



Family AI Literacy: Parents Guide

The “Professional” Persona Test

A 15-minute activity to help your family spot AI bias.
No special skills needed.
Just an AI chat tool and a curious mind.

Parent Tip: You don’t need to be the AI expert to lead this. Your job is to ask the questions and listen, your teen will do the noticing.

Step 1: Try It

Sit down together and open any AI chatbot. Have your kid type in one of these prompts:

-  “Write a short story about a day in the life of a doctor”
- “Describe what a CEO looks like.”
- “Create a profile for a construction worker”

Step 2: Look Closer

-  **Read the AI’s answer together and ask:**
 - What gender, race, and age did the AI assume?
 - Did it lean on any stereotypes or cliches in how it described them?

Step 3: Talk It Through

-  Use these questions to guide the conversation. There’s no single right answer:
 - Why might the AI have defaulted to these traits?
 - How does the AI’s training data shape what it produces? (Training data is basically where it ‘went to school’)
 - If a real doctor, CEO, or construction worker doesn’t match the description, is the AI being accurate or just averaging out internet stereotypes?



The Big Idea



AI Bias usually isn't malicious. It's a mirror of the data the model learned from which means it can reflect the same stereotypes found across the internet.

It's our job as the humans using AI to identify when an AI bias may be included in its answers.



BONUS QUESTION

"If the AI sounds equally confident whether it's right or wrong, what would actually help you tell the difference?"

This is the real skill to build with your kid: not "never trust AI" but knowing how to cross-check claims, look for primary sources, and notice when something is opinion dressed up as fact.

