn how AI recognizes objects)
- Duolingo Kids (AI-powered language learning)
- Khan Academy Kids (adaptive math & reading)
- Socratic by Google (photo-based homework help)
- Osmo (physical games + AI)
- Scratch + AI (visual coding)

What YOU do:

1. You are **ALWAYS present** — never alone with these tools
 2. Rule: *“AI helps you understand, not do it for you”*
 3. Time limit: **max 30 min/day**
 4. Prefer child-specific educational tools (**not ChatGPT**)
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Ages 11–14: First AI Assistants

At this age, teens discover ChatGPT and public tools. This is the **highest risk period for misuse (cheating)**.

Commonly used tools:

- ChatGPT (13+) — early use, often for homework
- Perplexity AI (research + AI)
- Socratic by Google
- Photomath (solves equations —  monitor)
- Quillbot (paraphrasing —  cheating risk)
- Grammarly (correction OK, rewriting = cheating)
- Snapchat My AI (from ~13 —  monitor)

What YOU do:

1. Apply the **3-Question Protocol BEFORE use**
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2. Random checks **at least once per week**
3. **Block Quillbot** (paraphrasing = disguised cheating)
4. Time limit: **max 1 hour/day with AI**

 **Ages 15–18: Intensive Users (2025 stats)**

At this age: AI has become the dominant tool. Here are the most used tools (Pew Research 2025 / Common Sense Media 2024):

 **Most used tools (% of teens):**

1. ChatGPT, leading tool by far
2. Google Gemini, second most used
3. Meta AI, integrated in Instagram, growing teen usage
4. Microsoft Copilot, school and professional use
5. Character.AI  **VERY DANGEROUS** (AI companions)
6. Snapchat My AI, embedded in Snapchat, hard to monitor +Perplexity, DALL-E, Midjourney (image creation)

Note: Exact market shares change fast. Ask your child directly which tools they use — that's the most reliable source.

 **HIGH-RISK TOOLS**

-  Character.AI — emotional attachment, inappropriate content
-  Snapchat My AI — embedded in Snapchat, hard to monitor
-  Replika, Nomi.ai, Kindroid — romantic/sexual AI companions
-  “Nudify” apps — generate nude images from photos

 **What YOU do:**

1. Regular conversations (not constant surveillance)
2. Know the **REAL tools** your teen uses
3.  Red flag: **>2h/day on Character.AI = INTERVENTION**
4. Install Bark or similar monitoring tools if needed

 **72% of teens have used AI companions (Common Sense Media)**