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Context to the conversation

Jaspreet reframes a common fear: don't ban kids from AI — teach them to work with it. He argues that curiosity about tools like ChatGPT is healthier than the passive scroll of social media, and that shielding children sets them up to lose relevance. The moment to notice is the parenting choice: restriction or guided exposure. Practice matters more than panic. Takeaway: let children explore responsibly, help them build tool-habits, and treat early AI use as a practical skill that supports judgment, creativity and future readiness.

Transcription

Deepak Jayaraman (DJ): Changing track completely. Just breathe. I'm, I have a 15-year-old, I have 11-year-old. As parents, how do we, how should we think about raising children that can stay relevant and. Happy if I may add that term as well, given human connection is also,

Jaspreet Bindra (JB): So I think that the kids and I teach, I don't have kids myself. Okay. But I teach a few of them. Many of them actually get it more than the parents do. Okay. Or the teachers do very frankly. I think, what do parents worry about? One is staying relevant. The other is safety. Of all these new things.

I personally think, and I, that, you know, if a, parent of a 15-year-old, 12-year-old boy girl comes to me and says, can she or he use ChatGPT? I'm like, absolutely. Just keep her away from Instagram.

What I'm trying to say is that the, that social media is actually a much bigger problem than AI is from the protection fear viewpoint. And I personally think that if a child gets far more enamoured with these new tools of ai, it's a much more healthy obsession, healthier obsession than being enamoured with Instagram or whatever. Okay. So that's one way to guide them to this newer shinier toy. In that sense, it's a, comparatively a safer toy. Okay. Then, I also think that a lot, of human connection has been lost again, because of social media. Okay. Not because of ai. AI helped it, make those attention happen and click clicks happen, etc etc. But. I, would actively, as a parent, yank my child away from school, which banned AI.

DJ: Interesting.

JB: Because you are setting them up for failure, okay. Remember, the people who are learning how to work with it okay? Are going to be far more equipped than you. It's Not knowing the internet and going into the world or many years back, you're not knowing what Microsoft Excel is even going out into the corporate world. So I think in my view, parents need to play a much more proactively supportive role to this. And again, as much as possible, trying to raise them as good human beings

will mean that they will use a high also responsibly. But the worst thing as a parent you can do is to actually ban or cut them out, limit a person, a child from doing that and try that four hours of Instagram time can be much better used because they, there's so much, it's we used to get fascinated with Encyclopaedia, Britannica or, okay. And, or, so my limited, because I'm not a parent myself, I have limited things to say here.

Reflections from Deepak Jayaraman

DJ: Thank you for listening. If you want to dig in more into this space, you might like the Curated Playlists – Driving Change or Coaching. You can go to playtopotential.com and find them in the Curated Playlists section of the website.

End of transcription

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- 105.08 Jaspreet Bindra - Getting children to work with AI
- 105.09 Jaspreet Bindra - Staying relevant in the world of AI
- 105.10 Jaspreet Bindra - In Summary - Playing to Potential

About Deepak Jayaraman

Deepak seeks to unlock the human potential of senior executive's / leadership teams by working with them as an Executive Coach / Sounding Board / Transition Advisor. You can know more about his work [here](#).

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