

STUDENT WORKBOOK

My Child and AI: A Parent's Workshop

1 day, 2 hours · Online across India, in person from Jaipur



AI Coaching India

This workbook belongs to _____

Batch code: _____

My Child and AI: A Parent's Workshop: Your Workbook

Dear parent, welcome. This workbook is yours to keep and yours to mess up: write in it during the session, underline what surprises you, fold the corner of the page you will need next week, and do not worry if it collects a chai stain at the dinner table, because the dinner table is exactly where it belongs. In two hours you will try AI yourself, see what children actually do with it, switch on the settings that matter, and draft a family agreement in your own words. Nothing here needs technical skill. It needs what you already have: attention, and love with a spine.

With love,

Team AI Coaching India

Before day one

This session runs on your own smartphone, so a few minutes of prep helps. If anything here does not work, come anyway; we fix setups in the room.

- Install ChatGPT (the free official app by OpenAI) from the Play Store or App Store. Skip creating an account if it confuses you; we will do it together in class.
 - Make sure WhatsApp is on your phone and updated. Meta AI sits inside WhatsApp, so there is nothing extra to install for it.
 - Optional: install Google Gemini (free). On many Android phones it is already there.
 - Account note: use your own email or phone number for any account, never your child's. You are the account holder in this family.
 - Bring: your charged phone, your reading glasses if you use them, and this workbook with a pen.
 - Know your phone's unlock PIN and your Google or Apple password, or have them written somewhere safe at home you can check. Some settings steps ask for them. Never share these with us or anyone else; we will never ask.
 - One reassurance: half the room has never opened an AI app before. You are exactly the person this session was built for, and no question is too basic.
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Hour 1: See AI the way your child does

What today was really about

You did the thing many parents avoid for years: you tried AI yourself, and the mystery shrank to the size of a chat window. It types back like a very well-read, very confident stranger, helpful most of the time, wrong some of the time, and never once unsure of itself. You saw what children in Class 3 to 8 actually do with it: stories, images, homework help, doubt solving at 10 pm when no tuition teacher is awake. And you watched it make a confident mistake, live, which is the single most useful thing a parent can witness, because it replaces both blind fear and blind trust with something better: informed judgement. You cannot guide what you have never touched. Now you have touched it, and the conversation at home changes tonight.

Prompts we used

Type these into ChatGPT, Gemini, or Meta AI on WhatsApp. Fill the blanks with your own life. If typing in English feels slow, press the little microphone on your keyboard and speak in Hindi or Hinglish; voice typing works surprisingly well, and the AI understands the mix.

1. Explain what _____ (a topic from your child's textbook) means, the way a good teacher would explain it to a Class _____ child.
2. My child is in Class _____ and struggles with _____. Give me three ways to help at home that take fifteen minutes each, without shouting matches.
3. Suggest five dinner-table questions I can ask my _____ year old to get more than one-word answers.
4. Hinglish try: Mere bachche ko subah school ke liye uthana roz ki ladai hai. Kuch practical ideas do jo ek Indian ghar mein sach mein kaam karein.
5. Give me five facts about _____ (a topic you know well). Number them. I want to check if any are wrong.
6. Write a short story for a _____ year old where the hero is a _____ and the lesson is _____. Keep it two minutes long for bedtime.

Now you try

1. Ask AI to explain something from your child's current syllabus, then note here: was the explanation better, worse, or just different from the textbook?

2. In the fact-check exercise, what did the AI get wrong or fudge, and how did you catch it?

3. Write the first thing you want to try with your child sitting beside you this week:

Watch out

WATCH OUT

AI answers with total confidence whether it is right or wrong. It has a name: hallucination. Before you trust an answer that affects your child's studies, health, money, or safety, check it against a real source: the textbook, the doctor, the bank's own app or branch. Model this checking habit in front of your child. They copy what you do, not what you say.

My notes

Hour 2: Set up, agree, go home ready

What today was really about

Knowledge without settings is just worry, so this hour you did the practical work: walked through what your child should never type or upload, switched on screen-time and safety controls on your own phone, and learned the homework line that keeps AI honest in your house: practice partner yes, ghostwriter no. A practice partner quizzes your child, explains a doubt a second time, and checks their method after they have tried. A ghostwriter writes the essay while your child watches. Same app, opposite outcomes, and the difference is a house rule, not a setting. Then you drafted your family AI agreement, in your own handwriting, in your own words. Not our rules. Yours. Children follow agreements they helped discuss far better than rules that fell from the sky, which is why the dinner-table conversation is the real graduation of this workshop.

Prompts we used

1. Rewrite these house rules in simple, warm words a _____ year old will accept without feeling policed: _____ (your rough rules).
2. My child asked me: " _____ " (a question about AI you could not answer). Explain it so I can answer confidently in my own words.
3. Give me three calm scripts for the moment I discover my child used AI to write their entire homework.
4. Hinglish try: Bachcha bolta hai sab dost AI use karte hain. Iska ek aisa jawab do jo lecture jaisa na lage.
5. List the personal details a school child should never type into any AI or online chat, and one line on why for each.
6. Help me draft a one-page family agreement about AI and screen time for a Class _____ child. Ask me five questions first, then draft it from my answers.

Now you try

Finish these at home this week, before the workshop glow fades.

1. The three questions that reveal how your child actually uses AI. In class we suggested starting points like "what is the funniest thing AI ever told you?", "show me something you made with it", and "has it ever gotten something wrong?" Write your versions here, in your own tone:

2. Which settings did you switch on today, on which device? List them so future-you remembers:

3. Draft the first three lines of your family AI agreement here, before you make the fair copy at home:

Watch out

WATCH OUT

Never type your passwords, OTPs, bank details, Aadhaar or PAN numbers, or your child's school details into any AI chat. And remember that settings are a seatbelt, not a driver: no control replaces sitting beside your child sometimes and asking, with genuine curiosity, "show me what you made."

My notes

Your complete prompt library

All twelve prompts in one place, so you never have to flip back through the book at 9 pm. Tick them off as you try them at home, and write your own new ones in the margins; the library grows with you.

Hour 1: Trying AI yourself

1. Explain _____ the way a good teacher would explain it to a Class _____ child.
2. My child struggles with _____. Give me three ways to help at home, fifteen minutes each.
3. Five dinner-table questions for my _____ year old that get more than one-word answers.
4. Mere bachche ko subah uthana roz ki ladai hai. Practical ideas do jo Indian ghar mein kaam karein.
5. Give me five facts about _____. Number them. I want to check if any are wrong.
6. A two-minute bedtime story for a _____ year old, hero is a _____, lesson is _____.

Hour 2: Rules and setup

1. Rewrite my house rules in words a _____ year old will accept: _____
2. My child asked: "_____". Explain it so I can answer in my own words.

3. Three calm scripts for discovering AI-written homework.
 4. Bachcha bolta hai sab dost AI use karte hain. Ek jawab do jo lecture na lage.
 5. List the personal details a school child should never type into any AI, with one line why.
 6. Draft a family AI agreement. Ask me five questions first, then write it from my answers.
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Your safety card

Keep this page handy, and share the child rules with your child in your own words, not as a lecture but as house wisdom, the same way you taught them to check both sides before crossing the road.

For your child, the non-negotiables:

- Never share full name, school name, address, phone number, or photos with any AI or online stranger.
- Children under 13: no personal AI accounts. AI happens on a family device, with a parent nearby.
- AI can be confidently wrong. Big answers get checked with a parent, a textbook, or a careful search together.
- If anything on a screen feels scary or strange, closing it and telling a parent is always the right move, and never a punishable one.

For you:

- Never type passwords, OTPs, bank details, Aadhaar or PAN numbers into any AI chat, and teach your child the same by example.
 - Beware scams riding on AI's name: fake "AI trading apps" promising guaranteed returns, calls using voices cloned from social media clips, messages claiming a family member is in trouble and needs money now. Verify by calling the person back on their known number.
 - If you or anyone in the family loses money to an online fraud, act fast: call the national cyber fraud helpline 1930 and report at the government cybercrime portal. Speed matters for freezing transactions.
 - Settings drift after app updates. Re-check your child's device settings once a month, ideally on the first Sunday, so it becomes a habit.
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Keep going: your 30-day plan

Fifteen minutes a week is enough. The habit is the point, not the hours. Most of what protects your child is not a setting on a phone; it is the fact that AI and screens are a normal, open topic in your house, discussed as easily as school lunch. This plan builds exactly that.

- Week 1: Sign the agreement. Make the fair copy of your family AI agreement, discuss it at dinner, everyone signs, and it goes on the fridge or cupboard.
- Week 2: Sit-beside session. Do one AI activity with your child driving and you watching: a story, a drawing, a doubt from homework. Ask "show me how you did that."

- Week 3: Fact-check game night. Ask AI five facts about something your family loves, cricket or cooking or your home town, and hunt for mistakes together. Loudest catch wins.
- Week 4: Settings Sunday. Re-check screen-time and safety settings on every device your child touches, and ask your three questions again, casually.

After 30 days, keep Settings Sunday monthly and the sit-beside session weekly. That rhythm outperforms any single rule you could write.

Plain-words glossary

- AI: a computer program that learns patterns from enormous amounts of text and images, then uses them to answer, write, and draw.
- Chatbot: an AI you talk to by typing or voice, like ChatGPT, Gemini, or Meta AI.
- ChatGPT: the most famous chatbot, made by OpenAI. The official app is free.
- Gemini: Google's chatbot, free, and built into many Android phones.
- Meta AI: the AI inside WhatsApp. Handy because it lives where your family already chats.
- Prompt: the question or instruction you type or speak to an AI.
- Hallucination: an AI's confident wrong answer, delivered exactly like a right one.
- Screen-time controls: phone settings that limit when and how long apps can be used.
- Parental controls: settings that restrict what content or apps a child can open.
- OTP: the one-time password sent by SMS. Never share it with anyone, human or AI.
- Voice typing: speaking so the phone types for you, works well in Hindi and Hinglish.
- Ghostwriter: someone, or something, that does the writing while another takes the credit. The homework line in your agreement.
- Family agreement: the one-page set of AI and screen rules your family drafted and signed together.
- 1930: India's national cyber fraud helpline number, for reporting online financial fraud fast.