FOSI
Family Online Safety Institute

Coming of Age: How Teens and Parents Navigate AI Chatbots' Expanding Role in Young People's Lives

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FAMILY ONLINE SAFETY INSTITUTE RESEARCH

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Introduction

Nearly four years ago, ChatGPT was released to the public[1]. Since then, AI chatbot technology and its adoption have evolved at rapid speeds. Today, AI chatbots are seemingly everywhere, including social media platforms, smartphones, and even some school-issued devices[2].

In the AI chatbot era, teens and parents are navigating challenging terrain. Teens face questions around appropriate use of the technology in school, at home, and everywhere in between. Parents are tasked with helping their teens navigate these questions, while also establishing what appropriate use looks like for their teen and family. As AI chatbots continue to evolve, teens' and parents' behavior and understanding of these tools will also continue to develop, especially when it comes to safe and appropriate teen use.

In 2025, FOSI released a report focused on older teens' (aged 15-18) AI chatbot use, which captured a rapid adoption period for these tools[3]. This year's report aims to deepen our understanding of how teens aged 13-17 use AI chatbots, not just through teens' personal experiences, but also through parents' perceptions of their teens' experiences. The report also outlines where teen and parent views align and diverge, and what these differences may mean for industry, policymakers, and parents themselves.

This mixed-methods study focuses on teen AI chatbot users aged 13-17 and parents of teen AI chatbot users in that same age range. The research explores areas such as teens' AI chatbot use patterns, perceived benefits and drawbacks of teens' AI chatbot use, and safety strategies they employ while using AI chatbots. By presenting both teen and parent perspectives, this report contributes to the online safety field's comprehension of how teens are navigating an increasingly AI chatbot-driven world.



1 Introducing ChatGPT. OpenAI. November 30, 2022.
2 Google Turns On Gemini A.I. for Students Using Its Classroom App. Natasha Singer, New York Times. August 14, 2026.
3 Generative AI in Uncertain Times: How Teens are Navigating a New Digital Frontier. Alanna Powers-O'Brien and Abigail Rochman, Family Online Safety Institute. November 10, 2025.

Methods Summary

This mixed-methods study focuses on U.S. teens (aged 13-17) and U.S. parents of teens in the same age range. Research was conducted in two phases:

- Focus groups: Four focus groups with U.S. teens aged 13-17 who had used at least one AI chatbot in the past three months (n = 18) and four focus groups with U.S. parents of teens aged 13-17 whose teens had used at least one AI chatbot in the past three months (n = 25). All focus groups were conducted in May 2026.
- Surveys: A survey was fielded to U.S. teens aged 13-17 who had used at least one AI chatbot in the past three months (n = 1,003). Another survey was fielded to U.S. parents of teens aged 13-17 who indicated that their teen had used at least one AI chatbot in the past three months (n = 1,002). Survey data was collected in July and August 2026.

This project incorporated youth-engaged design. Researchers conducted three reflection sessions with U.S. teens aged 13-17 (n = 16) throughout the study. The purpose of these reflection sessions was to incorporate teen feedback on: the focus group findings, the survey questions prior to fielding the survey, and the survey findings.

Teen focus group and reflection session data was collected in partnership with In Tandem, a youth-centered research and design platform that helps organizations conduct research with teens in trusted, safe spaces so programs, products, and policies reflect real youth experience.

Survey data and parent focus group data was collected in partnership with Touchstone Research, a youth and family market research company.

All differences between subgroups were tested for statistical significance.

- Bars with one asterisk (*) are statistically significant at the $p < .05$ level.
- Bars with two asterisks (**) are statistically significant at the $p < .01$ level.
- Bars with three asterisks (***) are statistically significant at the $p < .001$ level.

Survey data were weighted using iterative proportional fitting (raking) to reflect U.S. Census demographic estimates for adolescents and parents by gender, race/ethnicity, household income, household makeup, and region.

Due to rounding, the percentages within each graph may not sum to 100%.

Qualitative data was analyzed using NVivo. Quantitative data was analyzed using SPSS and R.

All data was collected in the United States.

For more details, see the *Methodology* section.

A Note on Youth-Engaged Research

FOSI works to make the online world safer for children and their families. This work would be incomplete without the perspectives of young people. With this in mind, the research team included teen voices throughout the research process. In this report, the term "reflection session" is used to refer to times when teen participants were consulted about this project.

Teen perspectives informed the research at three key stages

Through three reflection sessions, teens provided input that shaped the survey and helped interpret the findings.

1. Interpreting focus group themes	2. Reviewing the survey questionnaire	3. Interpreting survey findings
Teens reflected on the key themes from the focus groups and identified: • Findings that resonated with them • Findings that were unclear • Areas to explore further in the survey	Before the survey was fielded, teens gave feedback on the questionnaire including: • Question clarity • Questions they thought were missing • Which questions they found most important	Teens reviewed the survey findings and identified: • Findings that were particularly interesting or surprising • How findings aligned or did not align with their personal experiences • Context and explanations for key findings
TEEN INPUT **Informed survey development**	TEEN INPUT **Strengthened the questionnaire**	TEEN INPUT **Added context and interpretation to the findings**

These reflection sessions were integral to this research. Teen participants helped shape the survey, clarify findings, and contextualize results through their unique perspectives and experiences as young people in the current AI chatbot era.

To keep the reflection sessions engaging and understandable, researchers designed simple activities using emojis, polls, and open-ended questions. Many thanks to Hopelab and the Center For Digital Thriving for their case study titled Demystifying Youth Engaged Research, which was instrumental in developing these methods.

For each reflection session, the main focus was the teen data and survey design. However, researchers occasionally asked participants' opinions on parent data. For more information on reflection session participants, please see the *Methodology* section.

Key Findings

- More than half of teen AI chatbot users (51%) say they use AI chatbots daily. The same number of parents (51%) of teen AI chatbot users report that their teens are daily users. Just over a third (34%) of teens say they use AI multiple times a day, and 9% of teens reported using AI chatbots almost constantly.
- Of the 13 tools the survey offered, general purpose AI chatbots and those that are built into widely used platforms (like Google or social media) are most used by teens. The top AI chatbot for teen users is ChatGPT, with 84% of teens and 82% of parents reporting that they/their teen have used this tool.
- Teens' top use case for AI chatbots is to search for facts and information, with 71% of teens and 78% of parents saying that they/their teens have used AI chatbots for this purpose.
- Teens (70%) and parents (66%) say helping understand schoolwork is a benefit of teen AI chatbot use. Conversely, teens' most-selected drawback of their AI chatbot use is that they might be accused of cheating (42%), making AI chatbots both an asset and a risk when it comes to academics.
- Just under half (46%) of teen users say that when they use AI chatbots, they feel like they are talking to a human. Daily users have this feeling more often, with 58% of daily teen users saying they feel like they are talking to a human, compared with 34% of less frequent users.
- There is a great deal of trust between parents and teens when it comes to teen AI chatbot use. Nine in 10 (90%) teens say that their parents trust them to use AI chatbots safely, and 87% of parents say the same about their teens.
- Parents show an interest in helping teens use AI chatbots safely, with most parents (90%) and teens (85%) stating that teens have had at least one conversation with their parents in the past year about how to use AI chatbots safely. When given a list of potential AI chatbot parental controls and online safety tools (such as content filters and screen time limits), majorities of both parents and teens say that these tools would be helpful for teens.
- Most parents (88%) feel responsible for making sure their teens have safe experiences when using AI chatbots. Fewer teens (68%) feel the same about their parents. However, 72% of teens say they are responsible for their own AI chatbot safety, compared to 53% of parents who say their teen has that same responsibility.
- Parental strategies vary by the age of the parent and the age of the teen. For example, Gen Z and Millennial parents (50%), are significantly more likely to use parental controls for AI chatbots than Gen X and Baby Boomer parents (38%); and parents of younger teens, aged 13 and 14, are significantly more likely to say they check their teens' AI chatbot conversation history (67%) than parents of older teens, aged 15 to 17 (51%).

Part One: How Teens Use AI Chatbots

AI chatbots have become increasingly ubiquitous with each passing year, and recent data shows that the majority of teenagers use AI chatbots[4]. In addition to stand-alone AI platforms like ChatGPT, sites that many teens already used frequently, such as Google and Instagram, have now integrated AI chatbots and made them central to the platform experience.

This study asked teens and caregivers how often teens are using these tools. A little over half of teens report daily use, while the other half report less than daily use. Parents of teens report similar levels of use by their children, with about half indicating that their teens are daily users, and the other half indicating that their teens are less than daily users.

The most common use frequency is multiple times a day (34% in both the teen and parent survey), followed by a few times a week (29% in the teen survey, and 28% in the parent survey). It is also worth noting that 9% of teens report using AI chatbots almost constantly, and 8% of parents report the same for their teens.

Just over half of teens use AI chatbots daily.

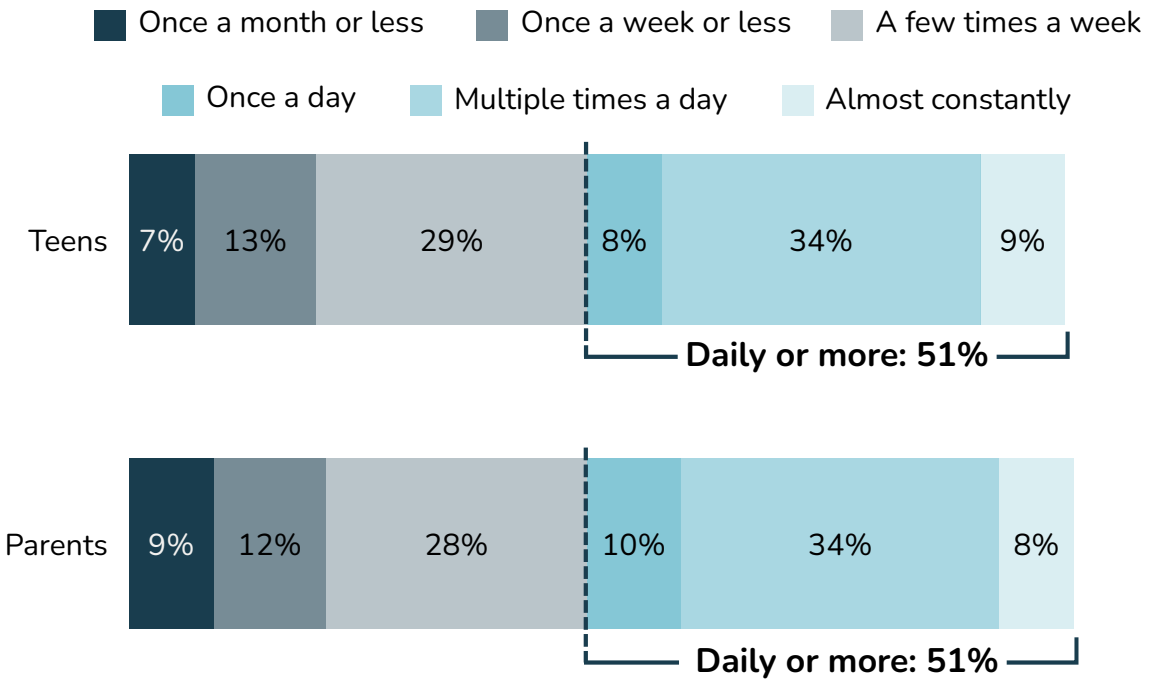
51% of teens report using AI chatbots once a day or more. The same number of **parents (51%)** report that their teens use AI chatbots once a day or more.



4 Teens, Social Media and AI Chatbots 2025. Michelle Faverio and Olivia Sidoti, Pew Research Center. December 9, 2025.

Teen AI Chatbot Use Frequency

% of teen self-reported use and parent-reported teen use



Graph represents answers to the Qs: "How often do you use AI chatbots?" (teen survey) and "How often does your teen use AI chatbots?" (parent survey). Respondents are teens aged 13-17 who have used AI chatbots in the past three months; and parents of teens aged 13-17 who reported that their teens have used AI chatbots in the past three months. Data are weighted using iterative proportional fitting (raking) to reflect U.S. Census demographic estimates. Weighted teen survey n = 998. Weighted parent survey n = 1,002. Percentages may not sum to 100% due to rounding. Components may not sum to the category total due to rounding.

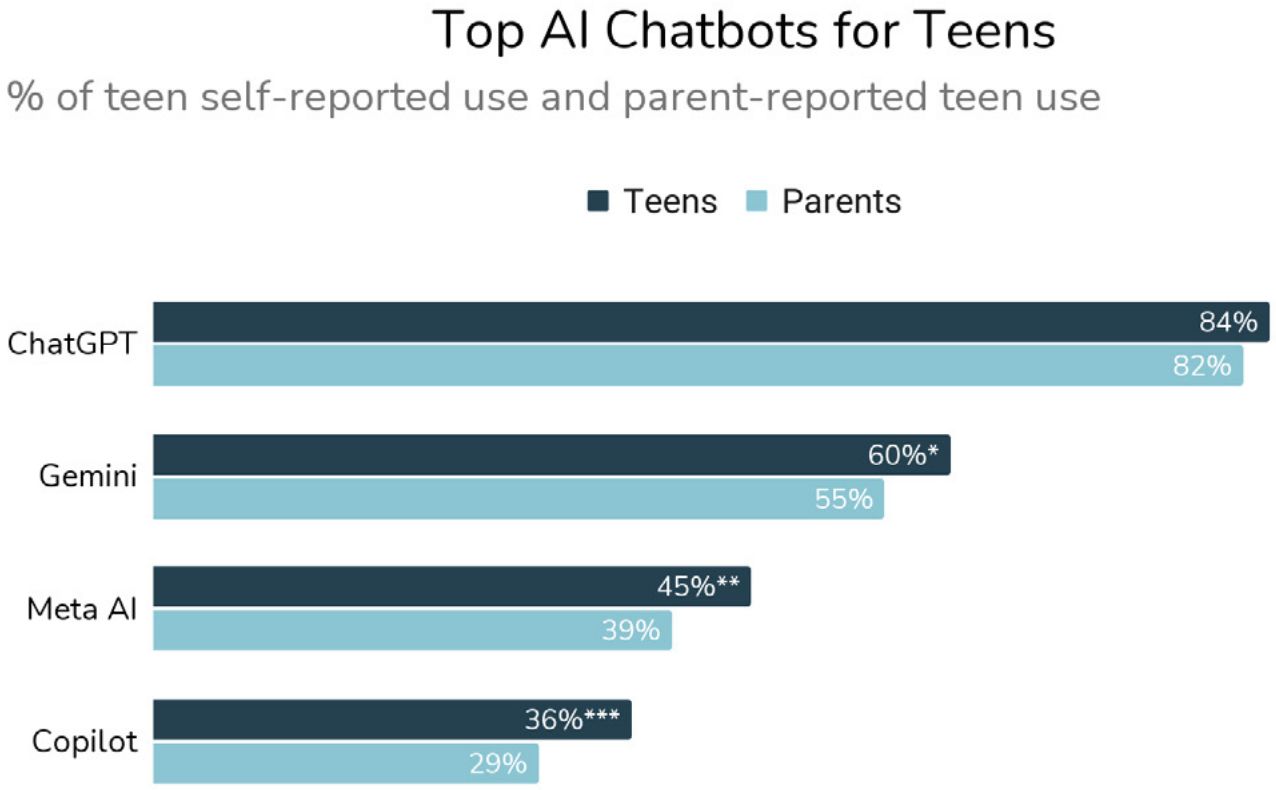
One 17-year-old boy explained his high AI chatbot use frequency during a reflection session, saying:

"Considering how much AI is embedded in almost everything we do, like, it just becomes more convenient to have the AI there. And most of the time, like 90% of the AI you see are AI chatbots . . . for example Instagram. Instagram's Meta AI is embedded inside . . . your messages and DMs. So if you wanted something clarified, it'd be more convenient to use it in that instance because it's right there."

ChatGPT is the most-used AI chatbot among teens.

84% of teens report having used ChatGPT, with **82% of parents** reporting that their teen has used the chatbot.

With just over half of teens using AI chatbots daily, which AI chatbots are teens using? ChatGPT is the clear leader, with more than 8 in 10 teens (84%) reporting that they have used this tool. The only other AI chatbot used by more than half of teens is Gemini (60%), followed by Meta AI (45%) and Copilot (36%). Parents report strikingly similar uses on behalf of their teens, with 82% of parents saying their teen has used ChatGPT, followed by 55% having used Gemini, 39% having used Meta AI, and 29% having used Copilot.



Graph represents answers to the Qs: "What AI chatbots have you ever used?" (teen survey) and "To the best of your knowledge, what AI chatbots has your teen ever used?" (parent survey). Respondents are teens aged 13-17 who have used AI chatbots in the past three months; and parents of teens aged 13-17 who reported that their teens have used AI chatbots in the past three months. Bar with asterisks (***) differs significantly from other bar within response option ($p < .001$). Bar with asterisks (**) differs significantly from other bar within response option ($p < .01$). Bar with an asterisk (*) differs significantly from other bar within response option ($p < .05$). Data are weighted using iterative proportional fitting (raking) to reflect U.S. Census demographic estimates. Weighted teen survey n = 998. Weighted parent survey n = 1,002.

Teens and parents were asked about a total of 13 AI chatbot platforms. Some of the lesser used platforms are listed in the chart below, including Snapchat My AI (24% in both surveys) and Claude (21% in teen survey, 17% in parent survey). Notably, general purpose AI chatbots are the most used, while AI chatbot platforms designed specifically for academic purposes, such as MathGPT, Photomath, and Gauth, are some of the least used.

Teen AI Chatbot Usage by Platform

Platform	Teen	Parent
ChatGPT	84%	82%
Gemini	60%*	55%
Meta AI	45%**	39%
Copilot	36%***	29%
Snapchat My AI	24%	24%
Claude	21%*	17%
Grok	18%***	13%
Perplexity	13%	11%
Character.AI	10%	9%
MathGPT	6%	6%
Photomath	3%	2%
Gauth	2%	3%
Replika	1%	1%
Other	1%	1%

Table represents answers to the Qs: "What AI chatbots have you ever used?" (teen survey) and "To the best of your knowledge, what AI chatbots has your teen ever used?" (parent survey). Respondents are teens aged 13-17 who have used AI chatbots in the past three months; and parents of teens aged 13-17 who reported that their teens have used AI chatbots in the past three months. Cells with asterisks (***) differ significantly from other cells within each response option ($p < .001$). Cell with asterisks (**) differs significantly from other cell within response option ($p < .01$). Cells with an asterisk (*) differ significantly from other cells within each response option ($p < .05$). Data are weighted using iterative proportional fitting (raking) to reflect U.S. Census demographic estimates. Weighted teen survey n = 998. Weighted parent survey n = 1,002.

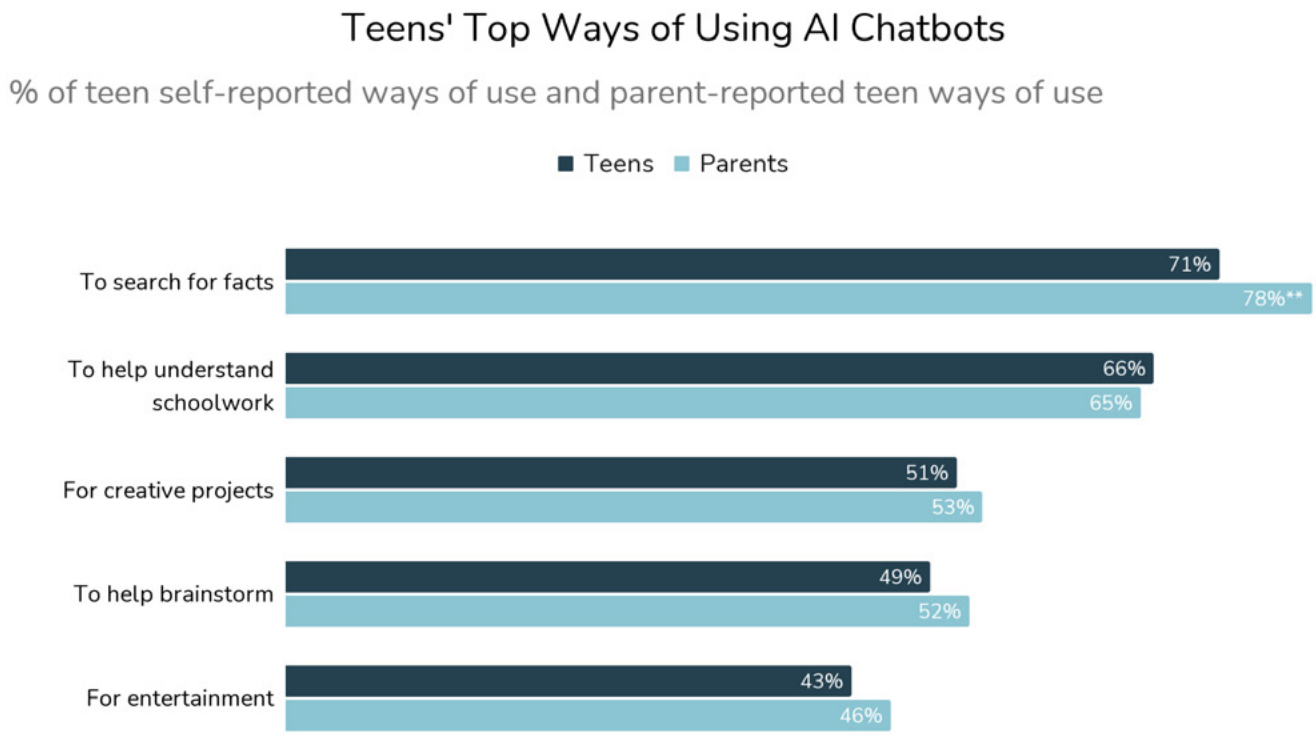
The alignment between teens and parents in their responses is striking. For the most part, both groups are in lockstep about the chatbots teens use. This is even more surprising when considering the parent and teen survey samples are not dyads (they are samples recruited separately, not teens and parents within the same household). This finding reflects a shared general understanding among parents and young people about which AI chatbots are most and least used by teens.

Given the relative popularity of general purpose AI chatbots such as ChatGPT and Gemini, the potential use cases for these tools can seem endless. When shown a list of 12 uses, five stood out. The top two ways teens use AI chatbots are to search for facts and information (71% of teens and 78% of parents about their teens) and to help understand schoolwork better, like a tutor or a teacher (66% of teens and 65% of parents about their teens).

Other frequent uses are for creative projects, like writing a story or generating/editing pictures (51% of teens and 53% of parents about their teens); to help brainstorm or get a second point of view for things like projects, hobbies, and papers (49% of teens and 52% of parents about their teens); and for entertainment, like generating jokes, stories, or gaming strategies (43% of teens and 46% of parents about their teens). Interestingly, most of these top five use cases, such as academic work, fact-finding, and ideation, are tasks for which earlier generations may have used a search engine[5].

Teens' top use case for AI chatbots is to search for facts and information.

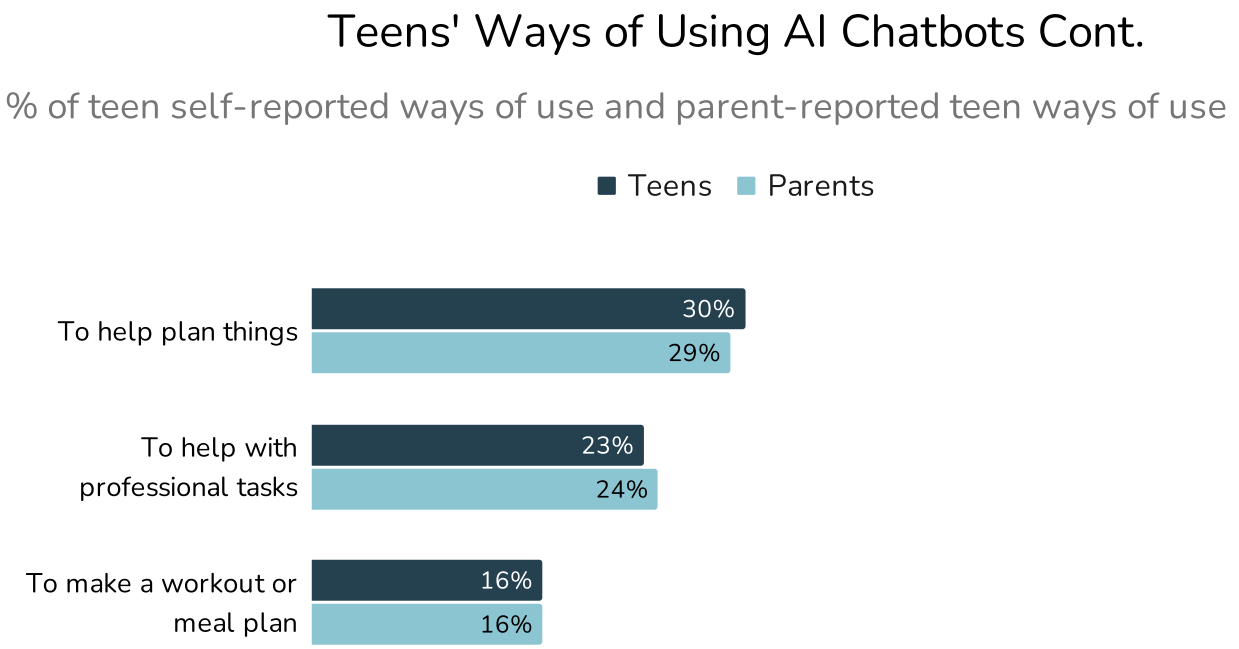
71% of teens say they have used AI chatbots to search for facts and information, while **78% of parents** report that their teen has used AI chatbots for this purpose.



Graph represents answers to the statements: "Select all of the ways you use AI chatbots" (teen survey) and "Select all of the ways your teen uses AI chatbots" (parent survey). Respondents are teens aged 13-17 who have used AI chatbots in the past three months; and parents of teens aged 13-17 who reported that their teens have used AI chatbots in the past three months. Bar with asterisks (**) differs significantly from other bar within response option ($p < .01$). Data are weighted using iterative proportional fitting (raking) to reflect U.S. Census demographic estimates. Weighted teen survey n = 998. Weighted parent survey n = 1,002. Option labels have been shortened for clarity; refer to the original survey for exact question wording.

5 How Teens Do Research in the Digital World. Kristen Purcell et al., Pew Research Center. November 1, 2012.

Teen and parent respondents also report uses for planning, such as organizing a trip or a meal. Just under a third (30%) of teens and 29% of parents report that teens use AI chatbots to help plan things, like trips, hangouts with friends, or generating a recipe. Around a quarter (23%) of teens and 24% of parents report that teens use AI chatbots to help with professional tasks, like making a resume or drafting an email. Fewer parents and teens report using AI chatbots for wellness tasks like making a workout or meal plan, with 16% of both parents and teens saying teens use AI chatbots this way.



Graph represents answers to the Qs: "Select all of the ways you use AI chatbots" (teen survey) and "Select all of the ways your teen uses AI chatbots" (parent survey). Respondents are teens aged 13-17 who have used AI chatbots in the past three months; and parents of teens aged 13-17 who reported that their teens have used AI chatbots in the past three months. Data are weighted using iterative proportional fitting (raking) to reflect U.S. Census demographic estimates. Weighted teen survey n = 998. Weighted parent survey n = 1,002. Option labels have been shortened for clarity; refer to the original survey for exact question wording.

In the focus groups and the reflection sessions, teens and parents spoke about these uses:

"Like, 'Is Chipotle healthy?' When I look at her searches or what she's asking, it's definitely everything about the world." - Mom of 13-year-old girl

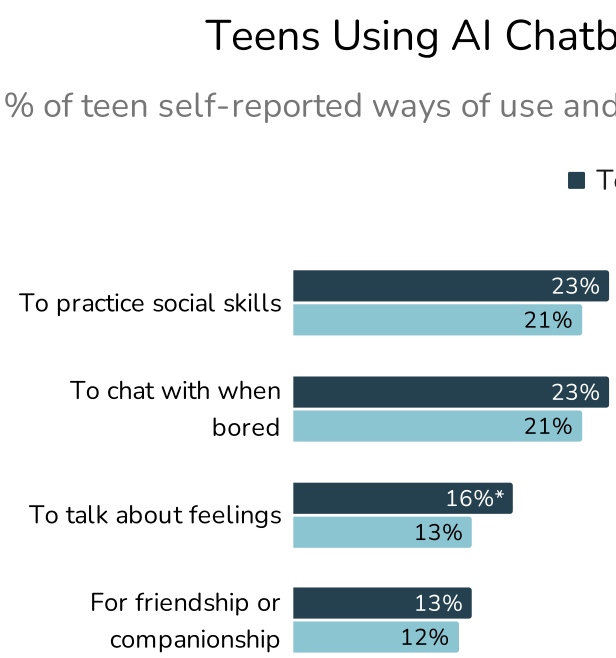
"Sometimes when I hear my friends, like at lunch, debating about, like, LeBron versus Michael Jordan or something, and then someone just says something random and then I pull it up in AI to prove them wrong." - 16-year-old boy

"It limits the need to search through a lot of different websites, like we had to do growing up. They can get, like . . . a general question 'What does this phrase mean?' 'What's the plot of this movie?' She doesn't have to go through 30 different websites to find the answer."
- Dad of 15-year-old girl

"AI can be helpful as like, maybe like an external voice, external opinion or . . . a kind of medium opinion between different voices for the most part. I mean, I know it's not necessarily like a, I guess, a reliable voice, but I think it can kind of sometimes be helpful when you're working on creative projects or kind of need an external opinion." - 17-year-old girl

There has been a significant amount of research and public attention paid to some teens' emotional and/or social reliance on AI chatbots[6] [7] [8]. In this survey, less than a quarter of teens and parents report these use cases: 23% of teens say that they have used AI chatbots to practice social skills, like replying to a text from a friend or navigating an argument with their family, while 21% of parents say their teens have used AI chatbots this way. Additionally, 23% of teens and 21% of parents say teens have used AI chatbots to chat with when they are bored.

Fewer teens have used AI chatbots to talk about feelings (16% of teens, 13% of parents about their teens) and for friendship or companionship (13% of teens, 12% of parents about their teens). While these figures are small compared with use cases such as searching for facts or understanding schoolwork, they still represent substantial numbers of teens and an important area of attention for parents, policymakers, and industry.



Graph represents answers to the Qs: "Select all of the ways you use AI chatbots" (teen survey) and "Select all of the ways your teen uses AI chatbots" (parent survey). Respondents are teens aged 13-17 who have used AI chatbots in the past three months; and parents of teens aged 13-17 who reported that their teens have used AI chatbots in the past three months. Bar with an asterisk (*) differs significantly from other bar within response option ($p < .05$). Data are weighted using iterative proportional fitting (raking) to reflect U.S. Census demographic estimates. Weighted teen survey n = 998. Weighted parent survey n = 1,002. Option labels have been shortened for clarity; refer to the original survey for exact question wording.

6 Adolescents & Anthropomorphic AI, Rethinking Design for Wellbeing. Mathilde Neugnot-Cerioli, Everyone.AI. March 9, 2026.
7 Youth, AI, and the Relationships That Shape Them. Alison Lee and Michelle Culver, The Rithm Project. March 2026.
8 Youth Mental Health in the AI Era: How GenAI Enters Help-Seeking Pathways. Surgo Health & The JED Foundation. February 18, 2026

In the focus groups, parents and teens had a range of opinions about using AI chatbots for social and emotional tasks. Some saw the benefits of using chatbots this way, because of AI chatbots' perceived objectivity. Others thought using AI chatbots this way was impersonal, and that AI chatbots could not replace the roles of real humans.

"Let's say . . . you know, something was going on with the team that your kid is on, and maybe you as a parent, or them as a child, wants to be forthcoming to, let's say, a coach, and have an open dialogue. So they can ask [an AI chatbot], like, 'Hey, what's the best way that I can approach this?' So that, you know, the coaches stay feeling respected, and, you know, I don't dim their light on their role." - Mom of 16-year-old boy

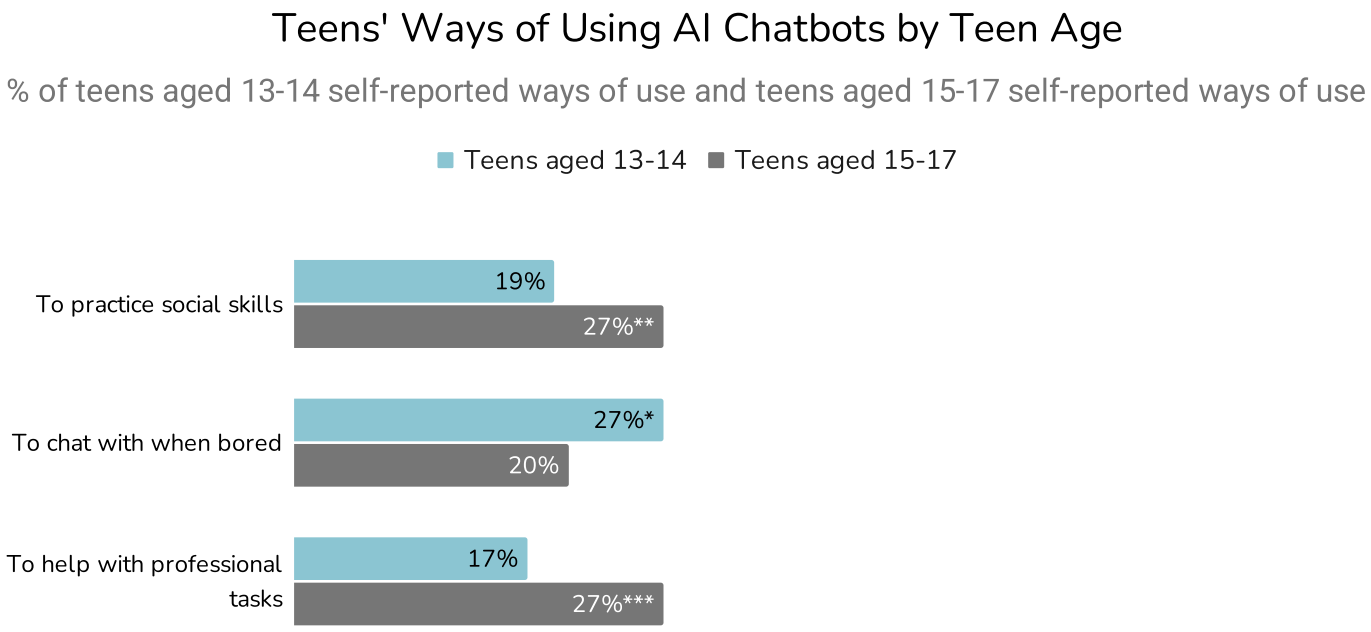
"I wouldn't use AI to sort out a conflict, really, because I feel like you're not taking the other side into accountability and taking, like, what they're saying to accountability. You're not really solving the conflict. You're causing more problems by not listening to what that person is saying." - 15-year-old girl

"AI is kind of, like, neutral. It'll kind of give you both sides of the story, and kind of, 'Hey, well, here's what you're feeling, but this is probably what your friend means,' and kind of maybe help them understand. So, kind of like Switzerland, you know, it's neutral." - Mom of 16-year-old boy

"I would be really disappointed if . . . my children felt like they had to go to AI and didn't have someone else, like a human, an adult, a trusted adult, it wouldn't have to be me, but they have a lot of trusted adults in their life that I . . . have worked really hard as a parent to set up for them." - Mom of 15-year-old boy



There are also some use differences between older (aged 15-17) and younger teen AI chatbot users (aged 13-14). Older teens are slightly more likely to use AI chatbots to practice their social skills like replying to a friend's text or navigating an argument with a family member (27%), than younger teens (19%). However, younger teens are slightly more likely to use AI chatbots to chat with when they are bored (27%) than older teens (20%). Perhaps intuitively, older teens are significantly more likely to use AI chatbots to help with professional tasks (27%) than younger teens (17%).

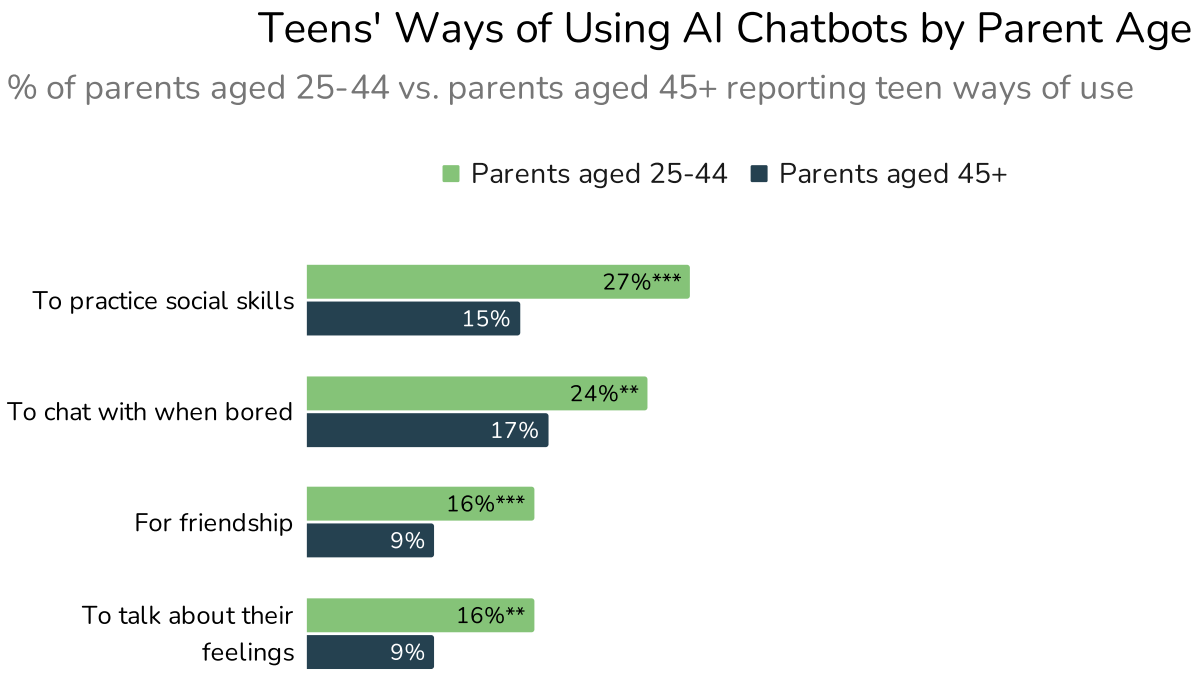


Graph represents answers to the Q: "Select all of the ways you use AI chatbots" (teen survey). Respondents are teens aged 13-17 who have used AI chatbots in the past three months. Bar with asterisks (***) differs significantly from the other bar within response option ($p < .001$). Bar with asterisks (**) differs significantly from other bar within response option ($p < .01$). Bar with an asterisk (*) differs significantly from other bar within response option ($p < .05$). Data are weighted using iterative proportional fitting (raking) to reflect U.S. Census demographic estimates. Weighted teen survey n = 998. Option labels have been shortened for clarity; refer to the original survey for exact question wording.

These differences could indicate a divide between older and younger teens, who may see AI chatbots as tools for different purposes. It is notable that more older teens engage with AI chatbots to practice social skills, while younger teens' social AI chatbot use is more general, namely, chatting when they are bored.

Perhaps surprisingly, there are differences between parents' views and behaviors around teen AI chatbot use depending on *parent* age. In the parent survey, younger parents (between the ages of 25 and 44) are significantly more likely to report their teens doing a variety of tasks with AI chatbots than older parents (above the age of 45).

Interestingly, younger parents are more likely to report that their teen has used AI chatbots for social or emotional reasons than older parents. Around a quarter (27%) of younger parents say that their teen has used AI chatbots to practice social skills, compared to 15% of older parents. This trend continues with casual conversation: 24% of younger parents report that their teen has used AI chatbots to chat with when they are bored, which is higher than older parents at 17%. Nearly double the amount of younger parents say that their teen has used an AI chatbot for friendship than older parents (16% vs. 9%). Similarly, 16% of younger parents say that their teen has used AI chatbots to talk about their feelings, while only 9% of older parents say the same.

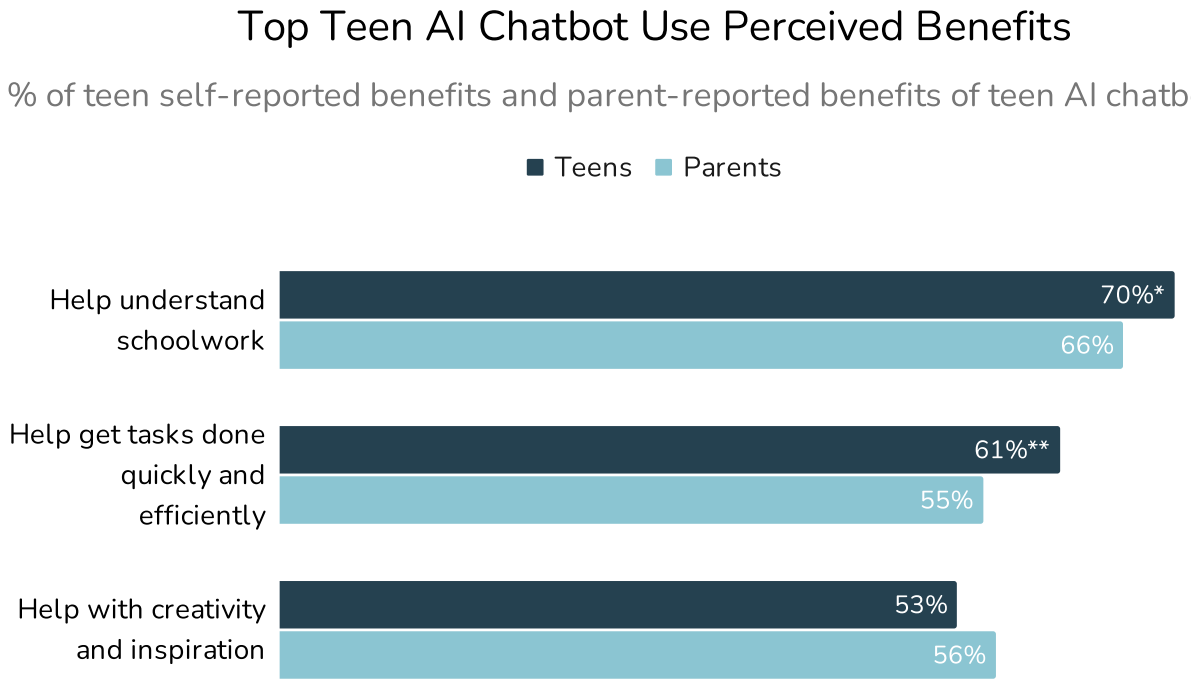


Graph represents answers to the Qs: "Select all of the ways your teen uses AI chatbots." (parent survey). Respondents are parents of teens aged 13-17 who reported that their teens have used AI chatbots in the past three months. Bars with asterisks (***) differs significantly from other bars within each response option ($p < .001$). Bars with asterisks (**) differ significantly from the other bars within each response option ($p < .01$). Data are weighted using iterative proportional fitting (raking) to reflect U.S. Census demographic estimates. Weighted parent survey n = 1,002. Option labels have been shortened for clarity; refer to the original survey for exact question wording.

While some of these numbers are relatively small, the awareness of teens' use of these tools for emotional or social reasons by younger parents is quite striking. This could indicate that younger parents, who are Millennials or Gen Z, have a different view of this technology than older generations. Or it could indicate that younger parents are more involved in their teens' AI chatbot use.

Part Two: Perceived Benefits and Drawbacks of Teen AI Chatbot Use

With many teens and parents of teen AI chatbot users saying that they use AI chatbots daily and for a variety of tasks, it is reasonable to assume that they see these tools as at least somewhat beneficial. The perceived benefits of teens' AI chatbot use, as reported by teens and parents, align well with teens' reported primary uses of these tools. The top benefit is to help teen users understand schoolwork (reported by 70% of teens and 66% of parents about their teens). Other top benefits include helping teens get tasks done quickly and efficiently (reported by 61% of teens and 55% of parents about their teens) and fostering creativity and inspiration (reported by 53% of teens and 56% of parents about their teens).



Graph represents answers to the Qs: "What are the benefits of your AI chatbot use? Select all that apply." (teen survey) and "What are the benefits of your teen's AI chatbot use? Select all that apply." (parent survey). Respondents are teens aged 13-17 who have used AI chatbots in the past three months; and parents of teens aged 13-17 who reported that their teens have used AI chatbots in the past three months. Bar with asterisks (**) differs significantly from other bar within response option ($p < .01$). Bar with an asterisk (*) differs significantly from other bar within response option ($p < .05$). Data are weighted using iterative proportional fitting (raking) to reflect U.S. Census demographic estimates. Weighted teen survey n = 998. Weighted parent survey n = 1,002. Option labels have been shortened for clarity; refer to the original survey for exact question wording.

In the focus groups and reflection sessions, teens and parents explained how AI chatbots can benefit teen schoolwork particularly:

"My grandson, he was using it for a lot of study help, because he has dyslexia, and it would help him come up with different ways to learn things and remember it, so it wasn't so hard on him, and his grades improved." - Grandmother of 14-year-old boy

"If I have a question, for example, like a chemistry question that I don't understand, I could ask it to help me explain it and give step by step solutions. So I think it's really helpful in explaining it compared to like, I guess just going to like a tutor or something. It's kind of like your own personalized tutor." - 16-year-old girl

"I'm not very good at math, and my daughter was struggling, and I'm like, 'I don't really know how to help you.' So, I encourage her to . . . get help in that subject in particular, because, it can break it down, like, 'this is how we solve this problem,' like, 'this is the first step, second step, third step,' and then just give practice problems for her to try to do. So yeah, math is definitely one of the subjects that I would encourage her to use it in." - Mom of 13-year-old girl

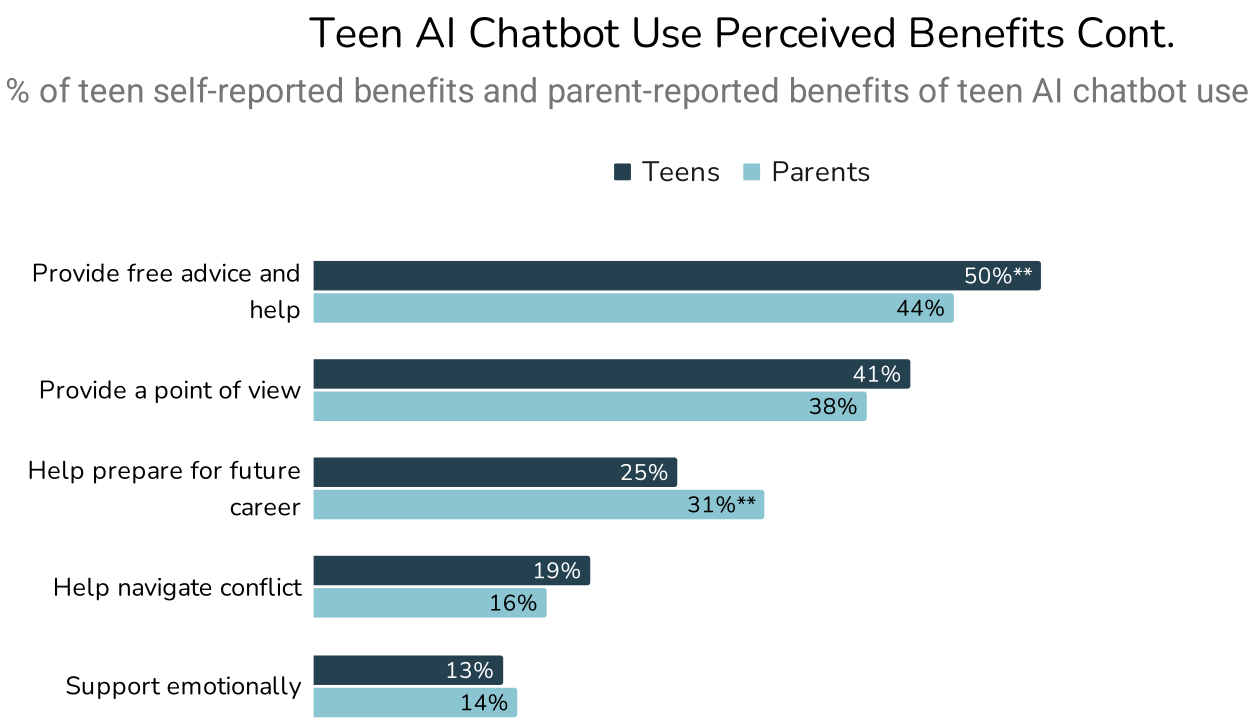


Another key benefit for teens is the accessibility of these tools, which often have a low barrier to entry. Half of teens (50%) report that a benefit of AI chatbots is that they provide them with free advice and help, and 44% of parents state the same for their teen. Similar numbers of both groups also say that AI chatbots provide teens with a point of view they may not get elsewhere (41% of teens and 38% of parents).

Additionally, a quarter of teens (25%) and just under one third (31%) of parents also identify future career preparation as a benefit. Other benefits are help with conflict navigation (19% of teens and 16% of parents), and emotional support (13% of teens and 14% of parents).

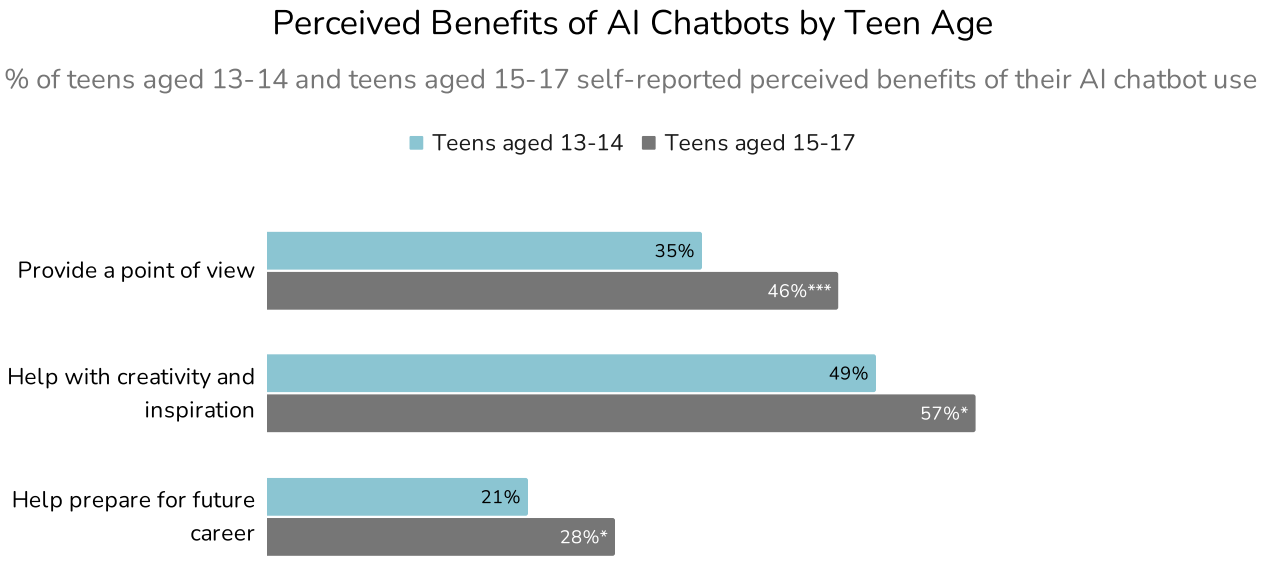
One mom of a 13-year-old boy summed up the benefit of turning to an AI chatbot for support and advice like this:

"Sometimes they just don't know how to put their words out there, and that kind of gives them an idea, and it's pretty respectful, truly, and very smart."



Graph represents answers to the Qs: "What are the benefits of your AI chatbot use? Select all that apply." (teen survey) and "What are the benefits of your teen's AI chatbot use? Select all that apply." (parent survey). Respondents are teens aged 13-17 who have used AI chatbots in the past three months; and parents of teens aged 13-17 who reported that their teens have used AI chatbots in the past three months. Bars with asterisks (**) differ significantly from bars within each response option ($p < .01$). Data are weighted using iterative proportional fitting (raking) to reflect U.S. Census demographic estimates. Weighted teen survey n = 998. Weighted parent survey n = 1,002. Option labels have been shortened for clarity; refer to the original survey for exact question wording.

Older teens also have different views on the benefits of AI chatbots compared to younger teens. For example, older teens are significantly more likely to select "AI chatbots provide me with a point of view I can't get elsewhere" as a benefit of these tools (46%) than younger teens (35%). Older teens are slightly more likely to list creativity and inspiration as a benefit (57%) than younger teens (49%). Additionally, older teens are slightly more likely to say that future career preparation is a benefit of these tools (28%) compared to younger teens (21%).



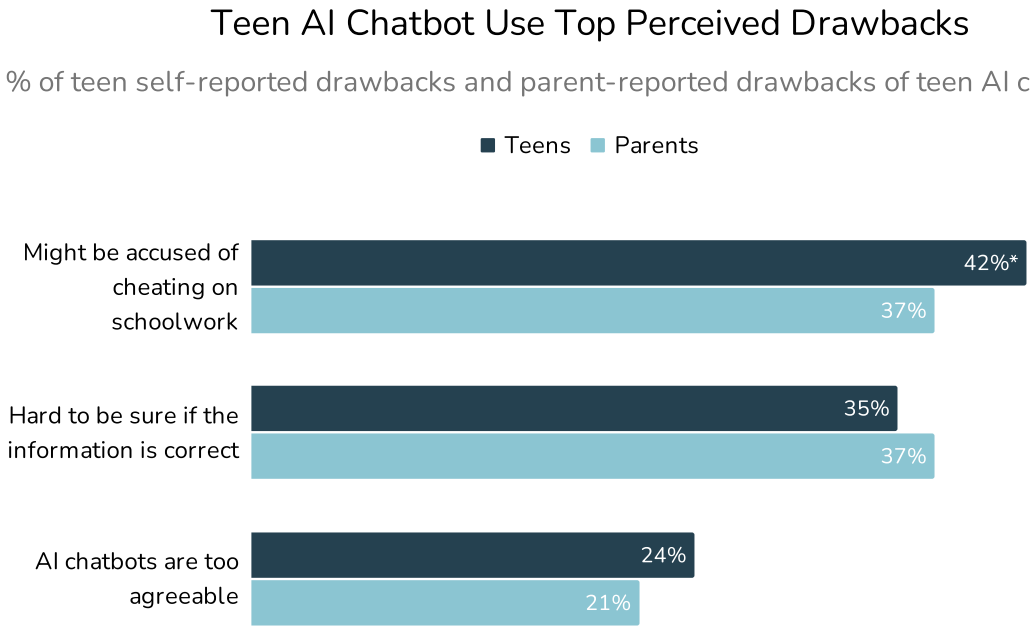
Graph represents answers to the Q: "What are the benefits of your AI chatbot use? Select all that apply." (teen survey). Respondents are teens aged 13-17 who have used AI chatbots in the past three months. Bar with asterisks (***) differs significantly from other bar within response option ($p < .001$). Bars with an asterisk (*) differ significantly from the other bars within each response option ($p < .05$). Data are weighted using iterative proportional fitting (raking) to reflect U.S. Census demographic estimates. Weighted teen survey n = 998. Option labels have been shortened for clarity; refer to the original survey for exact question wording.

Focus groups revealed that many teens and parents are ambivalent about AI chatbots. While they noted real benefits for schoolwork and efficiency, both groups also recognize the drawbacks of AI chatbots. Survey data show a similar ambivalence.

Teens and parents see AI chatbots as both an asset and a risk for schoolwork.

70% of teens and **66% of parents s**ay helping teens understand schoolwork is a top benefit of teen AI chatbot use. However, **42% of teens** say that the potential for academic cheating accusations is a drawback of their AI chatbot use.

For teens, the most-selected drawback relates to school: specifically, that they might be accused of cheating (42% of teens, 37% of parents about their teens). Another top drawback is that it is hard to be sure if the information given by an AI chatbot is correct (35% of teens and 37% of parents). One drawback on the list aimed to learn more about respondents' views on sycophancy. About a quarter of teens (24%) and 21% of parents say that "AI chatbots are too agreeable, and they say I am always right, even when I might not be," is a drawback to these tools.



Graph represents answers to the Qs: "What are the drawbacks of your AI chatbot use? Select all that apply." (teen survey) and "What are the drawbacks of your teen's AI chatbot use? Select all that apply." (parent survey). Respondents are teens aged 13-17 who have used AI chatbots in the past three months; and parents of teens aged 13-17 who reported that their teens have used AI chatbots in the past three months. Bar with an asterisk (*) differs significantly from the other bar within response option ($p < .05$). Data are weighted using iterative proportional fitting (raking) to reflect U.S. Census demographic estimates. Weighted teen survey n = 998. Weighted parent survey n = 1,002. Option labels have been shortened for clarity; refer to the original survey for exact question wording.

Both groups weighed in on these drawbacks in the focus groups and reflection sessions:

"ChatGPT has a tendency to just like, agree with everything, and it's kind of like an affirmation machine. So even if you're wrong, it's still going to keep saying that you're right."
- 15-year-old girl

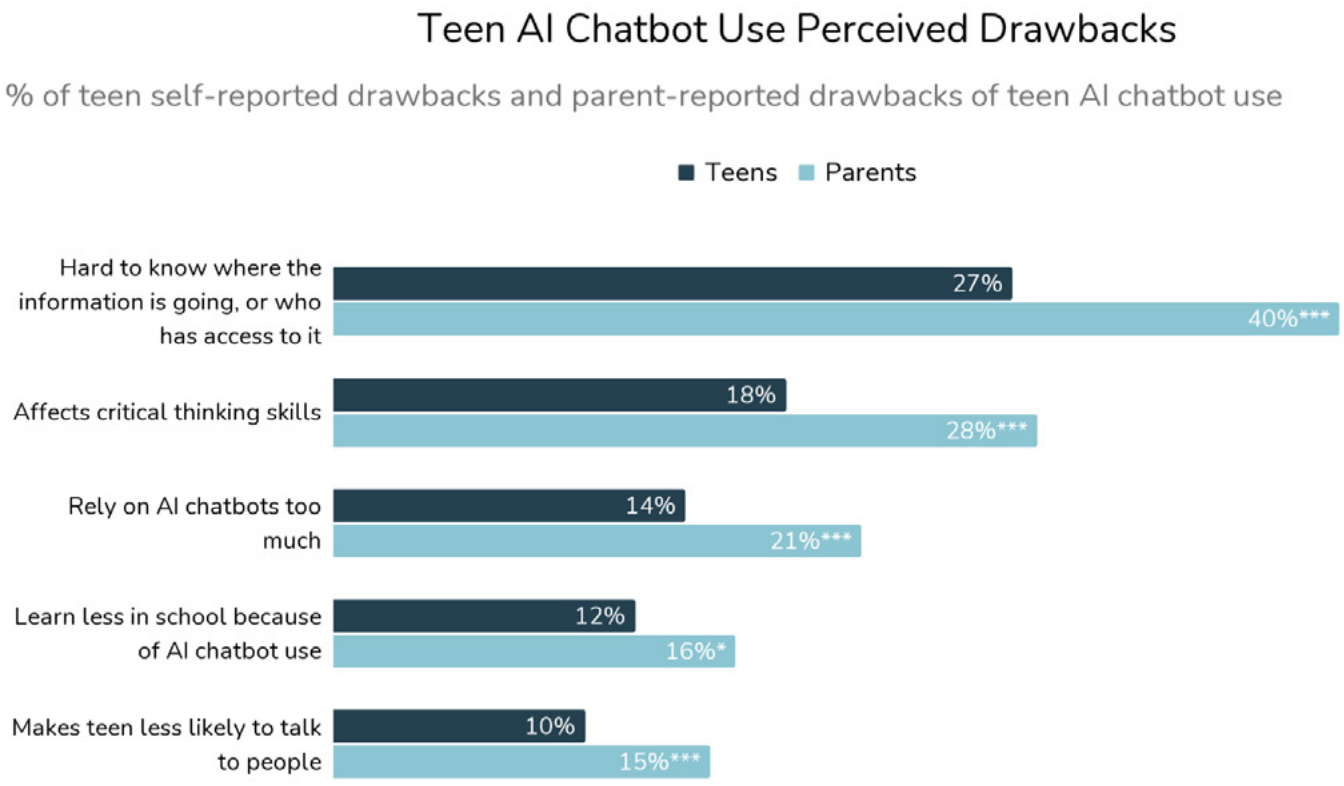
"Being accused of relying on [AI chatbots] for a paper. I think that happened to him once, and he had to prove that it was his." - Mom of 17-year-old boy

"My mom is always like, 'These kids are like the best in the class, but they're using AI to like, cheat with it.' So you're probably getting an A in class, but you're not learning anything. You're not really getting an A, AI is getting it." - 15-year-old girl

"Work tasks and mundane, repetitive tasks are what these chatbots are designed to do most of the time. And then to Google up facts –because artificial intelligence can hallucinate, and it won't always give you the correct answer unless you know what you're doing and can correct it." - 17-year-old girl



Parents and teens are less aligned when it comes to data privacy. Significantly more caregivers are concerned about this issue than teens, with 40% of parents but only 27% of teens sharing this concern. Significantly more parents are also worried about AI chatbots' impacts on teens' critical thinking (28% of parents, 18% of teens) and over-reliance on AI chatbots (21% of parents, 14% of teens).



Graph represents answers to the Qs: "What are the drawbacks of your AI chatbot use? Select all that apply." (teen survey) and "What are the drawbacks of your teen's AI chatbot use? Select all that apply." (parent survey). Respondents are teens aged 13-17 who have used AI chatbots in the past three months; and parents of teens aged 13-17 who reported that their teens have used AI chatbots in the past three months. Bars with asterisks (***) differ significantly from the other bars within each response option ($p < .001$). Bar with an asterisk (*) differs significantly from the other bar within response option ($p < .05$). Data are weighted using iterative proportional fitting (raking) to reflect U.S. Census demographic estimates. Weighted teen survey n = 998. Weighted parent survey n = 1,002. Option labels have been shortened for clarity; refer to the original survey for exact question wording.

A mom of a 15-year-old girl voiced her concerns about overreliance on AI chatbots:
"It's a computer, … it might not work. So if you're relying on something, and. . . it doesn't work, then you're in trouble."

Concern about impacts on teen learning was relatively common in the focus groups. One father of a 16-year-old put it like this: **"The AI chatbot can do all the work for my daughter, and then she doesn't really learn the topic as well, so I want to make sure that she's the one who's learning and not just kind of copying what the AI tells her to do."** However, in the surveys, teens and parents did not highlight this concern very frequently, with 12% of teens and 16% of caregivers reporting that a drawback of AI chatbots is that teens learn less in school.

Another less-commonly selected drawback is that AI chatbot use makes teens less likely to talk to people, selected by 15% of parents and 10% of teens.

One 14-year-old boy expressed some regret around using AI chatbots for schoolwork, saying,

"In my experience at least I've lost out on a lot of learning just because, like, school is there for a reason, right? You have homework because it's hands on. It makes you keep doing the work so that you know the content. But with AI, because it's so convenient, a lot of people just use it to do all their homework instead of just being like a study buddy, I guess. So that really doesn't help just in terms of making people smarter."

Surprisingly, **19% of teens and 17% of parents** said that there are no drawbacks to teens' AI chatbot use. This is much greater than the **1% of teens and 3% of parents** who said that there were no benefits to AI chatbot use.

Part Three: The Broader Impacts of AI Chatbots

In addition to the perceived benefits and drawbacks of AI chatbots, this research asked about teens and parents' thoughts about the impacts of AI chatbots on teens' future employment, and their concerns for environmental impact and overreliance on these tools.

AI's potential impact on the workforce has become a common concern, with particular anxiety about the impact on young people just starting out in their careers[9]. To that end, this project asked teens and parents if they worry that AI chatbots might make it more difficult for teens to get jobs when they are adults. Parents are split on this question, with 39% saying that they do have this worry and 39% saying that they do not. More teens (43%) are *not* worried about AI chatbots making it more difficult to get a job as an adult, while 34% say they are worried. About the same number of teens (23%) and parents (22%) are undecided about this question. This neutrality could be due to a variety of factors, including the idea that adulthood is years away, and many teens might not know what career they want to pursue yet.

One parent spoke about how she and her husband were preparing their child for an AI-driven future:

"What's gonna happen to college nowadays? Like, you're not gonna need to go to college. [My husband] always tells my daughter, 'You need to learn how to be a plumber, you're not gonna need to go to college, AI's gonna take over the world, you better get your plumbing skills in order.'" - Mom of a 15-year-old girl

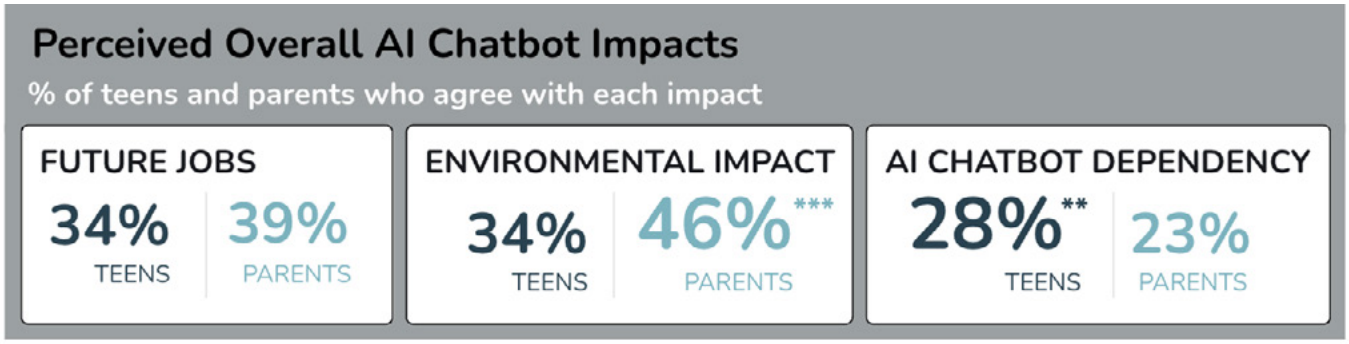
9 Artificial Intelligence and the Future of Entry-Level Work: A Framework for Safeguarding and Reinventing Early Career Pathways. Saadia Zahidi and Peter Brown, World Economic Forum. June 2026.

A 17-year-old boy shared a similar concern:

"So we're thinking a lot about college right now. And I have like three majors I really want to go into, but like every time I talk to someone, a teenager or adult, they always talk about, 'Is this a job that will be replaced by AI?'"

Another area of worry around AI chatbot use is the potential impact these tools could have on the environment[10]. Many parents share this concern, with 46% agreeing with the statement, "I am worried AI chatbots might negatively impact the environment." Teens are less likely to agree with this statement, at 34%. In fact, teens are more likely to disagree (40% compared to parents' 31%). About a quarter of teens (26%) and 23% of parents say they neither agree nor disagree that AI chatbots might negatively impact the environment. Perhaps the level of disagreement may be related to this project's focus on AI chatbots specifically, rather than AI overall or data centers.

With AI chatbots increasingly integrated into teens' lives, the question arises of whether these tools are fostering dependency. In the survey majorities of both teens (51%) and parents (58%) disagree with the statement, "If AI chatbots disappeared tomorrow, I would find it difficult to adapt to life without them," indicating that many teens may not feel dependent on these tools. However, more than a quarter of teens (28%) agree with the statement. This number is slightly lower among parents, at 23%. About two in 10 (21% of teens and 18% of parents) neither agree nor disagree.



Panels represent answers to the agreement statements: "I am worried AI chatbots might negatively impact the environment" (both teen and parent survey); "I am worried AI chatbots might make it more difficult for me to get a job when I'm an adult" (teen survey) and "I am worried AI chatbots might make it more difficult for my teen to get a job when they are an adult" (parent survey); "If AI chatbots disappeared tomorrow, I would find it difficult to adapt to life without them" (teen survey) and "If AI chatbots disappeared tomorrow, my teen would find it difficult to adapt to life without them" (parent survey). Respondents are teens aged 13-17 who have used AI chatbots in the past three months; and parents of teens aged 13-17 who reported that their teens have used AI chatbots in the past three months. Number with asterisks (***) differs significantly from other number within response option ($p < .001$). Number with asterisks (**) differs significantly from other number within response option ($p < .01$). Data are weighted using iterative proportional fitting (raking) to reflect U.S. Census demographic estimates. Weighted teen survey n = 998. Weighted parent survey n = 1,002.

10 Artificial Intelligence: Generative AI's Environmental and Human Effects. U.S. Government Accountability Office. Apr 22, 2025.

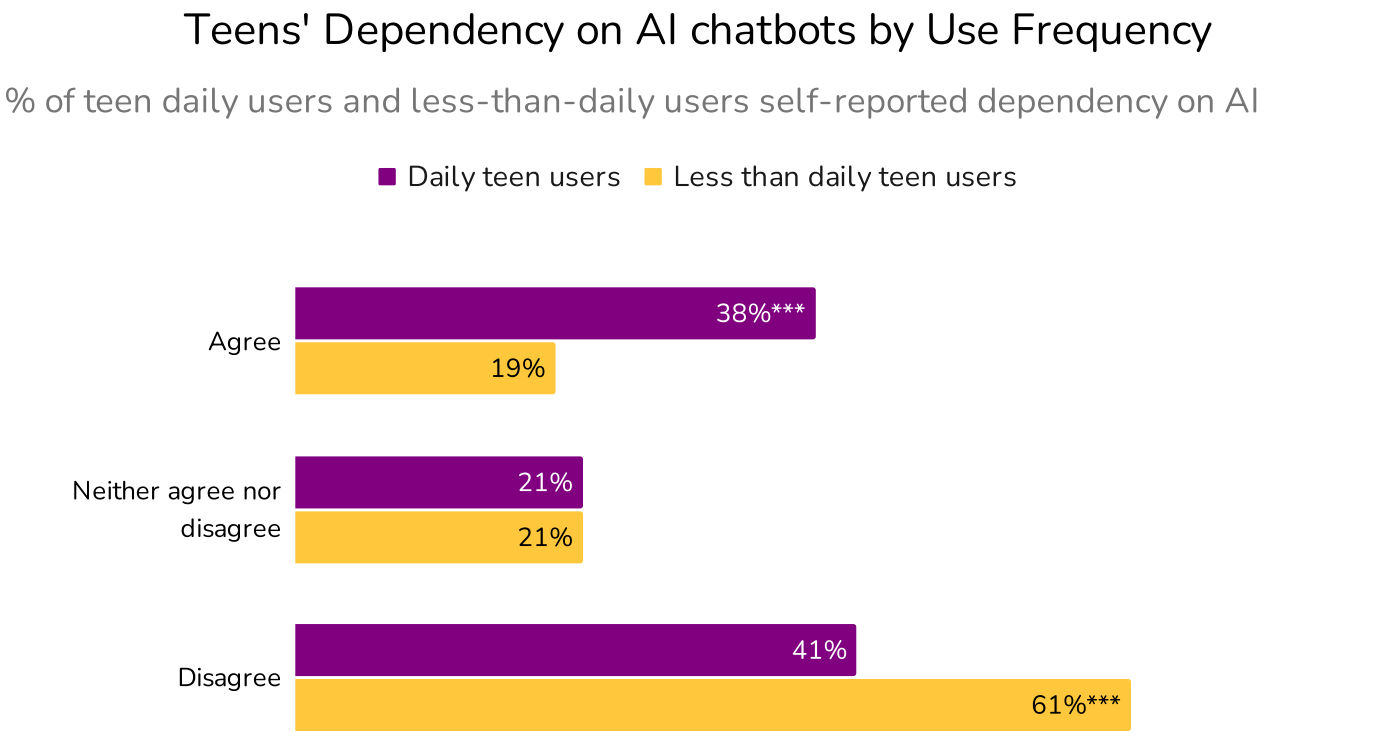
In the reflection sessions, some teens were skeptical about the number of their peers who said they would not find it difficult to adapt to life without AI chatbots. One 17-year-old boy put it this way:

"I definitely think that a lot of people, especially my age, are pretty reliant on AI. So I think, in the absence of AI, a lot of people would struggle to get things done. Especially as people rely on it for things like homework. I know that's a really big thing in my classroom."

Another 17-year-old reflection session participant thought that teen survey respondents might be in a bit of denial, saying:

"People either don't want to admit or don't realize their reliance on AI and AI chatbots."

As these teen participants alluded to, heavier AI chatbot use might be associated with teens' perception of greater dependence on AI chatbots. Nearly 4 in 10 (38%) daily teen AI chatbot users say that if AI chatbots disappeared tomorrow, they would find it difficult to adapt to life without them, while 19% of less than daily users say the same. However, it is worth noting that among daily users, slightly more (41%) say they could adapt to life without AI chatbots than say they would find it difficult (38%). For less than daily users, the number who say they could adapt to life without AI is much higher at 61%.

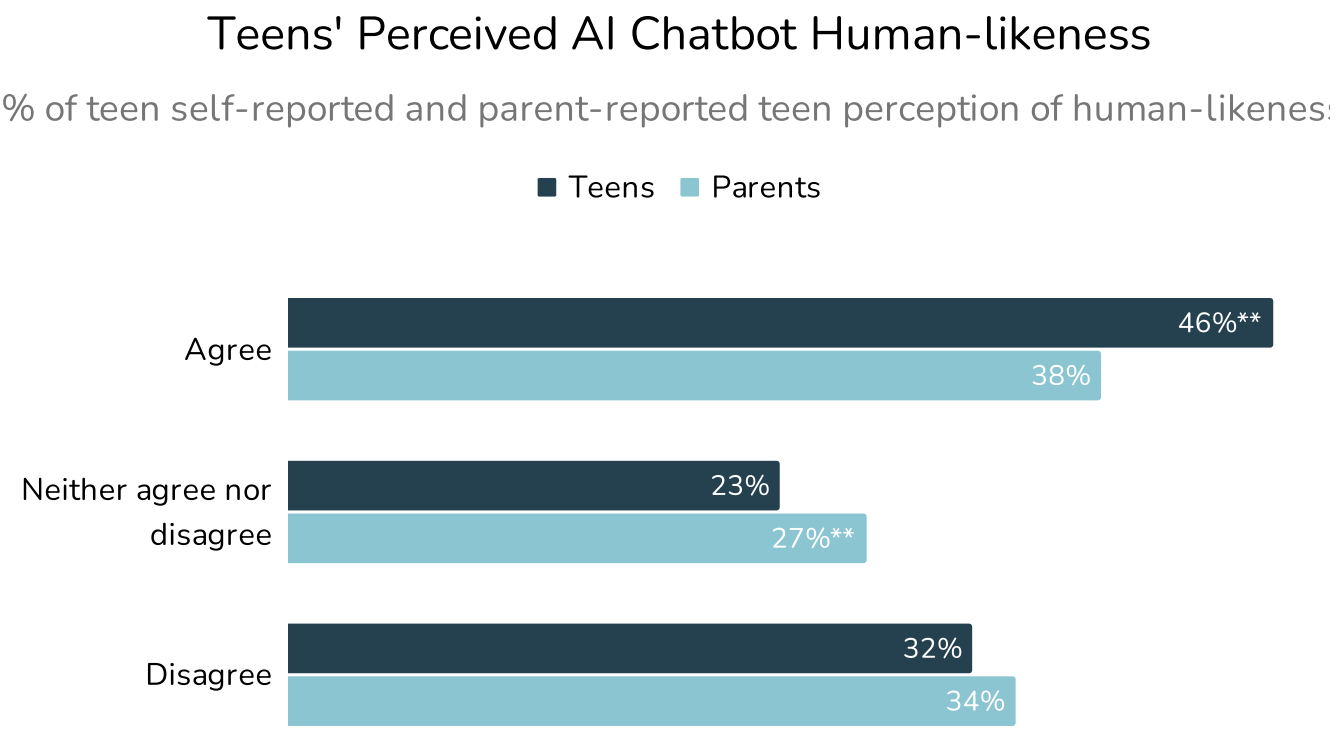


Graph represents answers to the agreement statement: "If AI chatbots disappeared tomorrow, I would find it difficult to adapt to life without them" (teen survey). Respondents are teens aged 13-17 who have used AI chatbots in the past three months. Bars with asterisks (***) differ significantly from the other bars within each response option ($p < .001$). Data are weighted using iterative proportional fitting (raking) to reflect U.S. Census demographic estimates. Weighted teen survey n = 998.

The following section digs deeper into teens' relationships with these chatbots against this backdrop.

Part Four: Parents' and Teens' Trust in AI Chatbots

One of the most notable features of many AI chatbots is their ability to respond to questions in an informal manner, mimicking the cadence and tone of real people. This can make conversations for users, including teens, feel more personal and intimate. To that end, 46% of teens say AI chatbot use can feel like talking to a human, versus 38% of parents saying the same about their teens.



Graph represents answers to the agreement statements: "When I use AI chatbots, I feel like I am talking to a human" (teen survey) and "When my teen uses AI chatbots, they feel like they are talking to a human" (parent survey). Respondents are teens aged 13-17 who have used AI chatbots in the past three months; and parents of teens aged 13-17 who reported that their teens have used AI chatbots in the past three months. Bars with asterisks (**) differ significantly from the other bars within each response option ($p < .01$). Data are weighted using iterative proportional fitting (raking) to reflect U.S. Census demographic estimates. Weighted teen survey n = 998. Weighted parent survey n = 1,002.

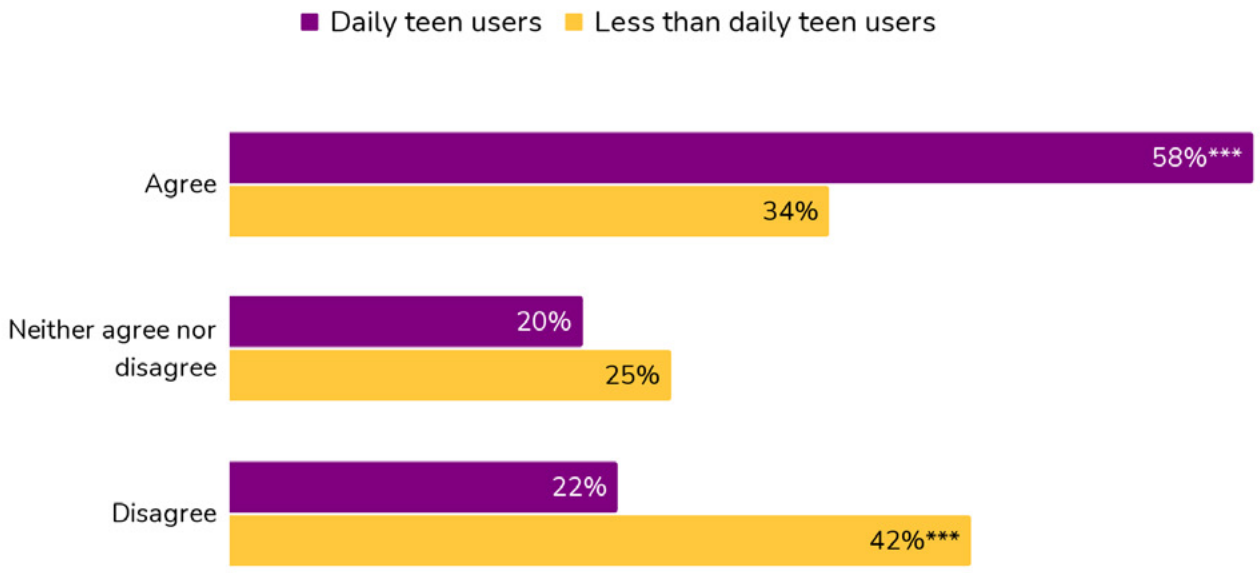
Teens who use AI chatbots daily have a different relationship with these tools than teens who are less than daily users. One striking example of this is when it comes to AI chatbots' perceived human-likeness: 58% of daily users say that when they use AI chatbots, they feel like they are talking to a human. This number drops to 34% among less than daily users. This may indicate that heavier use can lead teens to perceive these tools in a more human-like way. Conversely, it could also mean that teens who perceive AI chatbots to be human-like are more likely to use them more often.

Frequent users are more likely to perceive AI chatbots as human-like than less frequent users.

58% of daily teen users say using AI chatbots feels like talking to a human, compared with **34% of teens who use them less than daily.**

Perceived AI Chatbot Human-likeness by Use Frequency

% of teen daily users and less than daily users self-reported perception of AI chatbot human-likeness



Graph represents answers to the agreement statements: "How much do you agree with the following statements: When I use AI chatbots, I feel like I am talking to a human." Respondents are teens aged 13-17 who have used AI chatbots in the past three months. Bars with asterisks (***) differ significantly from the other bars within each response option ($p < .001$). Data are weighted using iterative proportional fitting (raking) to reflect U.S. Census demographic estimates. Weighted teen survey n = 998.

In the focus groups, teens and parents weighed in on AI chatbots' human-likeness:

"I've seen people program their AI to talk as a human . . . And when you hear that, then it gives off like, 'oh, AI is human.' . . . And when you see that, it's kind of scary in my opinion, because you can't really tell if it's a human or it's not." - 15-year-old girl

"Human interaction can't be matched. AI is great for a lot of situations, and it can be great for a baseline, but it shouldn't encompass a whole scenario. It should be a tool, not a solution." - Mom of 13-year-old boy

"In the future –I think there's a real chance in the future we won't –we will never be able to distinguish from what's human and what's AI. I think . . . AI will become so complex. It will be either very good at mimicking the ability to think or will outright be able to think." - 17-year-old boy

"She talks to it like it's a person." - Mom of 14-year-old girl, referring to her daughter's AI chatbot use.

"AI can't hug you back." - Mom of 16-year-old boy



With many teens perceiving AI chatbots to be human-like, it is worth asking about their trust in these tools. The survey asked teens and parents if they trust AI chatbot platforms to keep teens' information and data safe. Significantly outnumbering parents, nearly seven in 10 (69%) of teens express trust, compared to over half (55%) of parents who agree that they trust these platforms to safeguard their teens' information and data. Surprisingly, just 6% of teens say they do not trust AI chatbot platforms to keep their information and data safe, compared to 20% of parents who feel the same.

Many teens also express trust in AI chatbots' accuracy. Three quarters of teens (75%) say that they trust AI chatbots to give them accurate information most of the time or all of the time, while significantly fewer (62%) parents feel the same. The remaining quarter of teens (25%) say they trust AI chatbots to give them accurate information rarely or only sometimes, with 37% of parents also in this category. Notably, no teens and only 1% of parents say that they never trust AI chatbots to provide teens accurate information.

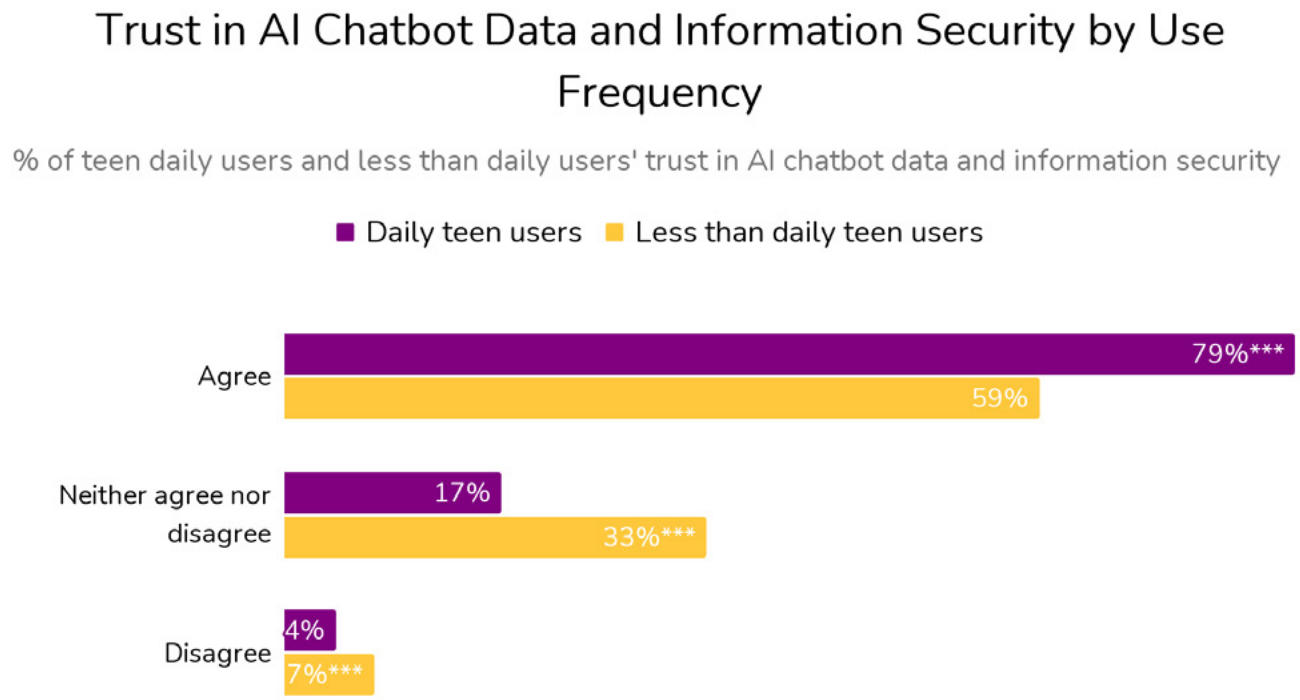
A similar pattern emerges with trust around the age-appropriateness of AI chatbots' responses. Most teens (74%) say they trust AI chatbots to give them information that is appropriate for their age most or all of the time, and 60% of parents indicate the same. Parents (38%) are significantly more likely than teens (26%) to say they only sometimes or rarely trust AI chatbots to give teens information that is appropriate for their age. Very few respondents say they never trust AI chatbots to provide age-appropriate responses (1% of teens and 2% of parents).

Trust in AI Chatbots' Ability to Provide the Following to Teen Users:

Trust Measure	Respondent Selection	Teen	Parent
Accurate Information	Most of the time or all the time	75%***	62%
Age-appropriate Information	Most of the time or all the time	74%***	60%

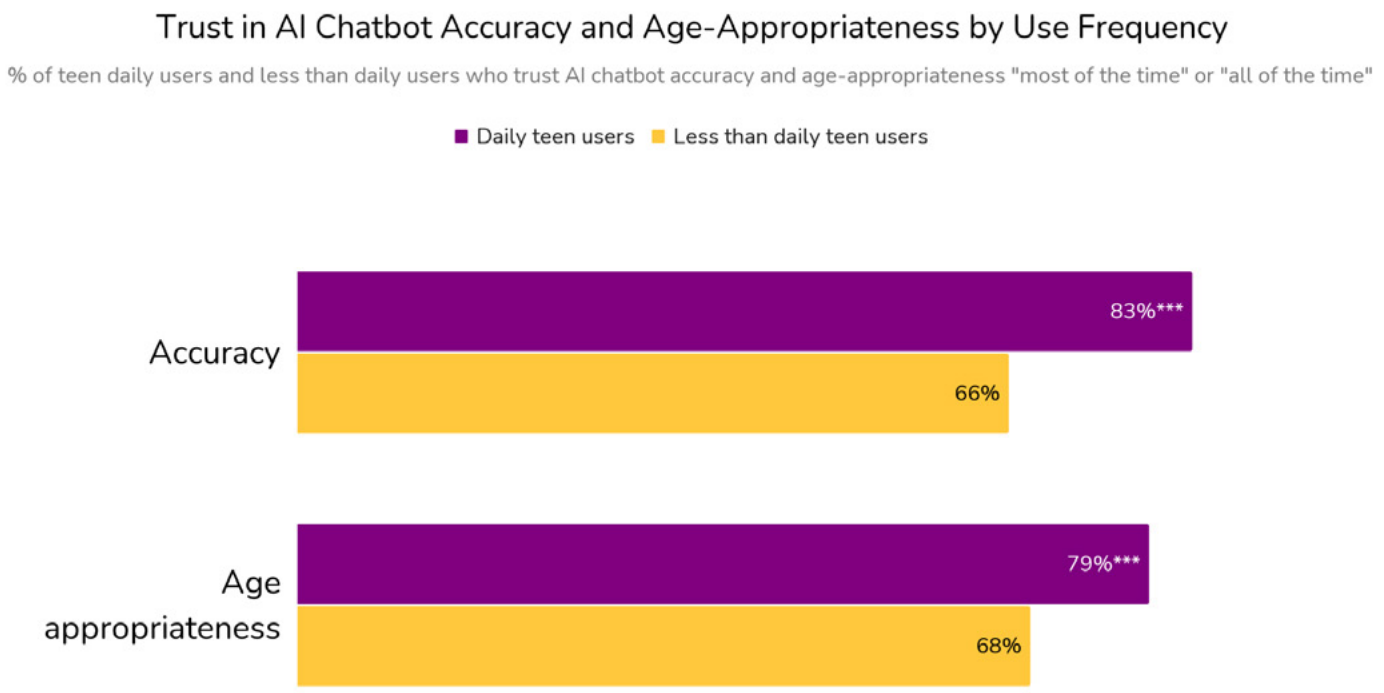
Chart represents answers to the frequency statements: "I trust AI chatbots to give me accurate information" (teen survey) and "I trust AI chatbots to give my teen accurate information" (parent survey); "I trust AI chatbots to give me information that is appropriate for my age" (teen survey) and "I trust AI chatbots to give my teen information that is appropriate for their age" (parent survey). Respondents are teens aged 13-17 who have used AI chatbots in the past three months; and parents of teens aged 13-17 who reported that their teens have used AI chatbots in the past three months. Cells with asterisks (***) differ significantly from the other cells within each response option ($p < .001$). Data are weighted using iterative proportional fitting (raking) to reflect U.S. Census demographic estimates. Weighted teen survey n = 998. Weighted parent survey n = 1,002.

There are also significant differences in teens' trust depending on their use frequency. Among daily users, 79% say they trust AI chatbot platforms to keep their information and data safe. This number drops to 59% among less than daily users.



Graph represents answers to the agreement statement: "I trust AI chatbot platforms/apps to keep my information and data safe" (teen survey). Respondents are teens aged 13-17 who have used AI chatbots in the past three months. Bars with asterisks (***) differ significantly from the other bars within each response option ($p < .001$). Data are weighted using iterative proportional fitting (raking) to reflect U.S. Census demographic estimates. Weighted teen survey n = 998.

Accuracy and age-appropriateness are other areas in which teens who use AI chatbots more frequently differ from those who use AI chatbots less often. More than eight in 10 (83%) daily users trust AI chatbots to give them accurate information most or all of the time, while 66% of less than daily users say the same. Similarly, nearly eight in 10 (79%) daily users trust AI chatbots to give them information that is appropriate for their age most or all of the time, and 68% of less than daily users say the same. These findings may indicate that more frequent use may lead to higher trust, or conversely, that teens who have higher trust in AI chatbots are more likely to be heavier users.



Graph represents answers to the following frequency statements: "I trust AI chatbots to give me accurate information" and "I trust AI chatbots to give me information that is appropriate for my age" (teen survey). Respondents are teens aged 13-17 who have used AI chatbots in the past three months. Bars with asterisks (***) differ significantly from the other bars within each response option ($p < .001$). Data are weighted using iterative proportional fitting (raking) to reflect U.S. Census demographic estimates. Weighted teen survey n = 998.

In the focus groups, teens and parents shared their thoughts around whether they trust AI chatbots:

"I don't know where the information's going. Like, I don't know what's behind the curtain."
- Mom of 15-year-old girl

"These AI companies, a lot of them don't care about you. They just sell your info."
- 14-year-old boy

"Once you add the AI into the conversation, it sort of takes what you've already given it and it sort of puts it into itself forever. So your conversations are no longer secretive, if you just wanted it to be between yourself and whoever else you're talking to. So I just don't like that secrecy going away." - 17-year-old boy

"I don't necessarily think it's good to be able to kind of form a bond with the computer. I feel like everything's digitalized, and we're just, like, kind of losing that person-to-person. So, for my son, for him to not trust me anymore, and to think, 'well, I don't need you because I have this machine that's gonna tell me exactly what I want to hear,' because that's the majority of the times it's tailored to the user, I just find it concerning." - Mom of 16-year-old boy

On the whole, teens have quite a bit of trust in AI chatbots when it comes to data safety, information accuracy, and age-appropriateness. Parents, while more skeptical, also have relatively high levels of trust in AI chatbots.

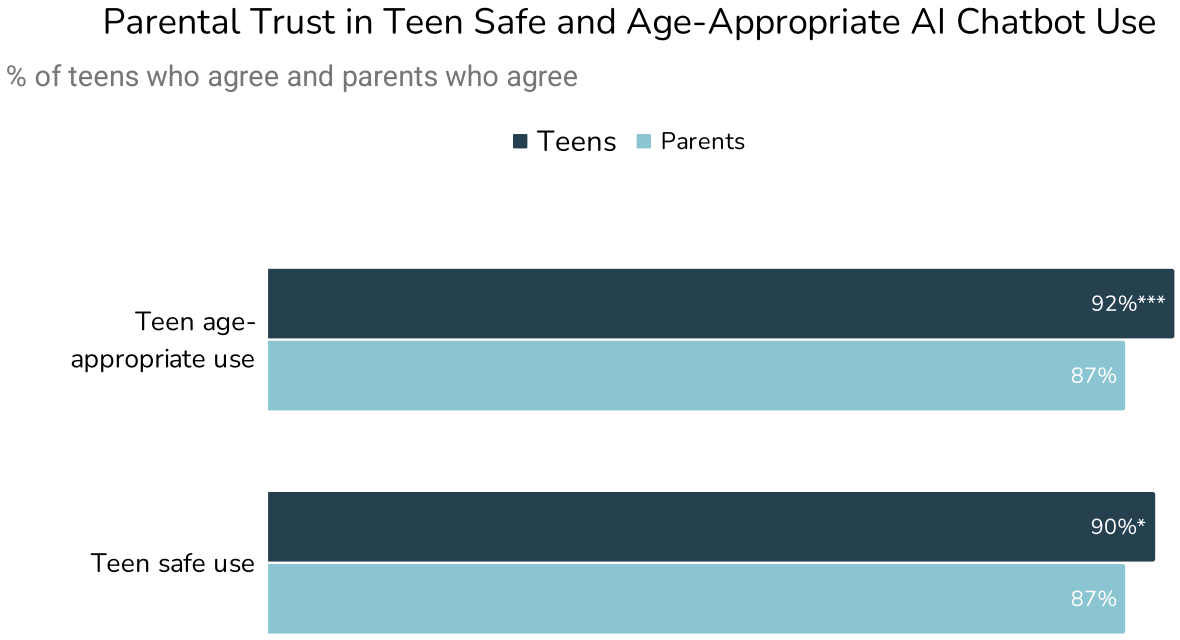


Part Five: Safety and Trust Between Parents and Teens

While many parents and teens trust AI chatbots, how much trust is there between parents and teens when it comes to teens' use of these tools? Generally, there is a high level of trust between these two groups: 87% of parents say they trust their teens to use AI chatbots safely, and 90% of teens say their parents trust them to use AI chatbots safely. Trust in teens is also high when it comes to age-appropriate use, with 87% of parents saying they trust their teens to use AI chatbots in a way that is appropriate for their age. Significantly more (92%) of teens indicate that their parents trust them to use AI chatbots appropriately.

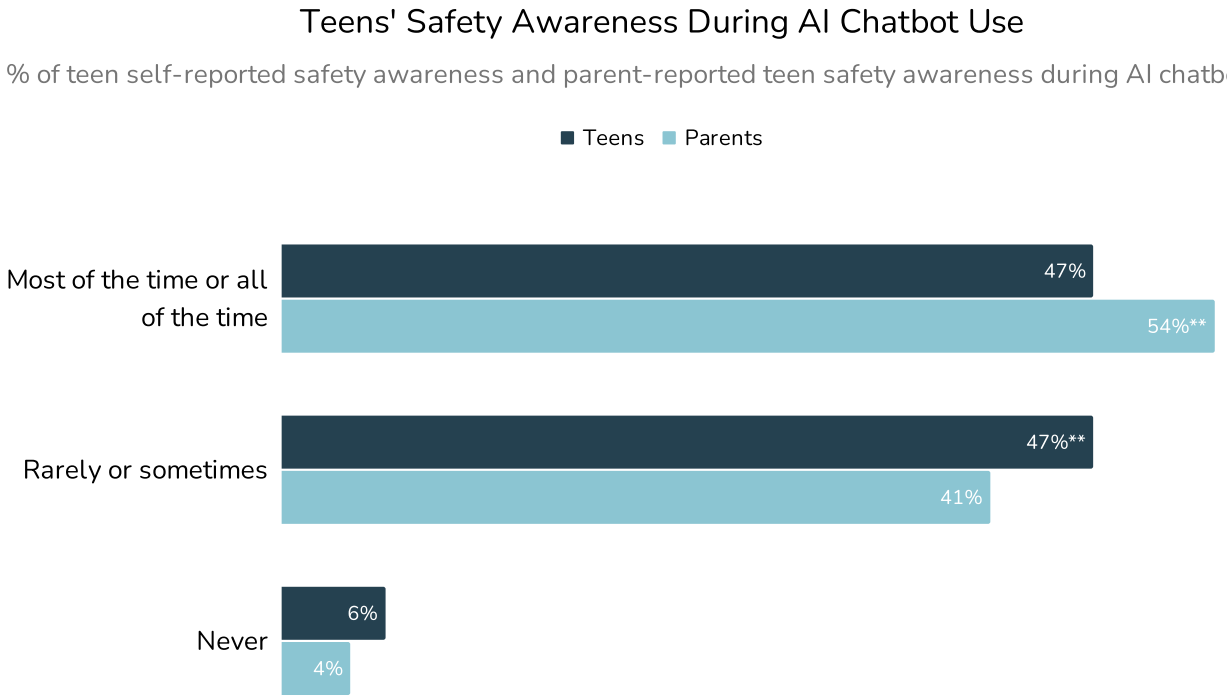
Parents and teens report high levels of trust around teens' safe AI chatbot use.

90% of teens say their parents trust them to use AI chatbots safely, while **87% of parents** say they trust their teens to do so.



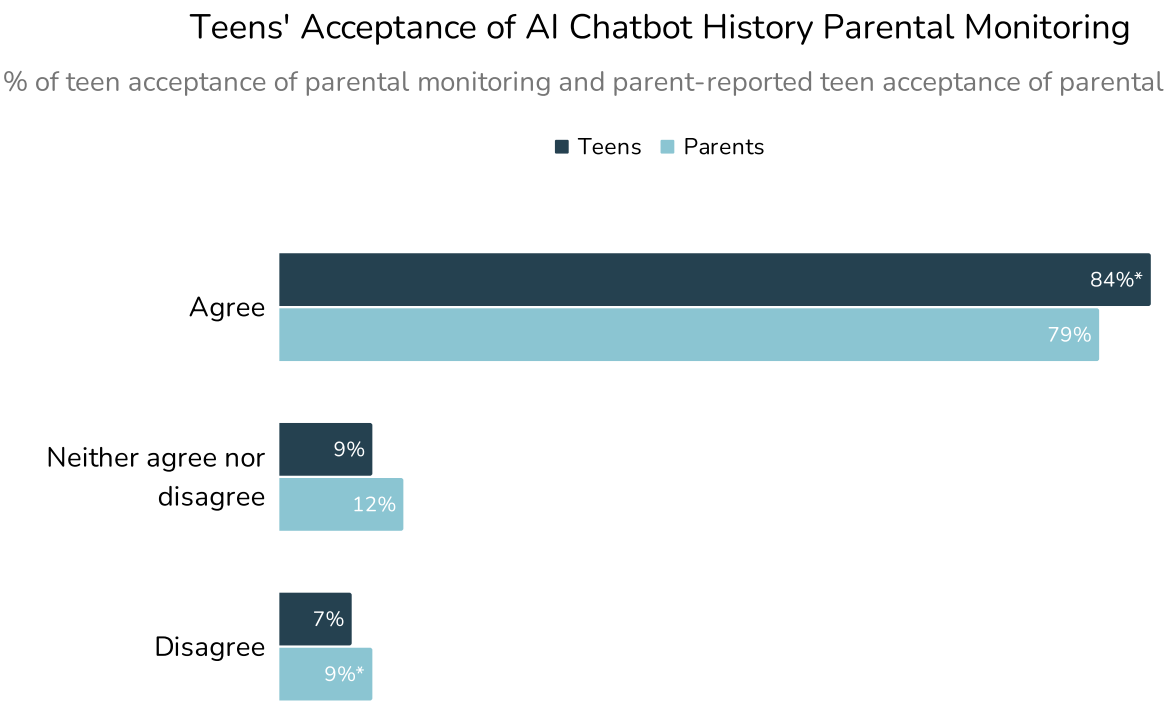
Graph represents answers to the agreement statements: "My parents/caregivers trust me to use AI chatbots in a way that is appropriate for my age; My parents/caregivers trust me to use AI chatbots safely" (teen survey) and "I trust my teen to use AI chatbots in a way that is appropriate for their age"; "I trust my teen to use AI chatbots safely" (parent survey). Respondents are teens aged 13-17 who have used AI chatbots in the past three months; and parents of teens aged 13-17 who reported that their teens have used AI chatbots in the past three months. Bar with asterisks (***) differs significantly from other bar within response option ($p < .001$). Bar with an asterisk differs significantly from other bar within response option ($p < .05$). Data are weighted using iterative proportional fitting (raking) to reflect U.S. Census demographic estimates. Weighted teen survey n = 998. Weighted parent survey n = 1,002.

In addition to a high level of trust in teens' safe use of AI chatbots, about half of parents (54%) say that their teens think about their safety all of the time or most of the time when they use AI chatbots; slightly fewer teens (47%) say the same about themselves. The same percentage of teens (47%) indicate that they think about their AI chatbot safety rarely or sometimes, slightly more than the 41% of parents who say the same about their teens.



Graph represents answers to the following frequency statement: "I think about my safety when I use AI chatbots" (teen survey) and "My teen thinks about their safety when they use AI chatbots" (parent survey). Respondents are teens aged 13-17 who have used AI chatbots in the past three months; and parents of teens aged 13-17 who reported that their teens have used AI chatbots in the past three months. Bars with asterisks (**) differ significantly from the other bars within each response option ($p < .01$). Data are weighted using iterative proportional fitting (raking) to reflect U.S. Census demographic estimates. Weighted teen survey n = 998. Weighted parent survey n = 1,002.

While both groups indicate high levels of trust in teens' ability to use AI chatbots safely and appropriately, the survey posed a hypothetical scenario to investigate if trust would remain high if parents were to actually monitor teens' AI chatbot use. In response to the statement, "If my parents or caregivers checked my AI chatbot conversation history today, I would be okay with it," 84% of teens agreed. This number is slightly higher than the percentage of parents (79%) who say their teen would be okay with them checking their AI chatbot history. Just 7% of teens say they would not be okay with their parents going through their AI chatbot history, and 9% of parents indicate the same.



Graph represents answers to the following agreement statements: "If my parents/caregivers checked my AI chatbot conversation history today, I would be okay with it" (teen survey) and "If I checked my teen's AI chatbot conversation history today, they would be okay with it" (parent survey). Respondents are teens aged 13-17 who have used AI chatbots in the past three months; and parents of teens aged 13-17 who reported that their teens have used AI chatbots in the past three months. Bars with an asterisk differ significantly from the other bars within each response option ($p < .05$). Data are weighted using iterative proportional fitting (raking) to reflect U.S. Census demographic estimates. Weighted teen survey n = 998. Weighted parent survey n = 1,002.

These high numbers suggest that many teens feel they have little to hide. While some focus group and reflection session participants accepted this monitoring, others argued that it could feel like an invasion of privacy:

"I don't really mind if [my dad] looks because I think that most of what he would find . . . if he thinks that it's like me cheating, he needs to see what school is like nowadays because I think most people are using it for many things." - 17-year-old girl

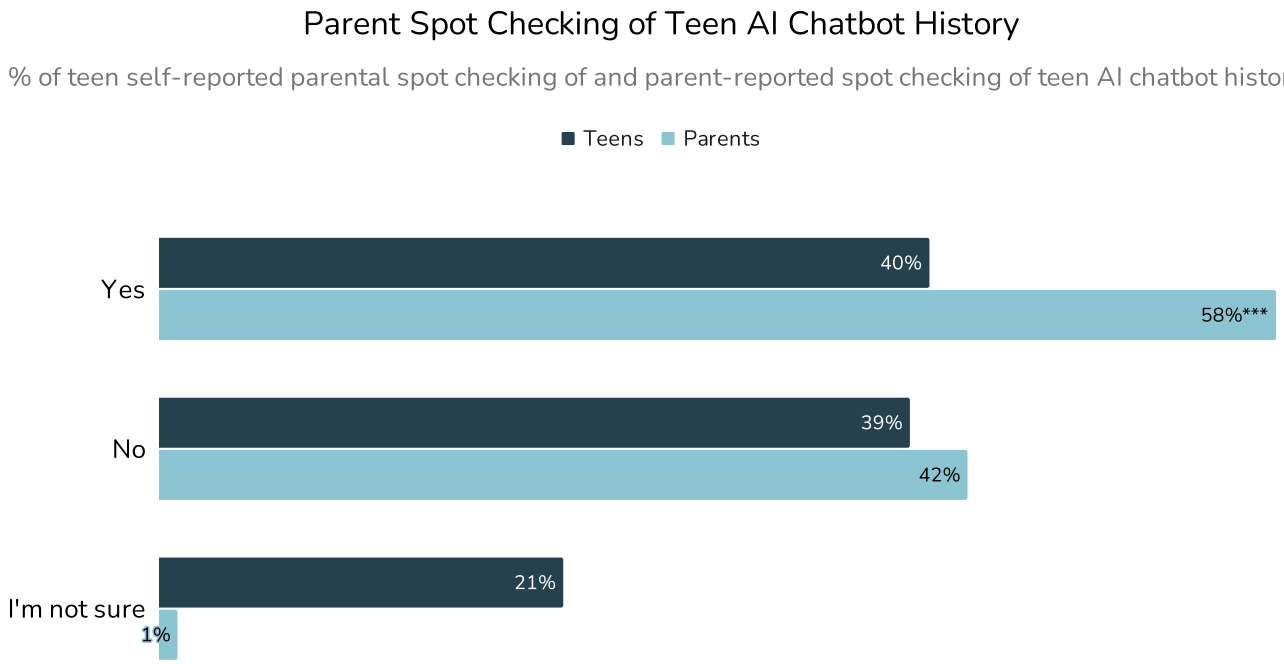
"I wouldn't feel any type of way towards it only because of the fact that I don't tend to use AI much, unless it's to help me with my schoolwork, and I don't really use it on homework. I really try to do my homework myself unless I'm trying to get an example from AI, trying to see how to do the work." - 15-year-old girl

"I wouldn't be upset about it. I know it's for the good and it wouldn't really cause any problems unless I had, like, an assignment that was like really, really late. But even then I wouldn't be too mad about it." - 14-year-old girl

"I just wouldn't want them in my business regarding AI . . . it's not like I would be doing anything." - 17-year-old boy

Part Six: Parental Oversight of Teen AI Chatbot Use

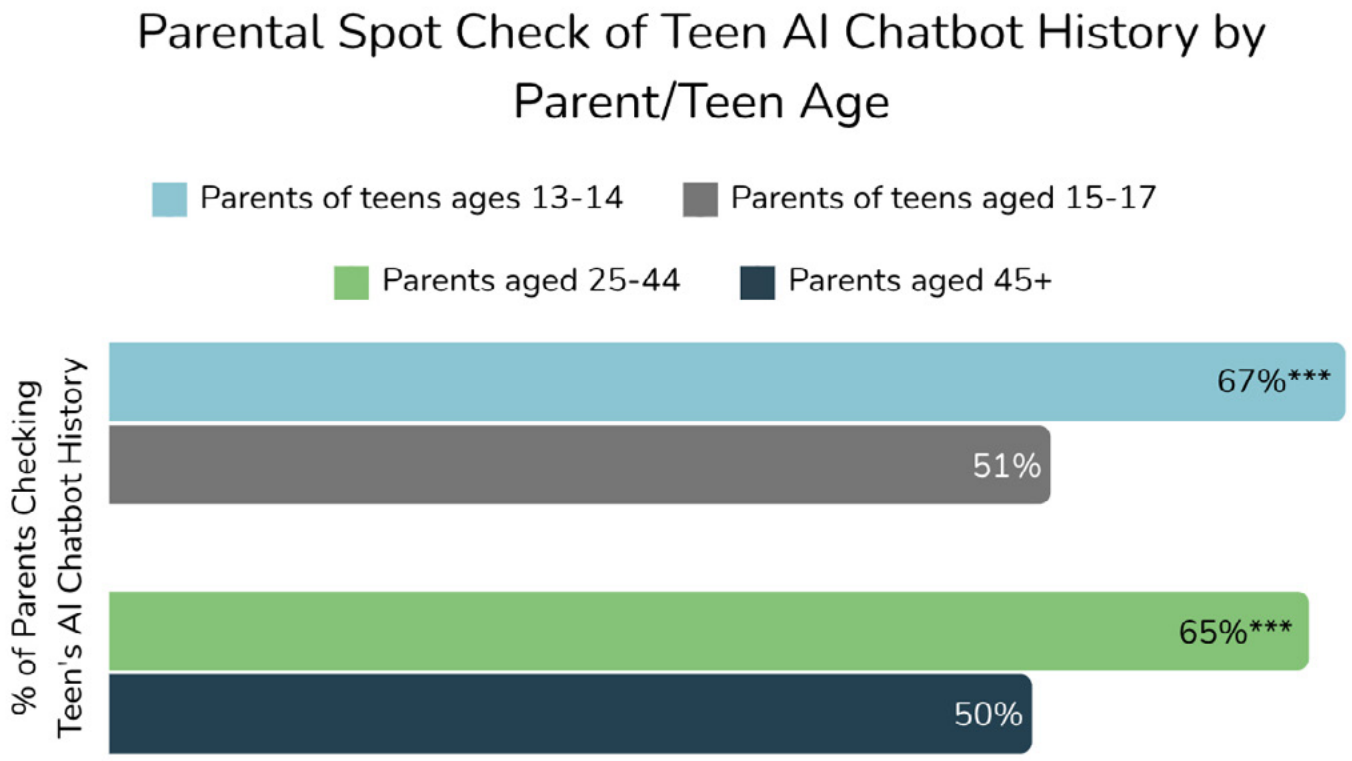
Most parents and teens agree that, theoretically, teens would be okay with it if parents checked their AI chatbot history. Interestingly, many parents (58%) say that they do actually spot check their teens' AI chatbot conversation history. This is significantly more than teens report, with 40% stating that their parents check their conversation history. Nearly the same number of teens (39%) say their parents do not monitor their history. For parents, 42% indicate that they do not engage in spot checking. An additional 21% of teens are not sure if their parents check their conversation history, and very few (1%) of parents are unsure.



Graph represents answers to the Qs: "Do your parents/caregivers check your AI chatbot conversation history?" (teen survey) and "Do you check your teen's AI chatbot conversation history?" (parent survey). Respondents are teens aged 13-17 who have used AI chatbots in the past three months; and parents of teens aged 13-17 who reported that their teens have used AI chatbots in the past three months. Bar with asterisks (***) differs significantly from the other bar within response option ($p < .001$). Data are weighted using iterative proportional fitting (raking) to reflect U.S. Census demographic estimates. Weighted teen survey n = 998. Weighted parent survey n = 1,002. The differing "I'm not sure" responses were not marked as significant because fewer than 20 parents selected this response.

Perhaps not surprisingly, parents of younger teens are significantly more likely to say that they check their teens' AI chatbot conversation history (67%) than parents of older teens (51%). These findings indicate that parents of younger teens are more involved in their teens' AI chatbot use than parents of older teens, who are beginning to transition from pilot to co-pilot in their teens' digital safety journey.

Parent age also plays a role in spot checking behavior, with 65% of parents between the ages of 25 and 44 reporting that they check their teens' AI chatbot conversation history. Half (50%) of parents aged 45 and older also engage in this spot checking practice, making this behavior relatively popular across parent age groups, although significantly more common with younger parents.



Graph represents answers to the Q: Do you check your teen's AI chatbot conversation history? (parent survey). Respondents are parents of teens aged 13-17 who reported that their teens have used AI chatbots in the past three months. Bars with asterisks (***) differ significantly from the other bars within each response option ($p < .001$). Data are weighted using iterative proportional fitting (raking) to reflect U.S. Census demographic estimates. Weighted parent survey n = 1,002.

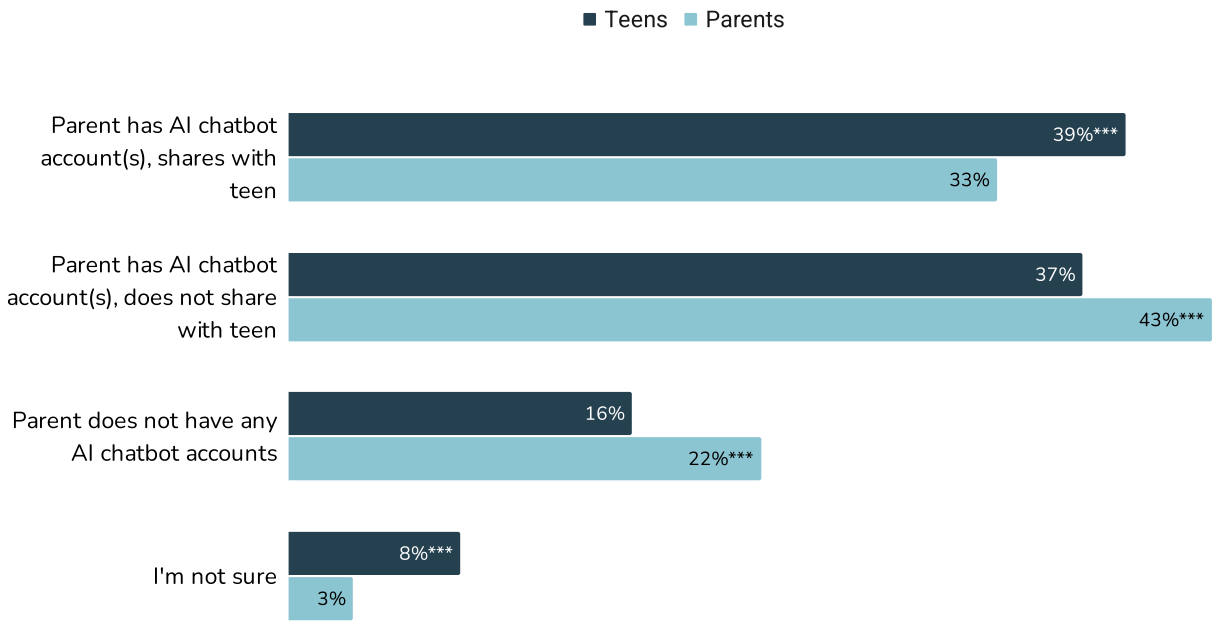
In the focus groups, one mom shared how she navigated this practice:

"I'll check it, I'll take it away, but there's ways now that you can even have AI delete your history. 'Hey, how do I delete my history?' And so, who knows? I may not even know that the [AI chatbot history is] there. It's just like deleting your web browser history. So, I mean, I can set all the rules I want, and maybe he'll follow them until he knows that I'm kind of backing off a little bit, and then he's probably just back on it again." - Mom of 16-year-old boy

The high level of spot checking might be partially attributable to the fact that AI chatbot account sharing between teens and parents is a relatively common practice. Nearly four in 10 (39%) teens say that they share at least one AI chatbot account with their parents, versus 33% of parents. A similar amount of teens (37%) say that while their parents do have at least one AI chatbot account, they do not share it with them, and 43% of parents say the same. An additional 22% of parents and 16% of teens say that they or their parents do not have any AI chatbot accounts.

Parent and Child Sharing AI Chatbot Account(s)

% of teens sharing AI chatbot account(s) with their parents and parents sharing AI chatbot account(s) with their teens



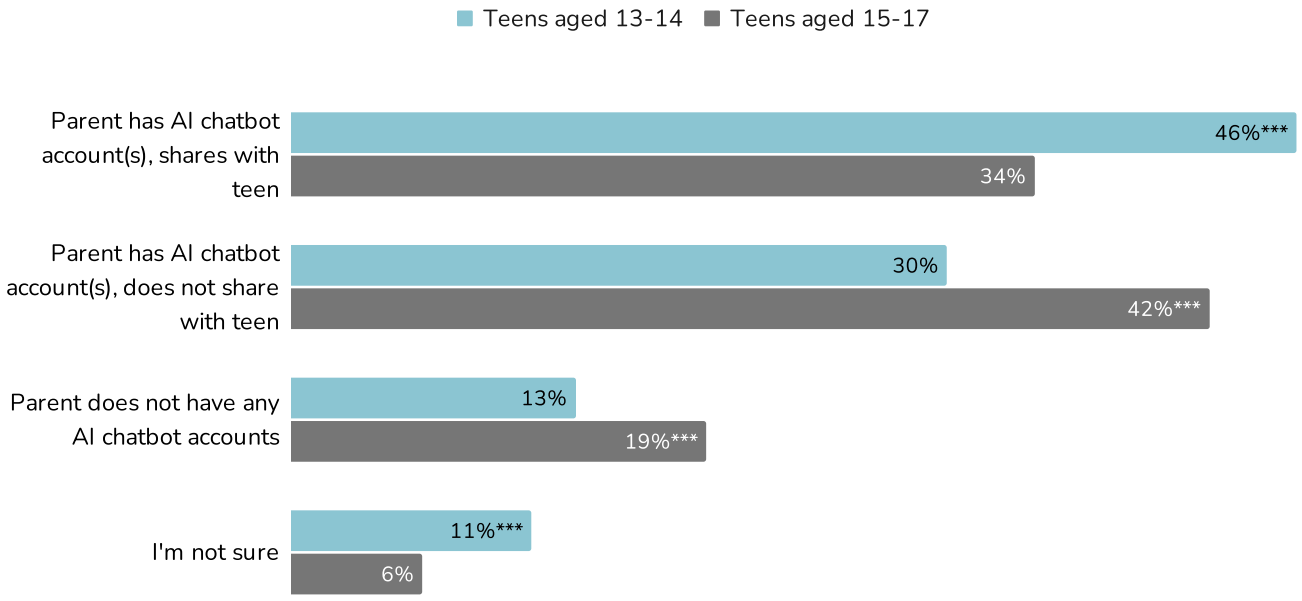
Graph represents answers to the Qs: "Do you share any AI chatbot accounts with your parents/caregivers?" (teen survey) and "Do you share any AI chatbot accounts with your teen?" (parent survey). Respondents are teens aged 13-17 who have used AI chatbots in the past three months; and parents of teens aged 13-17 who reported that their teens have used AI chatbots in the past three months. Bars with asterisks (***) differ significantly from the other bars within each response option ($p < .001$). Data are weighted using iterative proportional fitting (raking) to reflect U.S. Census demographic estimates. Weighted teen survey n = 998. Weighted parent survey n = 1,002.

While sharing accounts is an economical way for families to use AI chatbots together, it introduces distinct safety and compliance risks. By using a parent's account, teens may miss out on teen-targeted guardrails and protections available on some platforms. Furthermore, this practice could enable minors to bypass the 18+ age restrictions mandated by platforms such as Claude. The differences in teens' and parents' responses to this question may also indicate parents' lack of awareness that teens are using their parents' AI chatbot accounts.

Account sharing is more common among younger teens than older teens. Nearly half (46%) of younger teens share at least one AI chatbot account with their parents, significantly more than older teens, at 34%.

Parent and Child Sharing AI Chatbot Account(s) by Teen Age

% of teens aged 13-14 and teens aged 15-17 sharing AI chatbot account(s) with their parents

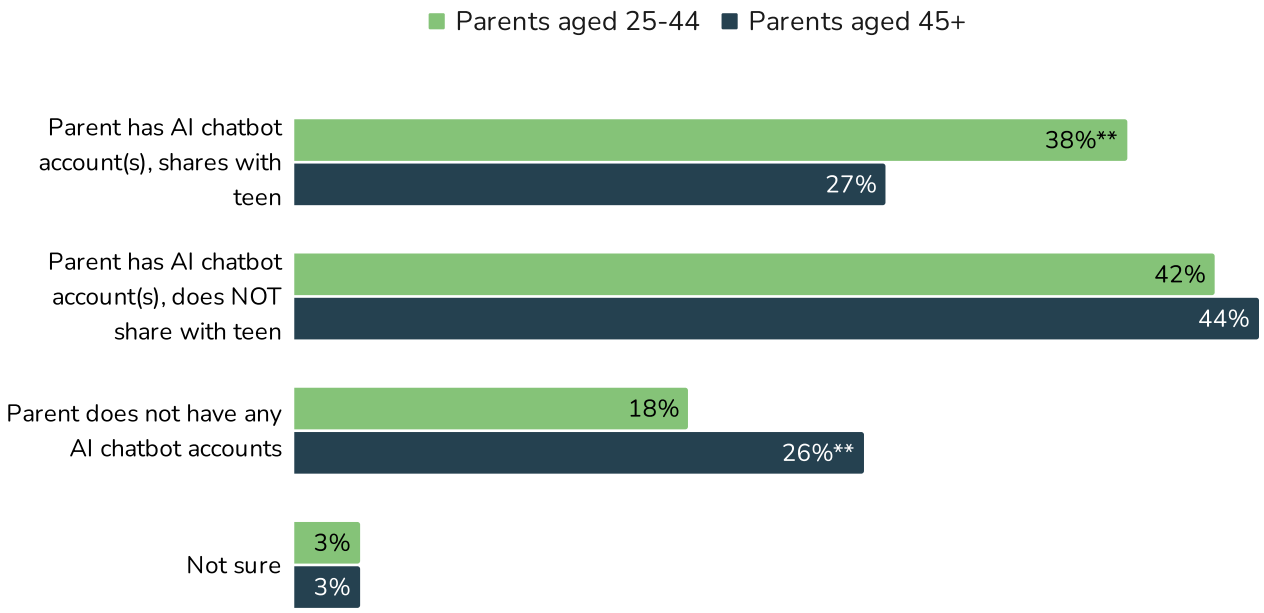


Graph represents answers to the Q: "Do you share any AI chatbot accounts with your parents/caregivers?" (teen survey). Respondents are teens aged 13-17 who have used AI chatbots in the past three months. Bars with asterisks (***) differs significantly from the other bars within each response option ($p < .001$). Data are weighted using iterative proportional fitting (raking) to reflect U.S. Census demographic estimates. Weighted teen survey n = 998.

Interestingly, younger parents (those aged 25-44) are also significantly more likely to share at least one AI chatbot account with their teen (38%) than older parents (aged 45+) at 27%. Additionally, over a quarter (26%) of older parents say they do not have any AI chatbot accounts, compared to 18% of parents under 45. This might point to younger parents, who identify as Gen Z or Millennials, being more engaged with these tools, and therefore their teens' use of them, than older parents, who primarily identify as Gen X or older.

Parent and Child Sharing AI Chatbot Account(s) by Parent Age

% of parents aged 25-44 and parents aged 45+ sharing AI chatbot account(s) with their teens



Graph represents answers to the Q: "Do you share any AI chatbot accounts with your teen?" (parent survey). Respondents are parents of teens aged 13-17 who reported that their teens have used AI chatbots in the past three months. Bars with asterisks (**) differ significantly from the other bars within each response option ($p < .01$). Data are weighted using iterative proportional fitting (raking) to reflect U.S. Census demographic estimates. Weighted parent survey n = 1,002.

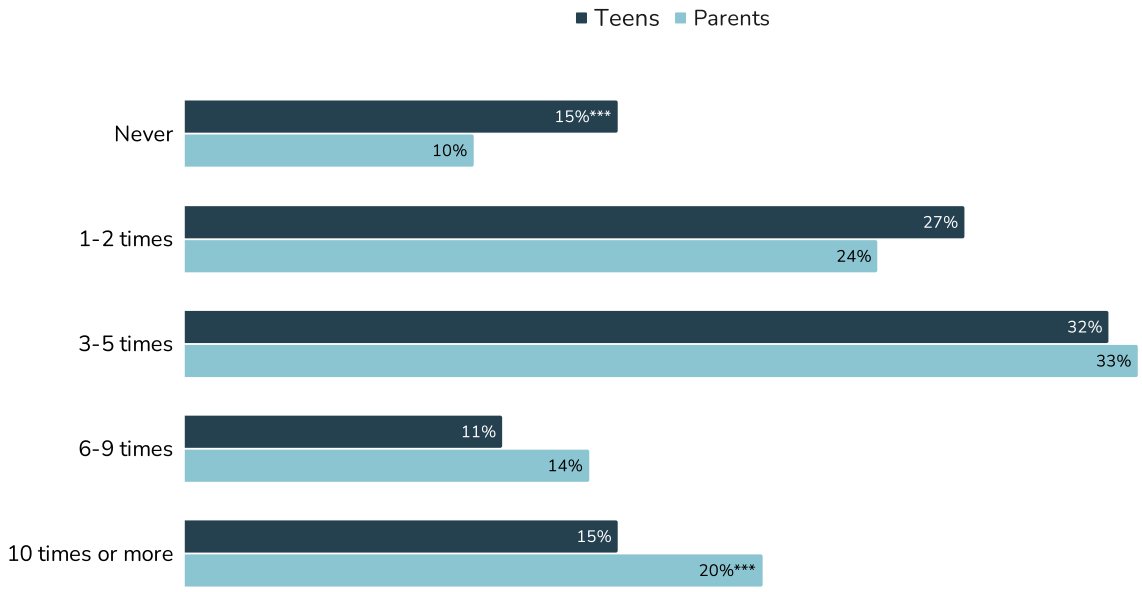
Not only are many teens and parents co-participating in AI chatbot usage, but many are also having conversations about AI chatbot safety, with 90% of parents and 85% of teens reporting that teens have had at least one conversation about AI chatbot safety with their caregivers in the past year.

Most teens and parents report having conversations about safe AI chatbot use.

90% of parents and **85% of teens** report having at least one parent-teen conversation about AI chatbot safety in the past year.

AI Chatbot Safety Conversations in the Past Year

% of teen self-reported conversations with their parents and parent-reported conversations with their teen



Graph represents answers to the Qs: "In the past year, how many times have your parents/caregivers talked to you about how to use AI chatbots safely?" (teen survey) and "In the past year, how many times have you talked with your teen about how to use AI chatbots safely?" (parent survey). Respondents are teens aged 13-17 who have used AI chatbots in the past three months; and parents of teens aged 13-17 who reported that their teens have used AI chatbots in the past three months. Bars with asterisks (***) differ significantly from the other bars within each response option ($p < .001$). Data are weighted using iterative proportional fitting (raking) to reflect U.S. Census demographic estimates. Weighted teen survey n = 998. Weighted parent survey n = 1,002.

In focus groups, parents and teens described these conversations:

"For us, it's more about supervision and conversations, you know? And my son knows we pay for his phone, therefore we can look at it at any time. And I do look at what he's looking up occasionally, and he knows that. I'm transparent and share that, and so, that's how I'm sort of monitoring." - Mom of 15-year-old boy

"I would say, for example, you know, sometimes the topics or the things that they search, they should be aware, like, what are the things they can and they cannot [search]. So that is something I try to, or, like, we as a family try to talk to my kids, saying that, 'okay, there could be plus signs, but there are other things.'" - Mom of 14-year-old boy

"I feel like all I do is ask my kids to put their phones down and to, you know, unplug and get outside, and it's a constant struggle. And AI and social media is really driving that for me." - Mom of 15-year-old boy

"Parents really don't know much about the rise of AI, so they aren't really likely to touch upon it. The last time I was ever told to be conscious of AI was last year." - 17-year-old boy

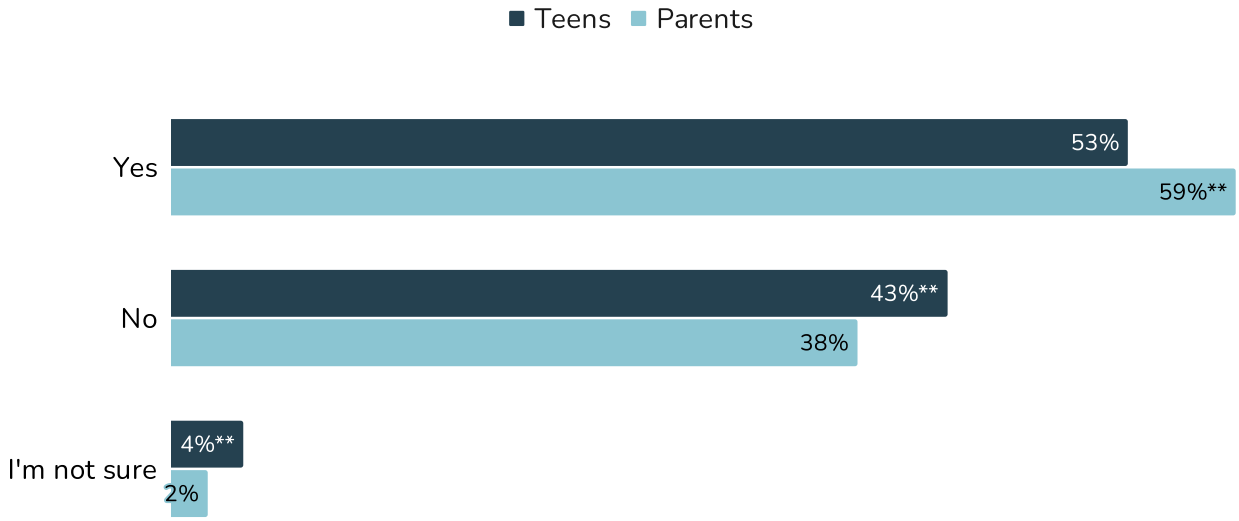
"I give my daughters the benefit of the doubt. I tell them, 'Don't give me reason to go through the phone.' So, I don't see or find anything. But with that train of thought, it's actually been pretty good. You know, if they have an issue, or something they can, you know –we have this open-door policy where they'll come and talk to me. You know, I gotta trust them that they're gonna make that decision. But I know they're gonna mess up, but then I just hope that when they mess up, they learn from it." - Dad of 16-year-old girl



Besides conversations, do parents apply specific rules to their teens' use of AI chatbots? When asked if they have set guidelines or house rules around AI chatbot use, such as "you can use AI chatbots to support your school assignments, but not to do your work for you," 59% of parents say they have. Fewer teens (53%) report that their parents have rules or guidelines in place, indicating a slight gap between the two groups that could point to some teens' lack of clarity around such rules.

Guidelines and House Rules Around Teen AI Chatbot Use

% of teen self-reported guidelines/house rules and parent-reported guidelines/house



Graph represents answers to the Qs: "Other than parental controls, have your parents/caregivers set any additional guidelines or house rules about your AI chatbot use?" (teen survey) and "Other than parental controls, have you set any additional guidelines or house rules about your teen's AI chatbot use?" (parent survey). Respondents are teens aged 13-17 who have used AI chatbots in the past three months; and parents of teens aged 13-17 who reported that their teens have used AI chatbots in the past three months. Bars with asterisks (**) differ significantly from the other bars within each response option ($p < .01$). Data are weighted using iterative proportional fitting (raking) to reflect U.S. Census demographic estimates. Weighted teen survey n = 998. Weighted parent survey n = 1,002.

In focus groups, parents shared examples of guidelines they have set for their teens:

"My rule with them right now is, if you're not asking for a fact, you don't need to be on Gemini. Like, it needs to be limited to, 'I'm trying to find the answer to a fact.' If it's, you know, feeling-based, we're not gonna have whole conversations with something that's not real. Like, that's when you go to another person and have that conversation." - Mom of 13-year-old boy

"For him, he doesn't understand the whole boundary thing, and especially as a growing teen, hormonal, 16. I did make that rule where we're not forming friendships with these bots. Or like, right now, you can use avatars and pretend you're someone else, and I've told him, when things get hard, you're supposed to live in your reality and fix what's wrong with you, not pretend you're someone else. I don't think he understands that." - Mom of 16-year-old boy

Teens also shared their experiences with their parents' guidelines:

"My mom's a teacher, so . . . she doesn't really like it that much. My dad doesn't really care. So I really just talk to my mom about it. We've been teaching her how to use it though, and she's starting to realize there's more to it than just cheating." - 17-year-old boy

However, others, such as these two 17-year-old girls, did not experience any house rules or guideline setting:

"I don't think my parents could control what they don't understand. So I think that would be pretty hard."

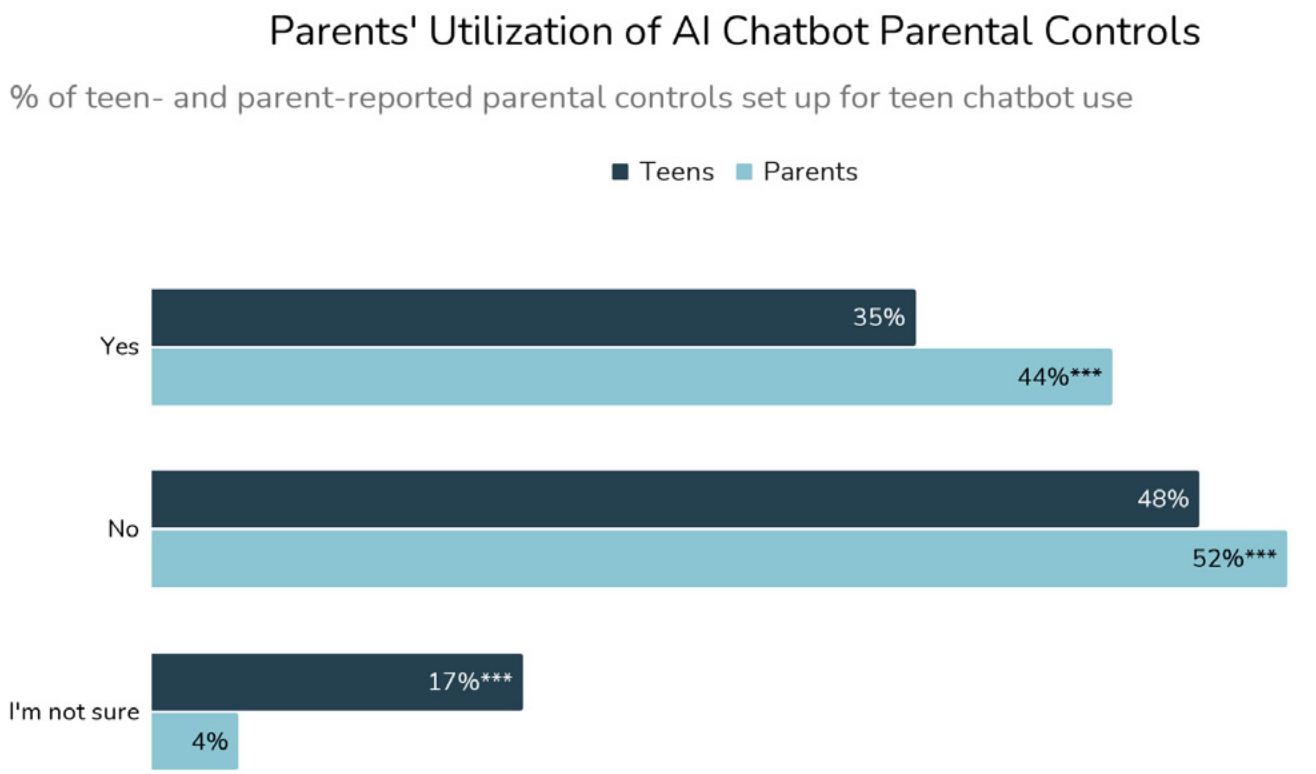
"My parents really haven't limited me at all with that, I think because they're learning to see the positives and the uses."

Ultimately, the existence of these guidelines, paired with open conversations, spot checking practices, and account sharing, shows that many parents and teens are treating AI chatbots as a tool that parents and teens are actively learning and navigating together.



Part Seven: AI Chatbot Parental Controls

Conversations and guidelines around AI chatbot use among parents and teens are relatively common. Many parents (44%) also report utilizing built-in safety features or parental controls for their teen's AI chatbot use. Teens are less likely to report the existence of these controls, with 35% saying their parents have such controls. However, both groups are more likely to say they do not have parental controls set up for AI chatbots (48% of teens; 52% of parents). An additional 17% of teens also report that they are not sure.



Graph represents answers to the Qs: "Do your parents/caregivers have any parental controls set up for your AI chatbot use?" (teen survey) and "Do you have any parental controls set up for your teen's AI chatbot use?" (parent survey). Respondents are teens aged 13-17 who have used AI chatbots in the past three months; and parents of teens aged 13-17 who reported that their teens have used AI chatbots in the past three months. Bars with asterisks (***) differ significantly from the other bars within each response option ($p < .001$). Data are weighted using iterative proportional fitting (raking) to reflect U.S. Census demographic estimates. Weighted teen survey n = 998. Weighted parent survey n = 1,002.

Parents of younger teens (aged 13-14) are significantly more likely to say they have set up parental controls around their teens' AI chatbot use (53%) than parents of older teens (aged 15-17, 39%). These differences in parental monitoring and involvement behaviors showcase parents' evolving attitudes toward AI chatbot safety: as teens age, some parents step back, giving their children more agency around their AI chatbot use.

Teens' age is not the only determining factor at play when it comes to parental control utilization. Half (50%) of younger parents have set up AI chatbot parental controls, which is significantly more than older parents at 38%. This again could point to a stark divide between digital and non-digital native caregivers.

Interestingly, parents who report that their teens are daily AI chatbot users are significantly more likely to report that they have set up parental controls for their teens' use (50%) than those who say their teens are less than daily users (38%). Higher teen use frequency could indicate greater parental monitoring. It may also be the case that parents who use parental controls have a better understanding of the amount of time their teens spend using chatbots.

The reported use of parental controls may be inflated. Some parents may be counting broad devices, accounts, or all-in-one ecosystem tools, like Google Family Link, which automatically extend certain guardrails, like time limits, to many apps, including AI chatbots.

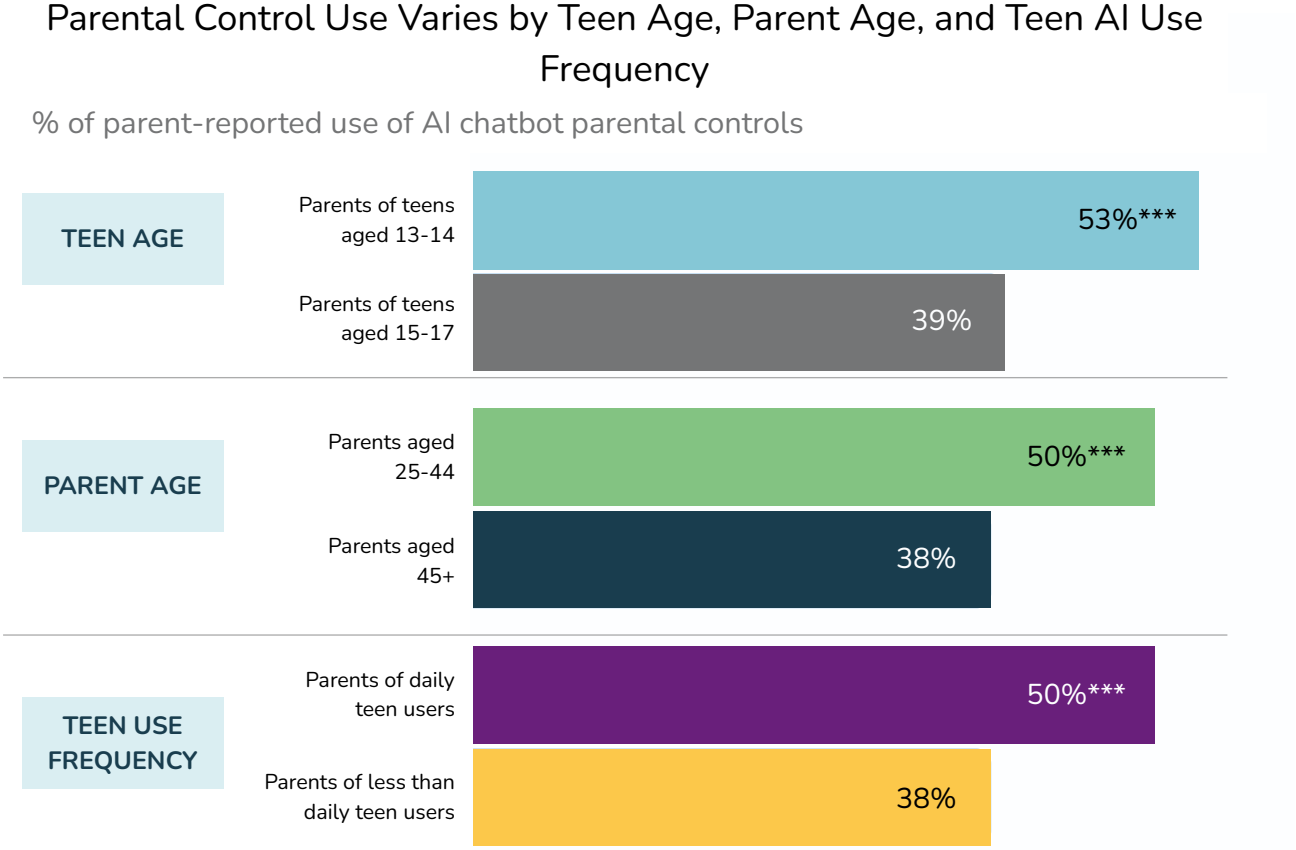
Notably, more parents and teens report the use of guidelines or house rules than parental controls, indicating that AI chatbot safety may be more commonly handled through open conversations and rule enforcement than by technical parental controls. This aligns with data from FOSI's Online Safety Survey, which has also found that house rules are more common than technical parental controls[11]. Parental control use also varies with a variety of other characteristics, like teen and parent age, and use frequency.

Parental control use varies by age and use frequency.

Parents of younger teens, younger parents, and parents of daily teen users are more likely to report using AI chatbot parental controls than their respective comparison groups.

11 Beyond Borders: U.S. and Australian Families on Online Safety, Screen Use, and the Digital Lives of Kids. Alanna Powers-O'Brien, Family Online Safety Institute. July 9, 2026.

Parental Control Use Varies by Teen Age, Parent Age, and Teen AI Use Frequency



Graph represents answers to the Q: "Do you have any parental controls set up for your teen's AI chatbot use?" (parent survey). Respondents are parents of teens aged 13-17 who reported that their teens have used AI chatbots in the past three months. Bars with asterisks (***) differs significantly from the other bars within each response option ($p < .001$). Data are weighted using iterative proportional fitting (raking) to reflect U.S. Census demographic estimates. Weighted parent survey n = 1,002.

In the focus groups, parents described their experiences using parental controls:

"I have two daughters, and one of them's 17, the other one's 16. On the 16, we have age restriction, and you can actually tell the difference in the chatbot's responses on them." - Dad of 16-year-old girl

"I shut off our internet at a specific time every evening for all of my children's devices, just to limit what they can do from that point on." - Mom of 13-year-old boy

"I go through Google Family Link, and so it blocks specific websites . . . I took that off, because everything was just games, you know? But that's how we got the one AI app downloaded that I just didn't know about, so I put that back on, so at least I know what he's downloading, and I have to approve it." - Mom of 13-year-old boy

"With some of those apps and settings, I take certain things off, or make sure he has those settings off, like tracking, or geolocation and things like that. Like, I know in Snap, I don't know if it's Snap AI, they can know where your location is, as well as, like, Instagram. I don't know if that Meta AI component is connected in some way, but locations? Definitely off on the apps." - Mom of 16-year-old boy

"I have this Screen Time app, but I think that app has a lot of work to be perfect. I use it, but it's awful, and my son just asks me for more time, and I say yes, so there's no point." - Mom of 14-year-old boy

Parents and teens align on AI chatbot guardrails.

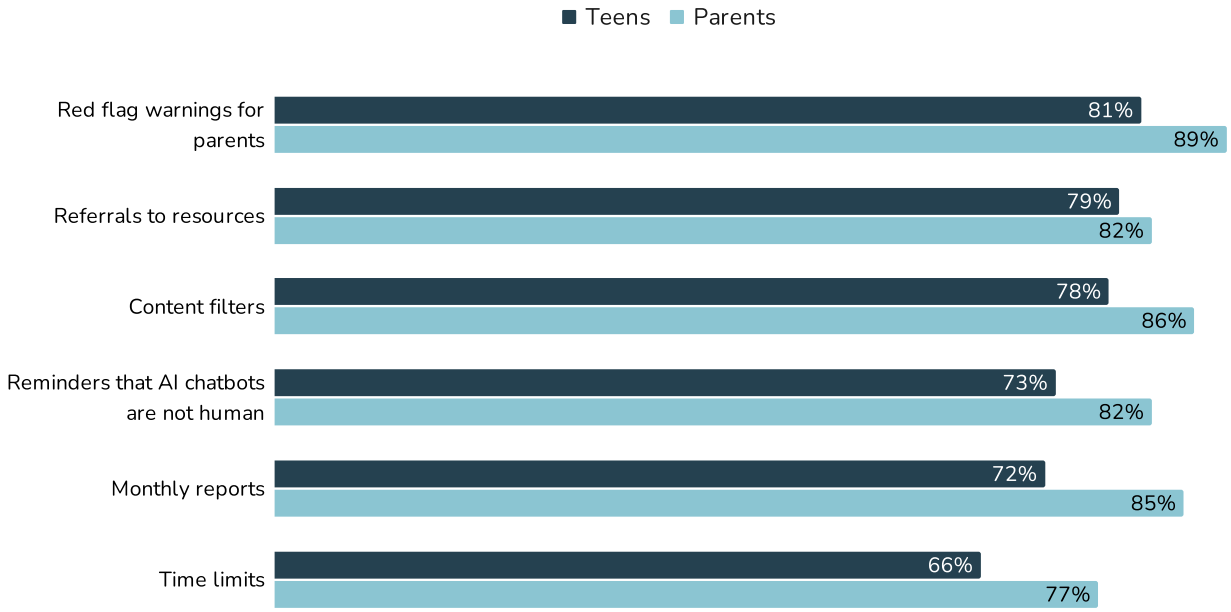
Most parents and teenagers agree that implementing the proposed safety tools/parental controls would benefit teenage users.

While parental controls are less commonly used than guidelines or house rules, when given a list of potential parental controls and online safety tools for AI chatbots, majorities of both parents and teens are in support. This list was created partly through suggestions given by focus group participants.

The survey listed six potential safety tools for both parents and teens. Parents were asked if these tools would be helpful for themselves and their teen. Teens were asked if these tools would be generally helpful for people their age. By shifting teens' focus away from themselves as individuals, researchers sought to capture a clearer picture of the general teen sentiment. Teens who feel they do not personally need these tools or restrictions may still think they may help protect their peers. Each possible tool is discussed in detail below.

Possible AI Chatbot Tools Considered Helpful

% of teen- and parent-reported helpfulness of possible AI chatbot safety tools



Graph represents answers to the Qs: "Please indicate how helpful you think each tool would be for people your age" (teen survey) and "Please indicate how helpful you think each tool would be for you and your teen" (parent survey). "Red flag warnings that notify parents/caregivers if a teen user has asked a concerning question;" "Content filters that block certain topics or websites from being included in AI chatbots' responses to teen users;" "Referrals to resources like helplines or websites if a teen user has asked a concerning question;" "A monthly report that summarizes a teen's AI chatbot use, sent to both a teen user and their parent/caregiver;" "Limits on how long a teen can use AI chatbots, similar to screen time limits;" "Regular messages or labels that remind teens that an AI chatbot is a computer and not a human." Respondents are teens aged 13-17 who have used AI chatbots in the past three months; and parents of teens aged 13-17 who reported that their teens have used AI chatbots in the past three months. Data are weighted using iterative proportional fitting (raking) toreflect U.S. Census demographic estimates. Weighted teen survey n = 998. Weighted parent survey n = 1,002. Responses were not marked as significant because of differences in question phrasing between the two groups.

Red flag warnings that notify parents/caregivers if a teen user has asked a concerning question
Red flag warnings that notify caregivers if a teen asks a concerning question is the most popular online safety tool, with 89% of parents saying this tool would be helpful for them and their teen, and 81% of teens saying this tool would be helpful for people their age. Small numbers of both groups say that red flag warnings would be unhelpful – just 6% of teens and 3% of parents.

Parents and teens discussed red flag warnings in the focus groups and reflections sessions, with parents especially expressing enthusiasm for this type of tool:

"One thing that comes to mind is having an ability for the parents to know if the kid is discussing or looking up, like, concerning topics. So that then the parent is warned that, you know, your kid is looking up X, Y, or Z, and then we can talk to the kid about it." - Dad of 16-year-old girl

"Not a lot of people are even asking that many concerning questions to AI, I think. And on top of that, it would be helpful if like, a parent or caregiver could just know just in case, the person that they're caring for is like putting in something concerning. Like if, if they were notified, they could, like, immediately stop that." - 15-year-old girl

Content filters that block certain topics or websites from being included in AI chatbots' responses
Another popular tool involves proactively blocking harmful content before it reaches teens' screens. Content filters that restrict certain topics or websites from being included in AI chatbots' responses to teen users are seen as helpful by 86% of parents and 78% of teens. Very few teens (7%) and parents (5%) said this tool would be unhelpful. This concept was also discussed in the focus groups, when parents voiced concerns about the kind of content their children might access with their chatbot use, and how to mitigate this through methods like age verification:

"Filter settings for the information that it could be giving your teen, and you could set up, like, whatever limitations of, you know, the type of information it's giving, the wording that it's giving, you know, and you could set up the filters on the AI, whether it's for Copilot, for Gemini, for ChatGPT –then I think it would be trusted more." - Mom of 15-year-old girl

"I want to say even Facebook implemented where you have to take a picture of your . . . driver's license to prove your age. So, it had to get to that extreme to prove that you were old enough, like, over 18, you know, even that type of guardrail, you know, something to make sure that it's not a 16, 15, 14-year-old person asking all these questions." - Mom of 16-year-old boy

Referrals to resources like helplines or websites if a teen user has asked a concerning question
A common online safety tool already implemented by several AI chatbot platforms is referrals to resources like helplines or websites if a teen user has asked a concerning question[12] [13]. Among parents, 82% would find this helpful. Teens are similarly supportive, with 79% saying these referrals would be helpful. Similar to other tools, the number of respondents indicating that these tools would be unhelpful was quite low (6% of teens, 5% of parents).

One 16-year-old girl drew on her own experience to demonstrate how this could be helpful:

"For me personally . . . in terms of using AI like a personal therapist, I think tech companies –I'm pretty sure they could probably install stuff to where if this conversation gets too personal, or at least I think what I heard, like an idea from online, if it gets too personal, they could stop the chat and recommend that person helpful resources."

A monthly report that summarizes a teen's AI chatbot use, sent to both a teen user and their parent/caregiver
A relatively less popular tool for teens is a monthly report that summarizes a teen's AI chatbot use, sent to both a teen user and their parent/caregiver. A large majority of parents (85%) say this would be helpful, and 72% of teens agree it would be helpful for people their age. The number of teens (9%) and parents (5%) who think this tool would be unhelpful is quite low.

12 Helping people when they need it most. OpenAI. August 26, 2025.
13 An update on our mental health work. Dr. Megan Jones Bell and Laurie Richardson, Google. April 7, 2026.

Limits on how long a teen can use AI chatbots, similar to screen time limits
Another tool that teens are less interested in compared to other tools is limits on how long a teen can use AI chatbots, similar to screen time limits. Over three quarters (77%) of parents say this would be helpful for themselves and their teen, but fewer teens support this tool, with 66% indicating it would be helpful for their age group. More teens indicate that this tool would be unhelpful (13%) than any other proposed tool, and 9% of parents say it would be unhelpful. These numbers are interesting when considering that free versions of AI chatbots already impose a screen time limit –not for trust and safety reasons, but for economic reasons. With these restrictions already in place for many, perhaps teens would not have much trouble adjusting to these limits.

Regular messages or labels that remind teens that an AI chatbot is a computer and not a human
The final tool is regular messages or labels that remind teens that an AI chatbot is a computer and not a human. As with the other tools, large majorities of both groups agree that this would be helpful (82% of parents and 73% of teens). With 46% of teens saying that they feel like they are talking to a human when they use AI chatbots, it makes sense that both teens and parents would find this kind of reminder to be helpful for teens. Similar to other controls mentioned in this section, the number of respondents indicating that this tool would be unhelpful was low (6% of parents and 9% of teens).

These findings demonstrate that most parents and teens would welcome a range of AI chatbot controls and tools with open arms. While most of these tools already exist on certain platforms to varying extents, these findings illustrate that the need and desire for these tools is there for both parents and teens. While this research did not ask about safety for general audiences, these tools would likely be helpful in supporting the safety and security of all users, including adults. AI chatbot companies should develop and update their platforms accordingly. In addition, effective communication with parents and teens about the existence of these tools is important to the likelihood that they will get used.

Part Eight: AI Chatbot Safety Responsibility

Parents and teens differ on who they think is responsible for AI chatbot safety.

88% of parents say parents are responsible for teens' AI chatbot safety, compared with **68% of teens**. Meanwhile, **72% of teens** say they are responsible for their own safety, compared with **53% of parents**.

This report demonstrates that while many parents and teens are working together to help teens have safe experiences with AI chatbots, both parents and teens also have concerns about the rapid adoption of this relatively new technology. This research sought to learn how parents and teens think about responsibility for teens' AI chatbot safety, and found that this is an area where teens and parents disagree to an extent.

When provided five options for who has the most responsibility for making sure teens have a safe experience while using AI chatbots and asked to select three, more than seven in 10 teens (72%) say that they are responsible for their own AI chatbot safety. Parents, however, are significantly less likely to say that their teen is responsible for their own AI chatbot safety, at 53%.

When asked if parents are responsible for their teens' AI chatbot safety, a similar gap appears, with parents (88%) saying that parents are responsible for their teens' AI chatbot safety. Teens, at 68%, are significantly less likely to say parents are responsible.

Parents and teens explained this sense of responsibility in the focus groups and reflection sessions:

"That's why they're teens, they don't make good choices. So I do think a lot of that is on the parents." - Mom of 16-year-old boy

"As much as I would like to say it's up to the tech companies, I think you need to teach your children to be discerning and realizing that, you know, not to trust everything they read, to question sources." - Mom of 13-year-old girl

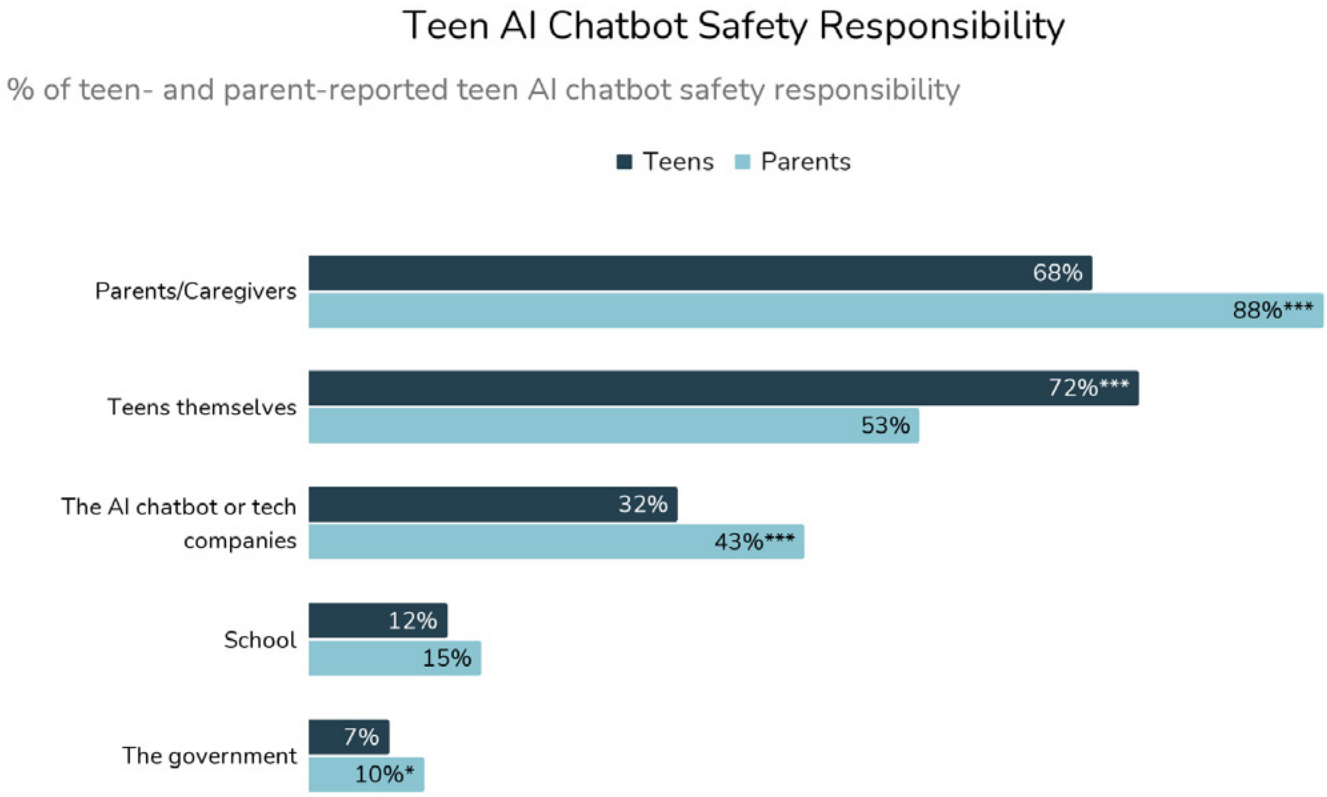
"I wish that the government and the tech companies would care, but I really don't have . . . faith in that, and I think that as parents it's our job to pull that extra weight, to be more informed with what's going on, and to realize that the companies are just in it for their money, and, you know, we gotta protect our children." - Mom of 16-year-old boy

"I would say that AI is a personal individual technology. So ultimately the responsibility falls on the person using it. However, any time teens are using something, we do want some amount of that responsibility to fall on their parents, their teachers, the adults in their lives, since they don't have fully developed brains. So I would say that ultimately the teenagers have the responsibility, but the parents have the same. The parents and teachers in society have the same responsibility that they would if it was like controlling teenage drinking . . . and obviously this is very different because it's not something that's illegal, but it's –I would say ultimately it's the person, but because it has to do with teenagers, some of it falls on other people." - 17-year-old boy

"It's kind of a bit obvious that you should, as the user, be taking the most responsibility out of anyone regarding how you utilize AI, because it's your decision on what you decide to say to it. It's your decision on how you utilize it, and it's really your responsibility to decide whether you're going to use it rightfully or you're going to use it unrightfully." -17-year-old girl

When it comes to who has responsibility for teens' AI chatbot safety, teens and parents are the two options that survey respondents select most. However, a notable percentage of parents (43%) say that the AI chatbot and/or tech companies also hold some of the responsibility. This sentiment is significantly less popular among teens, with 32% saying that AI chatbot companies are responsible for teens' safety.

The least-selected option on the list is the government. Just 7% of teens and 10% of parents assign the government AI chatbot safety responsibility. Additionally, relatively few teens or parents think that schools are responsible for teens' AI chatbot safety, with just 12% of teens and 15% of parents selecting this option. These numbers are especially interesting given that schoolwork is one of teens' top uses for AI chatbots. Although these tools are used for academic purposes, their safe use is largely considered to be the responsibility of the user, their parents, and to a lesser extent, the AI chatbot platform.



Graph represents answers to the Qs: "Who is most responsible for making sure you have a safe experience when you use AI chatbots? Select up to three." (teen survey) and "Who is responsible for making sure your teen has a safe experience when they use AI chatbots? Select up to three." (parent survey). Respondents are teens aged 13-17 who have used AI chatbots in the past three months; and parents of teens aged 13-17 who reported that their teens have used AI chatbots in the past three months. Bars with asterisks (***) differ significantly from the other bars within each response option ($p < .001$). Bar with an asterisk (*) differs significantly from the other bars within response option ($p < .05$). Data are weighted using iterative proportional fitting (raking) to reflect U.S. Census demographic estimates. Weighted teen survey n = 998. Weighted parent survey n = 1,002.

In the focus groups and reflection sessions, parents and teens explained their thoughts about the responsibility of AI chatbot or tech companies and government:

"Their innocence is taken so much quicker than I remember mine or my friends' being taken in, like, 80s, 90s, early 2000s, it's just different now. The freedom is great, and I really like that they do have the opportunity to gather that information or access those resources by themselves, but without the safeguards, you know, and that, I think, the ultimate responsibility relies on the AI companies themselves, they have to be mindful of that, and what the long-term effect is." - Mom of 13-year-old boy

"I think it should be the companies because . . . some of us don't have parents. So for the ones who don't have parents to hold them back and are easily persuadable, they can end up just going down these endless pits of despair by using these AIs." - 17-year-old boy

"I do think it has a lot to do with the tech companies, and there should be some type of regulation. I think AI was kind of launched very quickly, and just, like, thrown upon us, but at the same time, there's a lot of minors using it, so I don't think they're gonna . . . have the ability to kind of make good choices." - Mom of 16-year-old boy

"I know a lot of lawsuits and certain things that have kind of come up . . . but they've kind of just thrown money at it. So there hasn't really been any sort of results. So I definitely think the companies should take some level of responsibility, which they haven't." - 17-year-old girl

"I agree that the tech companies are the most responsible because I think they should have filters to like, try to avoid people getting emotionally invested in the chatbots because they're –like, after that case, after the boy took his life, there really should be a divide between the emotional stuff and then talking to the AI." - 14-year-old girl referencing Adam Raine's death by suicide[14]

"I just think if it's your product, you're responsible." - Mom of 15-year-old girl

Conclusion

AI chatbots may no longer be a novelty, but managing teens' relationships with them still feels like a challenge to many parents and teens. As these tools develop, parents and teens are tasked with understanding how this powerful technology can impact their lives. Teens, who face developmental, social, and biological changes, now also have access to tools that can bring a vast amount of information and knowledge. Parents, who are helping teens navigate these changes, must now add helping their teens navigate these tools safely to their long list of parental responsibilities.

This report demonstrates that teen AI chatbot users are engaging with these tools frequently, and for a variety of purposes. Reassuringly, teens are approaching AI chatbots critically: weighing the benefits and drawbacks of their use, considering their security, and feeling a great deal of personal responsibility about keeping themselves safe while using these tools. Parents of teen AI chatbot users have a relatively realistic understanding of teens' relationships with AI chatbots, especially when it comes to the tools teens use and their purposes for utilizing them. Both groups are also dialed in to teens' AI chatbot safety, with discussions, spot checks, house rules, and parental controls.

These findings indicate that in 2026, teens and parents are on a relatively even playing field when it comes to knowledge and skills about these tools. As the world navigates the learning curve and tradeoffs of using AI chatbots, families are figuring it out together. As one 17-year-old girl put it:

"We're all starting on the same base knowledge. Gen Beta are the first, like, group of kids to be growing up with artificial intelligence. So before that, Gen Z, we're all learning. Even parents, we're all [learning] at the same time."

Past the parent and teen dynamics around AI chatbots, this report points to some intriguing differences between daily and less than daily teen AI chatbot users. Daily users' perceptions of AI chatbots appear to be different from those of less frequent users. There are also differences between older and younger teens, whose different levels of maturity are reflected in their views and uses of AI chatbots. Also interesting are the differences between older and younger parents, with the Millennial and Gen Z

14 A Teen Was Suicidal. ChatGPT Was the Friend He Confided In. Kashmir Hill, New York Times. Aug. 27, 2025.

parental cohort seeming to have more knowledge of these tools than Gen X and older generations. Future research projects should further explore these dynamics.

The findings in this report paint a fuller picture of teens, parents, and AI chatbots. This information is meant to assist key stakeholders such as caregivers, industry representatives, and policymakers, so that each group can make informed decisions about safe teen AI chatbot use. The following implication sections offer guidelines for these three groups.

Implications for Parents

When transformative new technologies begin to be used by children and teens, many adults' first instinct is to be concerned about potential harms. Parents may wonder if they should try to keep young people from using the new technology, or what they should do to help their children be safe. Previous generations of parents were the first to figure out digital parenting with television, video games, and social media, and today's parents are now figuring out digital parenting in the age of AI. This research shows that parents feel significant responsibility for their teens' safety while using AI chatbots–more responsibility than they assign to their children, tech companies, schools, or the government.

Digital parenting practices still apply in the age of AI

The good news is that while AI chatbots are a transformative technology, digital parenting principles, such as FOSI's 7 Steps to Digital Parenting,[15] are still sound. Parents' actions–such as talking early and often with their teens about AI chatbots, educating themselves about how AI chatbots work, and being good digital role models for their teens with their own habits–are important in keeping kids safe in the age of AI chatbots. This study found that 15% of teens say that their parents have not had any conversations with them in the past year about how to use AI chatbots safely, and 10% of parents agree. While the surveyed teens and parents are not in the same households, this gap in teens' and parents' responses may indicate that some parents think they are communicating to their children about AI chatbot safety, but children do not realize it. A similar gap appears with a question of whether parents have set any guidelines or house rules around teens' AI chatbot use, with 59% of parents saying yes, but only 53% of teens agreeing, meaning that house rules or guidelines may not be as clear cut as parents imagine. In focus groups, some teens expressed that their parents don't know much about AI chatbots, so they do not look to their parents for guidance. However, parents are incredibly important role models for teens, so it is essential for parents to educate themselves about AI chatbots, set clear expectations for their teens' use, and have consistent, open-ended, nonjudgmental conversations.

Understand specific AI chatbot platforms and whether and how they support teens

This research found that teens' most used platforms are general purpose AI chatbots like ChatGPT and Gemini, which allow teens aged 13-17 to use their platforms. These specific chatbots have safety tools and guardrails to support teens who use their platforms. However, safety tools do not mean that these platforms are 100% safe for teens, and in addition, this research also found that some teens use platforms that are not designed for users under 18, such as Claude. Because teens' most common uses of AI chatbots may seem innocuous, such as searching for facts or understanding schoolwork, parents may not realize that some AI chatbot platforms are safer environments than others for teens. It is important for parents to understand which platforms allow users under 18 and incorporate safety tools for teens, and to set clear boundaries for their teens about which platforms they can use. This also extends to parents

15 7 Steps to Digital Parenting. Family Online Safety Institute. August 24, 2026.

who share AI accounts with their teens. If a teen signs up for their own account, using their real age, they are more likely to have a safe, age-appropriate AI chatbot experience than if they borrow an adult's account that lacks protections for teens.

Be aware that teens' concerns may differ from parents'

The surveys found that parents and teens perceive the drawbacks of teens' AI chatbot use in different ways and to different degrees. While the top drawback for parents is not knowing where AI chatbot users' information is going or who has access to it, teens are much more likely than parents to agree that they trust AI chatbot platforms to keep their information and data safe. Meanwhile, for teens, the top drawback is the fear that they might be accused of using AI chatbots to cheat on schoolwork. Overwhelmingly, parents and teens agree that parents trust their teens to use AI chatbots in ways that are age-appropriate, so parents may not realize that teens worry about being perceived by teachers or schools as using AI chatbots inappropriately. With two-thirds of teens reporting that they use AI chatbots to support their schoolwork, it's important for parents and teens to understand and follow AI chatbot policies put in place by their school district, school, or teacher.

AI chatbot platform parental controls may be helpful

This study found that most parents say that they don't have any parental controls set up for their teens' AI chatbot use. And yet, when asked about potential parental control tools such as red flag warnings, content filters, time limits, reminders that the AI chatbot is not human, and others, large majorities of both teens and parents think these tools would be helpful. For some AI chatbot platforms, these and similar tools already exist, but focus group conversations revealed that not all parents and teens are aware of them. While families should not rely on parental controls to the exclusion of house rules and open conversations, parents may have these tools at their fingertips already. It is worth taking the time to see what controls are most appropriate for their teen's age and use.

Keep an eye on digital balance

This study found that teens who are daily users of AI chatbots are more trusting of their accuracy and age-appropriateness, and are more likely to say that they feel like they are talking with a human when they talk with AI chatbots. It's important for parents to know whether their teens are frequent or infrequent AI chatbot users, and to ensure that their teens have adequate balance with offline activities, other reputable sources of information, and opportunities to engage meaningfully with other humans. FOSI's GenAI Conversation Starters[16] can help parents better understand how their teens are using AI with questions about teens' experiences with chatbots, how teens evaluate the information they receive, and what boundaries might make sense for their family.

As this technology continues to change quickly, parents and teens function as a team that works together to keep teens safe, through open and honest communication. Teens will be more forthcoming with parents when they feel respected and included in decision-making about this powerful new technology that impacts their schoolwork, helps them in their everyday lives, and may prepare them for future careers.

16 Gen AI Conversation Starters. Family Online Safety Institute, August 24, 2026.

Implications for Industry

Throughout this report, teens and parents describe AI chatbots as tools that help teens find information, understand schoolwork, and explore ideas. For companies that develop, integrate, or distribute chatbots, the opportunity is to preserve and improve that usefulness while delivering experiences users can trust.

The goal should be informed, age-appropriate engagement, not greater confidence or more use for its own sake. Build safety, privacy, and support for independent judgment into the experience. Design safety tools in ways that support families' willingness to take responsibility for teens' positive experiences on AI platforms, and do not rely on parents' and teens' sense of personal responsibility as a substitute for platform safeguards.

Earn trust through response quality and clear explanations

Three quarters of teens trust AI chatbots to provide accurate information most or all of the time. Yet some respondents also identify drawbacks such as uncertainty about AI chatbots' ability to provide correct answers and overly agreeable responses. These findings call for attention to what chatbots say, not simply how reassuring they sound.

Companies should evaluate whether AI chatbots' responses acknowledge uncertainty, correct mistaken assumptions, avoid indiscriminate agreement, and remain appropriate for teen users. When sources are provided, testing should establish whether those sources exist and support the accompanying claims. Clear explanations of limitations should appear in relevant interactions, rather than relying on users to find and remember a general disclaimer.

Transparency should help young people distinguish well-supported information from speculation, opinion, or advice. Success should mean that users are better equipped to decide when to rely on an answer, verify it elsewhere, or seek human guidance - not merely that they report greater trust in the platform.

Support learning and creativity, not just task completion

Understanding schoolwork is the most reported benefit of chatbot use, and teens also cite creativity and inspiration as a top benefit. Concern about being accused of cheating is their most selected drawback. Industry should respond to both: preserve the assistance teens value while making it easier to navigate the distinction between supporting their work and replacing it.

Companies should test learning-oriented interactions that offer hints, invite a first attempt, ask users to explain their reasoning, and provide opportunities for independent practice. Creative features could similarly encourage users to explore alternatives, revise ideas, and remain actively involved in shaping their work.

When working with educators and teens, AI chatbot companies should develop clear examples of tutoring, feedback, brainstorming, and content generation, including ways to acknowledge AI contributions. Evaluate these approaches for understanding and independent application. Do not assume they improve learning because an assignment is completed faster or an answer appears more polished.

Maintain clear boundaries around human-like interaction

Nearly half of teens say that using AI chatbots feels like talking to a human. This does not establish that they believe chatbots are human, but it makes presentation and conversational behavior important design considerations. Social and emotional uses are less commonly reported than information-seeking or schoolwork assistance, yet still warrant attention.

Companies should communicate AI chatbots' identity clearly through both the interface and the conversation. They should avoid language that encourages exclusivity, portrays the system as human, or positions it as a replacement for trusted relationships. Reminders should reinforce these boundaries rather than contradict how the chatbot otherwise behaves.

Product testing should cover foreseeable social and emotional conversations in general-purpose tools as well as in products designed for companionship. Practicing a difficult conversation, discussing feelings, and seeking friendship should not be treated as interchangeable uses. Responses should offer appropriate assistance, recognize limits, and provide accessible routes to human support when needed, without making emotional use the defining attribute of teens' chatbot experiences. In this research, majorities of teens and parents also say that regular reminders that an AI chatbot is a computer program and not a human would be helpful, and platforms should consider how to design and deploy such reminders in ways that best support teens' awareness that AI chatbots are not a substitute for human interaction.

Make privacy and family account choices understandable

Substantial trust in data protection sits alongside concerns about where information goes and who can access it. Account design also deserves attention: many teens report sharing at least one chatbot account with a parent or caregiver. This points to questions about both platform data practices and how families manage access.

Companies should collect and retain only the data needed for clearly explained purposes, use protective defaults, and make choices about model training and other secondary uses understandable. Teens and caregivers should be able to determine who can access conversations, how long information is retained, and what deletion does. Explanations should distinguish family oversight from access by the provider or other parties.

AI chatbot providers should also investigate how families understand shared accounts, including whose settings, conversation history, and personalization apply. Companies could test separate, age-appropriate profiles or linked family arrangements as alternatives. Family involvement should not require unrestricted access to private conversations, and any shared arrangement's implications should be clear to both teens and caregivers.

Build safeguards that are usable and proportionate

Most teens and parents see potential value in the proposed safety tools, although teens assessed helpfulness for people their age and parents assessed helpfulness for themselves and their teen. These responses identify priorities for development and testing; they do not establish effectiveness or consent to a particular form of monitoring.

Alerts, filters, referrals, usage summaries, time-management options, and AI-identity reminders should have clear purposes and understandable setup. Users should know what each tool does, what information

it shares, and its limitations. Teens should understand when family oversight is active.

Evaluation should examine false alerts, missed concerns, blocked legitimate information, and the consequences of disclosure - including circumstances in which notifying a caregiver could create risk. Notifications should be considered alongside context-sensitive responses and appropriate routes to trusted support, not treated as sufficient on their own. Time-management tools should likewise be assessed for supporting healthy habits without unnecessarily interrupting beneficial use.

Protective defaults should underpin these options across standalone chatbots, embedded features, and shared access. Families should not have to assemble every safeguard themselves or assume settings work the same across services.

Design with teens across ages and circumstances

The study's reflection sessions brought teen perspectives into questionnaire development and findings interpretation. Industry should similarly involve young people in defining problems, testing solutions, and assessing whether changes meet their needs, not simply ask for feedback after key decisions have been made.

Participation should include younger and older teens, frequent and less frequent users, and young people with varied learning needs, family circumstances, and levels of support. Companies should document how this input changes design decisions rather than treating consultation as endorsement.

Age-appropriate experiences should allow for increasing independence while preserving a meaningful baseline of protection. Providers should test whether explanations, permissions, and safeguards make sense to different age groups, rather than assume one approach suits everyone. Protections should also remain useful for teens without an available, knowledgeable caregiver. Family involvement is valuable, but it should not be a prerequisite for a safer experience.

Evaluate outcomes and share what works

These findings offer an agenda for evaluation, not a determination that particular safeguards work. Companies should assess whether young people understand disclosures, can exercise privacy choices, receive appropriate responses, and can reach useful support. Learning features should be examined for their contribution to understanding and independent performance. Engagement and feature adoption alone should not define success.

Evaluation should continue after significant model, interface, or feature changes. These processes should examine whether protections work across different teen groups and patterns of use. Companies should support independent research and share appropriately aggregated findings about both improvements and limitations while protecting users' privacy.

Cross-industry collaboration should serve practical purposes: developing understandable terminology for safeguards and family permissions, sharing evaluation methods, and making protections easier to compare. The objective should be more useful and accountable safety practices, not simply more features.

Families should not have to choose between useful AI chatbot assistance and meaningful protection. Industry's role in shared responsibility is to build products that support young people's understanding, independent judgment, and human relationships - and to evaluate whether those intentions translate into

better experiences. Trust should be treated as a responsibility to demonstrate through product behavior, meaningful safeguards, and transparent evaluation, not as reassurance that the work is complete.

Implications for Policymakers

As research continues to evolve and new findings emerge about teens' AI chatbot uses, perceptions, and safety practices, it is important that approaches to policy are just as iterative. Solutions to address the potential harms of AI chatbots should be based in research and address how teens actually use AI chatbot technology. Some of the tools that parents and teens believe would be helpful are already being considered or implemented in multiple jurisdictions. While implementing guardrails on AI chatbots, policymakers should ensure that policies reflect how the technology works, clear scope and definitions, appropriate precautions for high-risk activities, and an awareness of the successes and failures of previous legislation.

Learn about the technology in order to regulate

Learning about a product before regulating it allows policymakers to better understand the uses of specific technologies like AI chatbots, and consequently craft more feasible and effective policies to target risk and harms while preserving the benefits of the technology. Not every policymaker needs to be an expert on AI chatbots, but engaging with emerging research and reports can help policymakers gain key knowledge that can help them craft better policies.

Be clear about the policy's scope, vision, and purpose

A core question for any policymaker is: what specific problem or harm is this policy trying to solve or prevent? Specificity of purpose is an essential starting point because a sweeping baseline online safety law that covers all platforms and all users will look different than a law targeted towards minors' use of AI chatbots.

Beginning with this question also enables policymakers to set reasonable public expectations for what the policy will achieve. For example, if Australian policymakers intended to reduce teens' screen time through their social media minimum age act, research shows that the screen time metric has not yet been achieved, as teens have migrated to other platforms[17].

Alternatively, some states are considering regulations to address emotional dependence on AI chatbots or to restrict AI chatbots from impersonating licensed mental health professionals. California's SB 1119[18] outlines several key prohibited design features that platforms must address to prevent harms. A narrowly tailored law like SB 1119 may be more effective than a policy that defines AI chatbots more broadly, without appropriate carveouts, potentially bringing additional unintended technologies into scope.

Regulating AI: consider both catastrophes and chatbots

Policies to regulate AI need to address both the existential and the everyday. The existential risks often dominate the headlines[19]: AI-powered killer robots, cyberterrorism, and humanity-threatening technology escaping human control. While regulations should address such catastrophic risks, we also need to thoughtfully

17 Australian Children's and Parents' Perceptions of the Recent Social Media Ban. Alanna Powers-O'Brien, Family Online Safety Institute. June 8, 2026.
18 SB-1119 Companion chatbots: children's safety. Senator Padilla and Assemblymembers Bauer-Kahan and Wicks, Legislature.ca.gov. September 11, 2026.
19 These 5 AI risks have the highest potential for catastrophe. Herb Scribner, Axios. July 27, 2026.

consider how people regularly interact with AI chatbots in their daily life, as sources of information, creativity, entertainment, and support.

This research shows that more than half of teen AI chatbot users interact with AI chatbots every day, with four out of five using a chatbot at least a few times a week. With this in mind, we must not lose sight of the need for general use safeguards. Teens and parents indicated that a range of AI chatbot safety interventions would be helpful to teens. The tool that the most teens and parents described as helpful was red flag warnings that notify parents if a teen user has asked a concerning question. Overwhelming majorities of teens also say referrals to resources like helplines or websites if they ask a concerning question and content filters that block certain topics or websites would be helpful. High numbers of parents think content filters and monthly reports summarizing their teen's chatbot use would be helpful. Fewer, but still majorities, of teens and parents felt time limits on teen AI chatbot use would be helpful.

While these and similar tools can be developed and deployed by AI chatbot companies, policymakers should also be aware of these ideas, especially if they want to require any of the safety tools by law. The Kids Online Safety Act is an example of a bill that is thoughtful about regulating parental controls, specifically Section 103(b)[20]. This section outlines parental tools' effectiveness while respecting minors' right to privacy, including notifying children that parental controls are on. According to this research, many teen AI chatbot users share AI chatbot accounts with their parents. Shared accounts may give parents greater visibility into how teens are using AI chatbots, but they are an imperfect substitute for dedicated parental controls and may raise their own privacy and autonomy concerns. Policy should therefore aim to create effective and transparent safety controls while preserving appropriate boundaries around teens' privacy.

Requiring chatbots to display a popup or persistent notification that a user is interacting with a chatbot, not a human, has become a popular idea among policymakers[21], and this research shows that parents and teens agree that this would be helpful. But while the platforms addressed in this research all have traditional screen interfaces, what if an AI chatbot platform or device does not have a screen to display such a message? This hypothetical example illustrates the level of detail policymakers must consider when designating what platforms and products must do in order to comply with a new law.

This research also shows the centrality of teens' AI chatbot use for the purposes of learning about facts and understanding schoolwork. And yet, there is ongoing confusion among parents and teens about using chatbots in schools or for schoolwork, and teens worry that they will be accused of cheating. Schools, school districts, towns, and states must set more clear guidance for AI use in the classroom. Two of the largest public school districts in the United States, New York City and the Los Angeles Unified School District, have addressed this with strong restrictions on use of AI in the classroom[22]. While students, parents, and teachers may agree or disagree on the details, they all need clarity and shared understanding of the rules.

Learn lessons from other technology regulations

Lastly, policymakers can learn from attempts to regulate social media as they approach regulating AI chatbots. In the United States, attempts to regulate social media at the federal level became a quagmire that Congress has still not solved. Yet U.S. states as well as countries around the world have passed widely different laws and regulations. When it comes to AI chatbots, we have an opportunity to learn from the successes and struggles of regulating social media.

20 S. 1748 - Kids Online Safety Act. Senators Blackburn and Blumenthal, Congress.gov. August 5, 2026.
21 New Law Could Force AI Chatbots To Admit They're Not Human and Cannot Pretend To Be Licensed Experts. Thea Felicity, International Business Times. June 23, 2026.
22 America's Two Largest School Districts Impose AI Moratoriums. Chris Mills Rodrigo, Tech Policy Press. September 5, 2026.

A key lesson is to focus regulation on platforms' most harmful features rather than harmful content. Approaching platform and product design has been a productive evolution for social media policy, as previous bills and lawsuits struggled to define harmful content, risked over-censoring and over-moderating platforms, and threatened access to online spaces depending on users' age (and their ability to prove it). Shifting to focus on platform design and consumer protection has resulted in progress in courts, legislatures, and parliaments. The features that are most divisive on social media platforms are not necessarily the same features that pose the greatest concern in AI chatbots, but in both cases, policymakers should avoid blanket bans and draconian restrictions and instead prioritize improving actual online safety through built-in safeguards and baseline protections.

Methodology

Qualitative:

Teen focus group and reflection session participants were recruited by In Tandem. Participants were members of In Tandem's Youth Voice Fellowship, a diverse panel of teens across the United States. Four focus groups were conducted on May 18 and 19, 2026, with a total of 18 participants.

Three reflection sessions were conducted with a total of 16 teen participants. The reflection session timeline is as follows:

June 18, 2026: Focus group analysis reflection session

July 7, 2026: Survey design reflection session

August 24 and August 31, 2026*: Survey analysis reflection session

**Researchers were unable to complete the first survey analysis reflection session within the time allotted on August 24, so an additional timeslot was added on August 31 to continue the discussion. Data were re-weighted after the session took place, so some percentages in the report vary from what was presented in the session by ±1.5%.*

Teen focus group demographics are as follows: 11 participants identified as female and seven as male. Household income ranged from less than $40,000 to $300,000 per year. Eight participants identified as Black or African American, three as white, three as Asian or Asian American, and three as mixed race. One preferred to self-describe.

Reflection session demographics are as follows: 10 participants identified as female, three as male, one as nonbinary, one as male/non-binary, and one preferred to self-identify. Household income ranged from $40,000 to $200,000 per year. Nine participants identified as Black or African American, three as white, one as Asian or Asian American, two as mixed race, one preferred not to say.

Both teen focus group and reflection session participants were 13-17 years old, lived in the United States, and had used AI chatbots in the past three months at the time of their session.

Parent focus group participants were recruited by Touchstone Research. Four focus groups were conducted on May 22, 26, 27, and 29, 2026, with a total of 25 participants.

Parent focus group demographics are as follows: 20 participants identified as female, and five as male. Household income ranged from $50,000 to over $100,000. Thirteen participants identified as white, four participants as Black or African American, five as Hispanic, two as mixed race, and one as Asian or Asian American.

Parent focus group participants were parents/caregivers of teens who were 13-17 years old who live in the United States. To qualify, parents had to indicate that their teen had used an AI chatbot within the past three months at the time of their session.

Qualitative analysis was conducted in NVivo. Researchers used inductive analysis by identifying key codes, which were later aggregated into main themes. These themes helped guide survey design.

Quantitative:

Both the teen and parent surveys were fielded through Touchstone Research. The parent survey was conducted from July 20 - 31, 2026. The teen survey was conducted from July 20 - August 3, 2026. The teen survey was fielded to teens aged 13-17 (n = 1,003) and the parent survey was fielded to parents of teens aged 13-17 (n = 1,002).

To qualify for this survey, teens had to indicate that they had used AI chatbots in the past three months, and parents had to indicate that their teens had used AI chatbots in the past three months.

Survey data were weighted using iterative proportional fitting (raking) to reflect U.S. Census demographic estimates for adolescents and parents by gender, race/ethnicity, household income, household makeup, and region. The sample size (n) varies slightly due to this weighting. Each sample size is included in the footnote under its corresponding graph. For full details on the raking specifications, please see the "Raking Specifications" section.

Raking targeted five dimensions, all based on the respondent: the respondent's own gender, race/ethnicity, household income, household makeup, and region. Any other table shown here is reported for descriptive context and was not a raking target. Weighted totals may vary due to weighted counts being rounded to whole numbers. Some table percentages do not equal 100% due to rounding.

Teen survey:

Teen Gender	Count	Percent (rounded to the nearest whole number)
Male	509	51%
Female	489	49%

Teen gender categories were collapsed to Male/Female prior to raking due to low or empty cells for gender-diverse respondents; the resulting underrepresentation of gender-diverse respondents is a sample limitation.

Teen Age	Count	Percent (rounded to the nearest whole number)
13	203	20%
14	222	22%
15	196	20%
16	191	19%
17	186	19%

Shown for descriptive context; not a raking target.

Teen Ethnicity/Race	Count	Percent (rounded to the nearest whole number)
White, non-Hispanic	471	47%
Black or African American	135	14%
Hispanic	268	27%
AAPI	60	6%
Other/Mixed Race	65	7%

Teen ethnicity benchmark sourced from U.S. Census-sourced Kids Count Data Center for youth aged 12-17, 2025.

Household makeup (Teen)	Count	Percent (rounded to the nearest whole number)
Two-Parent Household	679	68%
Single-Parent Household	275	28%
Other Head of Household	25	3%
Other	19	2%

Household makeup benchmark for both teen and parent surveys sourced from U.S. Census Bureau: Household Relationship and Living Arrangements of Children Under 18 Years, by Age: 2023 (Table C3).

Household income (Teen)	Count	Percent (rounded to the nearest whole number)
Less than $50,000 per year	203	20%
Between $50,000 and $99,999 per year	250	25%
Between $100,000 and $149,999 per year	190	19%
More than $150,000 per year	356	36%

Household income benchmark for both parent and teen dataset sourced from U.S. Census Bureau 2024 income data, 2025 CPS ASEC, for households with children under the age of 18.

Region (Teen)	Count	Percent (rounded to the nearest whole number)
Northeast	158	16%
Midwest	209	21%
South	394	40%
West	238	24%

Region benchmark for both parent and teen data set sourced from U.S. Census-sourced Kids Count Data Center for youth aged 12-17, 2024.

Parent survey:

Parent Gender	Count	Percent (rounded to the nearest whole number)
Male	450	45%
Female	552	55%

Parent gender benchmark sourced from U.S. Census Bureau 2023 CPS ASEC (Table A3), for mothers and fathers with co-resident children under the age of 18. Zero parent survey respondents indicated gender-diversity; the resulting underrepresentation of gender-diverse respondents is a sample limitation.

Parent Age	Count	Percent (rounded to the nearest whole number)
25-34	76	8%
35-44	448	45%
45-54	365	37%
55-64	102	10%
65-74	7	1%
75+	4	<1%

Shown for descriptive context; not a raking target.

Teen Gender	Count	Percent (rounded to the nearest whole number)
Male	506	51%
Female	491	49%

Teen gender categories were collapsed to Male/Female prior to raking due to low or empty cells for gender-diverse respondents; the resulting underrepresentation of gender-diverse respondents is a sample limitation. Shown for descriptive context; not a raking target.

Teen Age	Count	Percent (rounded to the nearest whole number)
13	194	19%
14	200	20%
15	202	20%
16	204	20%
17	202	20%

Shown for descriptive context; not a raking target.

Parent Ethnicity/Race	Count	Percent (rounded to the nearest whole number)
White, non-Hispanic	567	57%
Black or African American	113	11%
Hispanic	215	22%
AAPI	72	7%
Other/Mixed Race	34	3%

Parent ethnicity benchmark sourced from U.S. Census Bureau 2023 CPS ASEC (Table A3) for mothers and fathers with co-resident children under the age of 18.

Household makeup (Parent)	Count	Percent (rounded to the nearest whole number)
Two-Parent Household	682	68%
Single-Parent Household	276	28%
Other Head of Household	27	3%
Other	17	2%

Household income benchmark for both parent and teen dataset sourced from U.S. Census Bureau 2024 income data, 2025 CPS ASEC, for households with children under the age of 18.

Household income (Parent)	Count	Percent (rounded to the nearest whole number)
Less than $50,000 per year	203	20%
Between $50,000 and $99,999 per year	250	25%
Between $100,000 and $149,999 per year	190	19%
More than $150,000 per year	358	36%

Household income benchmark for both parent and teen dataset sourced from U.S. Census Bureau 2024 income data, 2025 CPS ASEC, for households with children under the age of 18.

Region (Parent)	Count	Percent (rounded to the nearest whole number)
Northeast	158	16%
Midwest	209	21%
South	396	40%
West	238	24%

Region benchmark for both parent and teen data set sourced from U.S. Census-sourced Kids Count Data Center for youth aged 12-17, 2024.

When making comparisons between subgroups, all data were tested for statistical significance. Unless otherwise noted, these findings are described in the text in a comparative manner (e.g., more likely, less likely) only if the differences are statistically significant at the level of $p < .05$.

- Bars with one asterisk (*) are statistically significant at the $p < .05$ level.
- Bars with two asterisks (**) are statistically significant at the $p < .01$ level.
- Bars with three asterisks (***) are statistically significant at the $p < .001$ level.

In some cases, the data showed statistical significance, but a weak Phi/Cramér's V and/or Spearman Correlation (<.10). When this data is compared to each other using "more than" and "less than" language, they are written as "slightly more likely" and "slightly less likely." All such cases are still denoted as significant in the graphs.

Chi-square tests were used to assess differences between demographic groups. All statistical significance is at the 95% confidence level ($p < .05$). For crosstabulations showing pairwise comparisons, Bonferroni correction was applied to adjust for multiple comparisons and control for Type I error. Percentages may not sum to 100% due to rounding.

Throughout the report, five-point Likert scale data was collapsed into three-point scales. Full scales are viewable in the survey instruments available at the end of this document.

All quantitative data was reviewed for quality assurance by project advisor Dr. Angie Calvin.

Definitions

AI chatbot: Throughout the report, the words "AI chatbot" are used to refer to apps, platforms, or features that provide answers or outputs on a variety of topics quite quickly, often in a conversational tone. Some examples of AI chatbots are: ChatGPT, Gemini (including Google AI-driven search), Copilot, Claude, Meta AI, Snapchat My AI, Grok, Character.AI, Replika, Photomath, Perplexity, MathGPT, and Gauth.

Gen Z and Millennial: Refers to respondents between the ages of 25 and 44 as of 2026.

Gen X and Baby Boomer: Refers to respondents aged 45+ as of 2026.

House rules or guidelines: Throughout the report, the words "house rules" are used to refer to structured boundaries that parents set to manage their children's behaviors. These guidelines might be something like "no using AI chatbots for companionship" or "teens can use AI chatbots to support school assignments, but not to do their work for them."

Parent/Caregiver: Throughout the report, the words "parent" and "caregiver" are used to refer to participants or respondents with a teen between the ages of 13 to 17, who live in the United States and reported that their teen had used AI chatbots in the past three months at their time of engagement with this research. Respondents were the primary caregivers of their teen, including caregivers from non-traditional households, such as grandparents.

Parental controls: Throughout the report, the words "parental controls" are used to refer to settings or tools a parent or caregiver might use to limit or keep track of how teens use AI chatbots. Examples include blocking access to certain platforms or apps, incorporating software that sets time limits, or receiving reports from the AI chatbot platform about teens' activities.

Teen: Throughout the report, the word "teen" is used to refer to participants or respondents between the ages of 13 to 17, who live in the United States and had used AI chatbots in the past three months at their time of engagement with this research.

Raking Specifications

Both samples were weighted independently to nationally representative targets using iterative proportional fitting (raking) on five demographic dimensions: respondent gender, race/ethnicity, household income, household makeup, and Census region.

Population targets were drawn from Census Current Population Survey tables and the Annie E. Casey Foundation's 2025 Kids Count Data Center data. Raking was performed in R using the survey package (Lumley, 2024), and weights were rescaled within each sample to sum to the unweighted sample size.

Gender categories were collapsed to Male/Female prior to raking due to low or empty cells for gender-diverse respondents; the resulting underrepresentation of gender-diverse teens and parents is a sample limitation. Five teen respondents whose gender did not fall in Male or Female were retained in the dataset but assigned missing weights and are excluded from weighted analyses (weighted teen n = 998).

Weighted analyses were conducted in SPSS using the Weight Cases procedure for within-sample descriptives and chi-square tests, and comparative parent-vs-teen analyses used a pooled dataset with sample-specific weights applied to each respondent.

The parent sample achieved a design effect of 1.27 (effective sample size = 786), and the teen sample achieved a design effect of 1.38 (effective sample size = 725). Margin of Error at 95% for the parent sample is ±3.5% and about ±3.6% for the teen sample. The complete DEFF, effective n, and weight range is as follows:

Parent: DEFF = 1.27, effective n = 786, weight range 0.45–7.14
Teen: DEFF = 1.38, effective n = 725, weight range 0.46–8.43

Surveys

Teen survey:

What AI chatbots have you ever used? AI chatbots are apps, platforms, or features that provide answers or outputs on a variety of topics quite quickly, often in a conversational tone.

- ☐ ChatGPT
- ☐ Gemini (including Google AI-driven search)
- ☐ Claude
- ☐ Copilot
- ☐ Grok
- ☐ Meta AI
- ☐ Snapchat My AI
- ☐ Character.AI
- ☐ Replika
- ☐ Gauth
- ☐ Photomath
- ☐ MathGPT
- ☐ Perplexity
- ☐ Other:

How often do you use AI chatbots?

- ☐ Once a month or less
- ☐ Once a week or less
- ☐ A few times a week
- ☐ Once a day
- ☐ Multiple times a day
- ☐ Almost constantly

Do you share any AI chatbot accounts with your parents/caregivers?

- ☐ My parents/caregivers have one or more AI chatbot accounts, and we DO share at least one account
- ☐ My parents/caregivers have one or more AI chatbot accounts, but we DO NOT share any accounts
- ☐ My parents/caregivers do not have any AI chatbot accounts
- ☐ I'm not sure

Select all of the ways you use AI chatbots.

- ☐ To help me understand my schoolwork better, like a tutor or teacher
- ☐ To help me brainstorm or get a second point of view for things like projects, hobbies, and papers
- ☐ For friendship or companionship
- ☐ To search for facts and information, similar to searching up online
- ☐ To practice my social skills, like replying to a text from a friend or navigating an argument with my family
- ☐ To help me with professional tasks, like making a resume or drafting an email
- ☐ To make a workout or meal plan
- ☐ To talk about my feelings
- ☐ To chat with when I'm bored
- ☐ To help me plan things, like trips, hangouts with friends, or generating a recipe
- ☐ For creative projects, like writing a story or generating/editing pictures
- ☐ For entertainment, like generating jokes, stories, or gaming strategies
- ☐ Other:

In the past year, how many times have your parents/caregivers talked to you about how to use AI chatbots safely?

- ☐ 1-2 times
- ☐ 3-5 times
- ☐ 6-9 times
- ☐ 10 times or more
- ☐ My parents/caregivers have never talked to me about how to use AI chatbots safely

How much do you agree with the following statements:

My parents/caregivers trust me to use AI chatbots safely.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neither agree nor disagree
- ☐ Disagree
- ☐ Strongly disagree

My parents/caregivers trust me to use AI chatbots in a way that is appropriate for my age.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neither agree nor disagree
- ☐ Disagree
- ☐ Strongly disagree

If my parents/caregivers checked my AI chatbot conversation history today, I would be okay with it.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neither agree nor disagree
- ☐ Disagree
- ☐ Strongly disagree

I trust AI chatbot platforms/apps to keep my information and data safe.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neither agree nor disagree
- ☐ Disagree
- ☐ Strongly disagree

Please indicate the frequency of the following:

I trust AI chatbots to give me accurate information.

- ☐ All of the time
- ☐ Most of the time
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

I trust AI chatbots to give me information that is appropriate for my age.

- ☐ All of the time
- ☐ Most of the time
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

I think about my safety when I use AI chatbots.

- ☐ All of the time
- ☐ Most of the time
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

What are the benefits of your AI chatbot use?

- ☐ AI chatbots help me get tasks done quickly and efficiently
- ☐ AI chatbots help me understand schoolwork
- ☐ AI chatbots support me emotionally
- ☐ AI chatbots help me navigate conflict
- ☐ AI chatbots provide me with a point of view I may not get elsewhere
- ☐ AI chatbots help me with creativity and inspiration
- ☐ AI chatbots provide me with free advice or help
- ☐ AI chatbots help prepare me for my future career
- ☐ There are no benefits
- ☐ Other:

What are the drawbacks of your AI chatbot use?

- ☐ I rely on AI chatbots too much
- ☐ AI chatbots are too agreeable, and they say I am always right, even when I might not be
- ☐ I learn less in school because of my AI chatbot use
- ☐ My AI chatbot use affects my critical thinking skills

- ☐ When I put my information into AI chatbots, it's hard to know where it's going, or who has access to it
- ☐ When I use AI chatbots, it's hard to be sure if the information is correct
- ☐ If I use AI chatbots for schoolwork, I might be accused of cheating
- ☐ My AI chatbot use has made me less likely to talk to people
- ☐ There are no drawbacks
- ☐ Other:

How much do you agree with the following statements:

I am worried AI chatbots might negatively impact the environment.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neither agree nor disagree
- ☐ Disagree
- ☐ Strongly disagree

I am worried AI chatbots might make it more difficult for me to get a job when I'm an adult.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neither agree nor disagree
- ☐ Disagree
- ☐ Strongly disagree

If AI chatbots disappeared tomorrow, I would find it difficult to adapt to life without them.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neither agree nor disagree
- ☐ Disagree
- ☐ Strongly disagree

When I use AI chatbots, I feel like I am talking to a human.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neither agree nor disagree
- ☐ Disagree
- ☐ Strongly disagree

The following describe possible tools that teens and parents/caregivers could use to help make sure teens have safe and positive experiences with AI chatbots. Please indicate how helpful you think each tool would be for people your age:

A monthly report that summarizes a teen's AI chatbot use, sent to both a teen user and their parent/caregiver.

- ☐ Very helpful
- ☐ Somewhat helpful
- ☐ Neither helpful nor unhelpful
- ☐ Somewhat unhelpful
- ☐ Very unhelpful

Red flag warnings that notify parents/caregivers if a teen user has asked a concerning question.

- ☐ Very helpful
- ☐ Somewhat helpful
- ☐ Neither helpful nor unhelpful
- ☐ Somewhat unhelpful
- ☐ Very unhelpful

Referrals to resources like helplines or websites if a teen user has asked a concerning question.

- ☐ Very helpful
- ☐ Somewhat helpful
- ☐ Neither helpful nor unhelpful
- ☐ Somewhat unhelpful
- ☐ Very unhelpful

Limits on how long a teen can use AI chatbots, similar to screen time limits.

- ☐ Very helpful
- ☐ Somewhat helpful
- ☐ Neither helpful nor unhelpful
- ☐ Somewhat unhelpful
- ☐ Very unhelpful

Content filters that block certain topics or websites from being included in AI chatbots' responses to teen users.

- ☐ Very helpful
- ☐ Somewhat helpful
- ☐ Neither helpful nor unhelpful
- ☐ Somewhat unhelpful
- ☐ Very unhelpful

Regular messages or labels that remind teens that an AI chatbot is a computer and not a human.Very helpful

- ☐ Somewhat helpful
- ☐ Neither helpful nor unhelpful
- ☐ Somewhat unhelpful
- ☐ Very unhelpful

Do your parents/caregivers check your AI chatbot conversation history?

- ☐ Yes
- ☐ No
- ☐ I'm not sure

Do your parents/caregivers have any parental controls set up for your AI chatbot use? Parental controls are settings or tools a parent or caregiver might use to limit or keep track of how you use AI chatbots. Examples include blocking access to certain platforms or apps, incorporating software that sets time limits, or receiving reports from the AI chatbot platform about your activities.

- ☐ Yes
- ☐ No
- ☐ I'm not sure

Other than parental controls, have your parents/caregivers set any additional guidelines or house rules about your AI chatbot use? These guidelines might be something like "no using AI chatbots for companionship" or "you can use AI chatbots to support your school assignments, but not to do your work for you."

- ☐ Yes
- ☐ No
- ☐ I'm not sure

Who is most responsible for making sure you have a safe experience when you use AI chatbots? Select up to three.

- ☐ My parents/caregivers
- ☐ My school
- ☐ Myself
- ☐ The AI chatbot/tech companies
- ☐ The government
- ☐ Other: [ANCHOR]

Parent survey:

To the best of your knowledge, what AI chatbots has your teen ever used? AI chatbots are apps, platforms, or features that provide answers or outputs on a variety of topics quite quickly, often in a conversational tone.

- ☐ ChatGPT
- ☐ Gemini (including Google AI-driven search)
- ☐ Claude
- ☐ Copilot
- ☐ Grok
- ☐ Meta AI
- ☐ Snapchat My AI
- ☐ Character.AI
- ☐ Replika
- ☐ Gauth
- ☐ Photomath
- ☐ MathGPT
- ☐ Perplexity
- ☐ Other:

How often does your teen use AI chatbots?

- ☐ Once a month or less
- ☐ Once a week or less
- ☐ A few times a week
- ☐ Once a day
- ☐ Multiple times a day
- ☐ Almost constantly

How often do YOU use AI chatbots?

- ☐ Never
- ☐ Once a month or less
- ☐ Once a week or less
- ☐ A few times a week
- ☐ Once a day
- ☐ Multiple times a day
- ☐ Almost constantly

Do you share any AI chatbot accounts with your teen?

- ☐ I have one or more AI chatbot account, and I DO share at least one account with my teen
- ☐ I have one or more AI chatbot account, but I DO NOT share any accounts with my teen
- ☐ I do not have any AI chatbot accounts
- ☐ I'm not sure

Select all of the ways your teen uses AI chatbots.

- ☐ To help understand their schoolwork better, like a tutor or teacher
- ☐ To help brainstorm or get a second point of view for projects, hobbies, and papers
- ☐ For friendship or companionship
- ☐ To search for facts and information, similar to searching up online/Googling
- ☐ To practice their social skills, like replying to a text from a friend or navigating an argument with their family
- ☐ To help with professional tasks, like making a resume or drafting an email
- ☐ To make a workout or meal plan
- ☐ To talk about their feelings
- ☐ To chat with when they're bored
- ☐ To help plan things, like trips, hangouts with friends, or generating a recipe
- ☐ For creative projects, like writing a story or generating/editing pictures
- ☐ For entertainment, like generating jokes, stories, or gaming strategies
- ☐ Other:

In the past year, how many times have you talked with your teen about how to use AI chatbots safely?

- ☐ 1-2 times
- ☐ 3-5 times
- ☐ 6-9 times
- ☐ 10 times or more
- ☐ I have never talked to my teen about how to use AI chatbots safely

How much do you agree with the following statements:

I trust my teen to use AI chatbots safely.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neither agree nor disagree
- ☐ Disagree
- ☐ Strongly disagree

I trust my teen to use AI chatbots in a way that is appropriate for their age.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neither agree nor disagree
- ☐ Disagree
- ☐ Strongly disagree

If I checked my teen's AI chatbot conversation history today, they would be okay with it.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neither agree nor disagree
- ☐ Disagree
- ☐ Strongly disagree

I trust AI chatbot platforms/apps to keep my teen's information and data safe.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neither agree nor disagree
- ☐ Disagree
- ☐ Strongly disagree

Please indicate the frequency of the following:

I trust AI chatbots to give my teen accurate information.

- ☐ All of the time
- ☐ Most of the time
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

I trust AI chatbots to give my teen information that is appropriate for their age.

- ☐ All of the time
- ☐ Most of the time
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

My teen thinks about their safety when they use AI chatbots.

- ☐ All of the time
- ☐ Most of the time
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

What are the benefits of your teen's AI chatbot use?

- ☐ AI chatbots help my teen get tasks done quickly and efficiently
- ☐ AI chatbots help my teen understand schoolwork
- ☐ AI chatbots support my teen emotionally
- ☐ AI chatbots help my teen navigate conflict
- ☐ AI chatbots provide my teen with a point of view they may not get elsewhere
- ☐ AI chatbots help my teen with creativity and inspiration
- ☐ AI chatbots provide my teen with free advice or help
- ☐ AI chatbots help prepare my teen for their future career
- ☐ There are no benefits for my teen
- ☐ Other:

What are the drawbacks of your teen's AI chatbot use?

- ☐ My teen relies on AI chatbots too much
- ☐ AI chatbots are too agreeable, and they say my teen is always right, even when they might not be
- ☐ My teen learns less in school because of their AI chatbot use
- ☐ My teen's AI chatbot use affects their critical thinking skills
- ☐ When my teen puts their information into AI chatbots, it's hard to know where it's going, or who has access to it
- ☐ When my teen uses AI chatbots, it's hard to be sure that the information is correct
- ☐ If my teen uses AI chatbots for schoolwork, they might be accused of cheating
- ☐ My teen's AI chatbot use has made them less likely to talk to people
- ☐ There are no drawbacks for my teen
- ☐ Other:

How much do you agree with the following statements:

I am worried AI chatbots might negatively impact the environment.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neither agree nor disagree
- ☐ Disagree
- ☐ Strongly disagree

I am worried AI chatbots might make it more difficult for my teen to get a job when they are an adult.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neither agree nor disagree
- ☐ Disagree
- ☐ Strongly disagree

If AI chatbots disappeared tomorrow, my teen would find it difficult to adapt to life without them.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neither agree nor disagree
- ☐ Disagree
- ☐ Strongly disagree

When my teen uses AI chatbots, they feel like they are talking to a human.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neither agree nor disagree
- ☐ Disagree
- ☐ Strongly disagree

The following rows describe possible tools that teens and parents could use to help make sure teens have safe and positive experiences with AI chatbots. Please indicate how helpful you think each tool would be for you and your teen:

A monthly report that summarizes a teen's AI chatbot use, sent to both a teen user and their parent/caregiver.

- ☐ Very helpful
- ☐ Somewhat helpful
- ☐ Neither helpful nor unhelpful
- ☐ Somewhat unhelpful
- ☐ Very unhelpful

Red flag warnings that notify parents/caregivers if a teen user has asked a concerning question.

- ☐ Very helpful
- ☐ Somewhat helpful
- ☐ Neither helpful nor unhelpful
- ☐ Somewhat unhelpful
- ☐ Very unhelpful

Referrals to resources like helplines or websites if a teen user has asked a concerning question.

- ☐ Very helpful
- ☐ Somewhat helpful
- ☐ Neither helpful nor unhelpful
- ☐ Somewhat unhelpful
- ☐ Very unhelpful

Limits on how long a teen can use AI chatbots, similar to screen time limits.

- ☐ Very helpful
- ☐ Somewhat helpful
- ☐ Neither helpful nor unhelpful
- ☐ Somewhat unhelpful
- ☐ Very unhelpful

Content filters that block certain topics or websites from being included in AI chatbots' responses to teen users.

- ☐ Very helpful
- ☐ Somewhat helpful
- ☐ Neither helpful nor unhelpful
- ☐ Somewhat unhelpful
- ☐ Very unhelpful

Regular messages or labels that remind teens that an AI chatbot is a computer and not a human.

- ☐ Very helpful
- ☐ Somewhat helpful
- ☐ Neither helpful nor unhelpful
- ☐ Somewhat unhelpful
- ☐ Very unhelpful

Do you check your teen's AI chatbot conversation history?

- ☐ Yes
- ☐ No
- ☐ I'm not sure

Do you have any parental controls set up for your teen's AI chatbot use? Parental controls are settings or tools a parent or caregiver might use to limit or keep track of how their teen uses AI chatbots. Examples include blocking access to certain platforms or apps, incorporating software that sets time limits, or receiving reports from the AI chatbot platform about your activities.

- ☐ Yes
- ☐ No
- ☐ I'm not sure

Other than parental controls, have you set any additional guidelines or house rules about your teen's AI chatbot use? These guidelines might be something like "no using AI chatbots for companionship" or "you can use AI chatbots to support your school assignments, but not to do your work for you."

- ☐ Yes
- ☐ No
- ☐ I'm not sure

Who is responsible for making sure your teen has a safe experience when they use AI chatbots? Select up to three.

- ☐ Their parents/caregivers
- ☐ Their school
- ☐ My teen
- ☐ The AI chatbot/tech companies
- ☐ The government
- ☐ Other:

ABOUT FOSI: The FAMILY ONLINE SAFETY INSTITUTE is an international, non-profit organization that works to make the online world safer for kids and their families. FOSI convenes leaders in industry, government and the non-profit sectors to collaborate and innovate new solutions and policies in the field of online safety. Through research, resources, events and special projects, fosi promotes a culture of responsibility online and encourages a sense of digital citizenship for all. FOSI's membership includes many of the leading internet and telecommunications companies around the world.

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Notes