

## LETTER OF THE DAY

# Should we let our children embrace AI in their daily lives?

Technology has quietly become part of our children's everyday existence. From the moment they wake up to the time they go to bed, Artificial Intelligence (AI) influences how they learn, play, and interact. Whether it's a voice assistant answering their questions, a learning app adjusting to their pace, or a video platform recommending content, AI is everywhere. The question for today's parents is not whether it exists, but whether our children should fully embrace it, and how.

Our children are growing up in a world very different from the one we knew. We used to search for information in books and libraries; they simply ask an app or a chatbot. AI can now explain complex concepts, generate essays, or create artwork in seconds. It's almost impossible to keep children away from it because it is embedded in education, entertainment, and daily communication. The challenge for parents, teachers, and faith leaders is to guide children to use AI wisely, without losing their humanity.

As with any powerful tool, there are risks. AI can help our children learn faster, but it can also tempt them to stop thinking independently. When they rely on AI to write essays or solve problems, they might lose the ability to reason critically or develop original ideas. What begins as convenience can easily turn into dependency, stifling creativity and effort.

Another concern is accuracy. AI systems, though intelligent, are not perfect. They sometimes present wrong or biased information with great confidence, and if children accept everything they uncritically read or hear without discern-



ment, they may absorb errors, and they may grow up lacking critical thinking and judgment. Many AI tools collect personal data from users that can be misused. A child may unknowingly share sensitive information that could be exploited by evil people, and this can land your child in trouble.

AI can also affect emotional and social development. Most importantly, overexposure to technology can lead to emotional detachment. When screens replace face-to-face interaction and real relationships, empathy and compassion can fade. Children risk becoming isolated or indifferent to others' feelings.

The Bible cautions us in Proverbs 4:23: "Above all else, guard your heart, for everything you do flows from

it." We must help our children guard their hearts even as they embrace innovation. Their hearts must remain compassionate, humble, and teachable, not mechanical and by the coldness of algorithms.

Parents cannot stop AI from entering their children's lives, but we can shape how it is used. The first step is to be informed.

Many parents fear technology because they don't understand it. Take time to explore AI tools yourself, so you can guide your children with confidence and curiosity.

Children need to know that AI should supplement effort, not replace it. Encourage them to use these tools to clarify concepts or inspire ideas, and enhance understanding, but not to do the work for them. Let them know that wisdom

still comes from reflection, practice, not automation.

Using AI to cheat on assignments or copy other people's work is still dishonesty.

Teach children to apply the same moral values online that you expect offline. They should not use AI to create data that is to destroy one's life. Remind them that their creativity and originality are gifts from God, and AI should help them express those gifts, not suppress them.

Schools and universities hold a critical role in preparing the next generation for a future shaped by AI. They must move beyond simply banning or ignoring it and instead teach digital ethics, critical thinking, and responsible innovation.

Churches and schools should not remain silent in this conversation. They can become centres of digital discipleship; places where children learn to think critically, use technology responsibly, and uphold truth in a world of automation.

As the Apostle Paul wrote, "Everything is permissible, but not everything is beneficial" (1 Corinthians 10:23). The same principle applies to technology. Access does not equal approval.

Just because something is available doesn't mean it's good for the soul.

AI is here to stay, and it will only grow smarter. Our responsibility is to raise children who are not enslaved by it but empowered to use it wisely. They must be taught to think critically, act ethically, and remain rooted in timeless values even in a world driven by machines.

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