



## A Parent's Guide to Still In Charge

Understanding the program, and starting the conversation at home. The goal isn't to restrict AI use, it's to make sure your student remains in charge of their own thinking.

### The Five Principles at a Glance

#### 1 · Think Better

Use AI to sharpen reasoning and ideas, never to replace your own thinking.

#### 2 · Protect Privacy

Never input personal, school, or sensitive information into an AI tool.

#### 3 · Verify Outputs

Check AI output before using it for anything that matters. AI can be wrong.

#### 4 · Follow the Rules

Know what's allowed at school and work before using AI for any task.

#### 5 · Pause and Ask

When something feels off: stop, ask a teacher or supervisor, and don't act until sure.

#### The one idea underneath

You are responsible for what you produce. The machine does not sign your name. You do.

### What Each Principle Means at Home

#### Think Better

AI is a powerful tool for exploring ideas and getting unstuck. But the moment a student lets AI do the thinking for them, they stop building the skill that actually matters. Students who use AI to sharpen their reasoning come out stronger; students who use it to skip their reasoning come out weaker, even if their grades don't show it yet.

**"AI doesn't think for you, it shifts where your thinking has to happen. Your judgment is what makes you valuable, not your ability to copy an answer."**

#### Protect Privacy

Students often don't consider what they've entered into an AI tool. Once something is submitted, it may be stored, processed, or used in ways that aren't visible to you or your child. Personal information includes full names, addresses, phone numbers, school names, health details, financial information, and anything that could identify a person, including a friend or family member.

**“Once something is in an AI tool, you’ve given it away. When in doubt, don’t enter it.”**

## Verify Outputs

AI can be wrong, and it sounds confident when it’s wrong. Every time a student submits AI output without checking it, they’re staking their reputation on something they didn’t verify. Verification is not optional, it’s a core skill, and it starts at home. Cross-check facts against a reliable source, read AI-generated writing aloud so errors become obvious, and ask “Does this actually make sense?” before submitting.

## Follow the Rules

Institutional rules around AI use vary by school, teacher, and assignment. Your teacher’s policy is the policy. “Everyone does it” is not a policy. Following institutional rules isn’t just about avoiding punishment; it’s about building the habit of operating with integrity in every environment.

## Pause and Ask

The fifth principle is about building an internal alarm system. When AI says something that seems wrong, feels off, or creates discomfort, the right move is always to stop. This instinct, to pause rather than proceed, is one of the most valuable habits a student can develop.

**“If AI says something that seems wrong or feels off, stop. Ask your teacher or ask me. Raising a concern is always the right call.”**

Students should know they will never be in trouble for stopping and asking.

## Six Questions to Start the Conversation

These open a real discussion, not a lecture. The goal is curiosity, not interrogation.

### **What did you use AI for this week?**

Normalizes the conversation without accusation.

### **Did you check whether it was accurate?**

Introduces the verification habit.

### **Did you share any personal information?**

Covers the privacy principle.

### **Was AI use allowed for that task?**

Covers institutional rules.

### **Did anything seem wrong or feel off?**

Develops the instinct to pause.

### **What did you decide to do on your own?**

The most important question, keeps attention on judgment.

## Household Guidelines

### What AI may be used for

**Understanding concepts**

AI explains; you apply, then do the work yourself.

**Grammar & phrasing**

On your own writing. The ideas must be yours first.

**Brainstorming options**

AI generates; you choose.

**Research & background**

With verification of key facts before relying on them.

**What AI may not be used for****Submitting AI work as your own**

Academic dishonesty, whether or not the school has caught up.

**Entering personal information**

A direct privacy risk students often don't recognize.

**Using AI where it's not permitted**

The teacher's policy is the policy.

**Sharing unverified output publicly**

A reputational risk and a contribution to misinformation.

**Signs Worth a Conversation**

Not accusations, prompts for an honest conversation. Approach with curiosity, not confrontation.

**Grades jumped as effort dropped**

Ask them to walk you through how they approached the work.

**Can't explain work they submitted**

One of the clearest signals it may not be theirs.

**Never questions AI output**

Questioning AI output is the habit this program builds. If a student never pushes back on the tool, they haven't built it yet, worth a gentle conversation.

**Entering personal details into AI**

A direct privacy risk to name and explain.

**The Goal: Still In Charge**

The goal isn't to restrict AI use. AI is here, it's powerful, and students will use it throughout their lives. The goal is to make sure your student remains in charge of their own thinking, using AI as a tool, not a replacement; verifying before trusting; knowing the rules; stopping when something feels wrong; and making real decisions, independently, every single day.

**Learn more or get in touch: [contact@stillincharge.org](mailto:contact@stillincharge.org) · [stillincharge.org](https://stillincharge.org)**

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