Safe AI Use Checklist for Class 10

For students and parents to go through together. Review it at the start of each term.

1. Age rules (as stated in each company's terms, checked Oct 2026)

Tool	Minimum age	Under-18 rule
ChatGPT (OpenAI)	13 (or higher if a country requires)	Needs a parent's or guardian's permission
Gemini (Google)	13 for an own account (or the country's age)	Younger users only through a parent's Family Link
NotebookLM (Google)	13 (personal accounts)	Stricter content rules for under-18s
Microsoft Copilot	13 (sometimes older by country)	Check with your parents
Perplexity	13	A parent or guardian must accept the terms

Rules change — check each tool's terms before signing up. School accounts are usually the safer option.

2. Before you start

☐ Parents know which AI tools I use and on which device
☐ I use a school account where my school provides one
☐ I have looked at the privacy settings and chat history settings of each tool
☐ I never share my full name, school, phone number, address or photos of myself
☐ I know AI can be wrong and I check answers against NCERT

3. Honest use

☐ I try a question myself before asking AI
☐ I ask for hints, not complete answers
☐ I never submit AI-written work as my own
☐ I follow my teacher's rules on AI for homework and projects
☐ Tests and sample papers are always AI-free

4. Our family rules

Rule	Our decision
Tools allowed	
Daily AI time limit (school days / weekends)	
Where the device is used (e.g. shared room)	
No AI after (time)	
What I do if an answer seems wrong or upsetting	

5. Red flags — stop and talk to a parent or teacher if

- A tool asks for personal information or photos
- You feel you can't study without it
- It gives advice about health, safety or relationships that worries you
- You are spending much more time on it than you planned

Student signature	Parent signature	Date