A PRACTICAL FAMILY GUIDE

ChatGPT and Homework: A Guide for Parents and Students

A clear starting point for using AI thoughtfully, honestly and safely in schoolwork.

What ChatGPT can and cannot do

ChatGPT is an AI tool that responds to questions and instructions in a conversation. It can explain ideas, suggest examples, help organise a task or offer feedback on a draft. It can also make mistakes, misunderstand a question or sound certain when its answer is wrong. Treat it as a tool to think with, not an authority or a replacement for a teacher, textbook or your own judgement.

Fair use and misuse

FAIR USE Ask for an explanation, a worked example, a quiz, feedback on your own attempt or help planning a study session. Use the response to build your understanding, then put the work into your own words and check it.
MISUSE Submitting AI-written work as if you completed it yourself, copying an answer without understanding it, or using AI in a way your school has not allowed can undermine learning and may break school rules.

A useful question to ask

Before using a response, ask: Do I understand this? Can I explain it without looking? Have I checked it against reliable class materials? Does this use fit the task and my school's rules? If the answer to any of these is no, pause and ask a teacher or parent for help.

Make the tool serve the learning

Use ChatGPT to learn, not to skip learning

1. Try first

Read the question, note what you know and make an attempt before asking for help.

2. Ask for support

Ask for a hint, a simpler explanation or one similar practice question, rather than a finished answer.

3. Check and explain

Check the idea with class notes or another trusted source, then explain it in your own words.

Talk about it openly

Parents and students can discuss what feels helpful, what feels uncomfortable and when it is better to ask a person. Keep the conversation curious rather than accusatory. A student should be able to say when they used AI and what they used it for, including when a response was confusing or unhelpful.

Example A student asks ChatGPT to explain a maths method after trying a question. They check the explanation against their notes, solve a new question without help and ask their teacher about a step that still does not make sense.

Check your school's rules

Rules can differ between schools, subjects and assignments. Read the instructions for the specific task and ask the teacher if anything is unclear. Do not assume that a use allowed for one activity is allowed for another. If the school asks students to describe or acknowledge AI support, follow its guidance and be accurate about what happened.

Our family agreement

Fill this in together, adapt it to your household and revisit it when school guidance changes.

We want ChatGPT to help us learn, practise and think clearly. We will check the rules for each task and speak honestly about how we use it.

We agree to

Use it for: _____
We will not use it to: _____
Before handing in work, I will: _____
If I am unsure about a school rule, I will ask: _____
Our plan for checking answers: _____
Student name: _____ Parent or carer: _____
Date to review this agreement: _____

Check before you use it

Check the task instructions and your school's rules. Verify important claims using class materials or reliable sources. Keep personal or sensitive information out of prompts. For current OpenAI settings or service details, check help.openai.com.