

Create with AI. Stay safe. Stay you.

October 2026 | A guide for young creators and families

AI can help you explore what you love. You might use it to dream up a basketball drill, learn how a nurse uses technology, sketch a sneaker, write a song, or ask questions about a STEM career. At Imagine You-cd, we want young people to dream it, design it, and build it—with their own ideas leading the way.

This month's reminder is simple: Pause. Protect. Check. Create.



Explore together



Create with friends



Check what you see



Build your future

Pause before you share

An AI tool may feel like a private conversation, but it is still a digital service. Before typing, uploading, or recording anything, ask: Would I be comfortable sharing this with people I don't know?

Keep your full name, address, school, passwords, private photos, health details, and other personal information out of AI tools unless a parent or guardian has reviewed the tool and the reason for sharing. Respect other people's privacy, too: ask before uploading a friend's picture or work.

Check the answer

AI can sound confident and still be wrong. If an answer matters—especially for health, safety, schoolwork, money, or a career decision—check a trusted source or ask a knowledgeable person. Pictures, voices, and videos can also be made or changed with AI, so pause before believing or sharing something surprising.

Create with your own voice

Use AI to brainstorm, practice, and explore. Then add your own thinking. Tell your teacher when you used AI if your school requires it, and follow the rules for assignments and projects. Your curiosity, effort, and creativity are what make the work yours.

Find your safety lane

Little Innovators, ages 2–8: Explore together with a parent or guardian. Ask an adult before using an AI tool, and never share your name, picture, or location on your own. Try taking an idea off the screen: ask for a story about plants, then go plant a seed!

Young Explorers, ages 9–12: Check with your adult before trying a new tool. Use a nickname or made-up details in creative prompts. If an AI response feels confusing, upsetting, or too personal, stop and show a trusted adult.

Teen Creators, ages 13–15: Review privacy settings and think before uploading photos, voices, or schoolwork. Check important claims. If a chatbot encourages you to keep secrets or rely on it instead of people who care about you, step away and talk with someone you trust.

Future Leaders, ages 16–18: Use AI to explore careers, build skills, and test ideas—but verify advice before acting on it. Protect your own work and other people’s images and voices. For personal struggles or urgent decisions, reach out to a trusted person or qualified professional.

College-age creators, approximately 19–22: Check your school’s AI rules, verify research and citations, and protect personal, academic, and internship information. AI can help you prepare for opportunities; your judgment and original contributions should remain clear.

Try this together: the “Pause, Protect, Check” challenge

Pick one AI-generated answer, image, or idea this month. Ask:

- Pause: What am I being asked to share or believe?
- Protect: Does this include anyone’s private information?
- Check: How can I confirm that it is accurate?
- Create: What will I add from my own experience or imagination?

A message to families: You do not need to know every AI tool to help a young person use one thoughtfully. Explore together, keep conversations open, and invite them to show you what they are creating. If something online worries them, let them know they can come to you without fear of getting in trouble.

Imagine You-cd
Dream It. Design It. Build It.