

Before Your Child Uses a Chatbot

A five-minute privacy check for parents.

AGE CHECK FIRST

Use the child's real birthday.

Choose a supervised, teen, or school-provided account. Claude currently requires users to be 18+.

JUSTIN MYRICK MEDIA

AI Safety for Families

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THE 5-MINUTE PARENT CHECK

Open the chatbot's settings with your child and review these five areas.

1

Set the right account

Confirm the service allows your child's age.
Use built-in supervision when available.

2

Turn off model training

Look for "Improve the model," "Model training," or "AI data retention."

3

Limit what AI remembers

Review memory, personalization, history, and saved activity. Delete old chats.

4

Check permissions

Disable unneeded location, camera, mic, contacts, connected apps, and file access.

5

Make one clear family rule

Never enter: passwords, home address, school ID, medical or financial details, private photos, or documents you would not post publicly.

WHERE PARENTS SHOULD LOOK

● ChatGPT

Parental Controls
Data Controls • Personalization

● Gemini

Family Link • Gemini Apps
Google Account activity

● Copilot

Family Safety • Privacy
Personalization • Activity

● Perplexity

Preferences • AI Data Retention
Use Incognito for sensitive searches

Settings vary by product, account type, age, and app version. Review official help pages regularly. Updated August 2026.

Privacy controls reduce data collection; they do not guarantee complete security. Children should use AI with adult guidance.