HOW TEENS ARE ACTUALLY USING AI

What 120 Atlanta Jewish middle and high school students told us

JTeen • Grades 6–12

AI is already part of teen life

But frequency alone doesn’t tell the most interesting story.

63%

use AI at least a few times a week

78%

say AI has helped them learn better at least sometimes

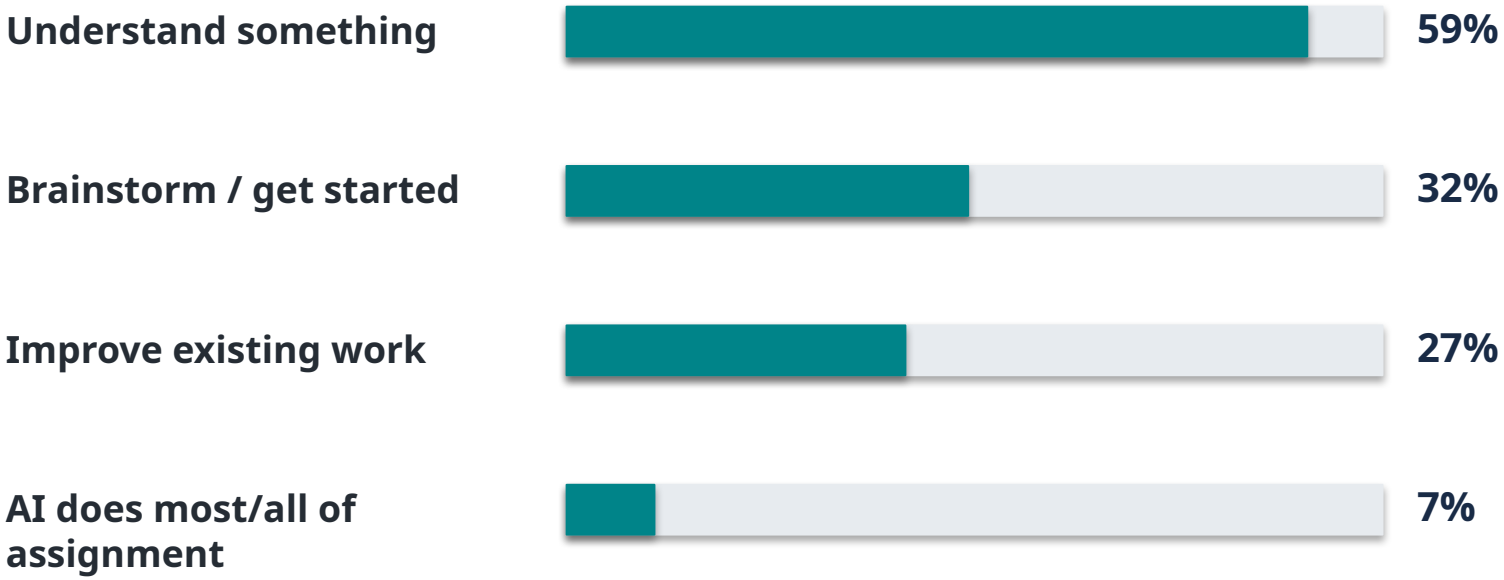
61%

have used AI to understand something they’re learning

The question isn’t simply whether teens use AI. It’s what they are asking it to do.

JTeen • Atlanta Jewish teen survey • 120 responses • Grades 6–12

For many teens, AI feels more like a tutor than an answer machine



"My parents think that I use AI to do my homework for me, but really I'm using it to help me understand a topic on my homework."

7th grade

The distinction teens want adults to hear: HELP me ≠ DO it for me.

AI gets personal, too

Some teens are using it for communication, advice and questions they may not want to say out loud.

47%

have used AI at least once to help with a text, email or difficult conversation

32%

have asked AI at least once for personal advice

22%

say there are things they'd probably or definitely rather ask AI

"I'd probably feel more comfortable asking AI about embarrassing questions I don't want to ask a teacher or parent."

8th grade

Teens are not blindly trusting AI

47%

usually or almost always check whether AI-generated information is correct

"It giving me false information which is why I always fact check."

11th grade

"I worry that sometime soon, people will only rely on it and not their real imagination or brain."

7th grade

"One thing that worries me about AI is people becoming overly reliant on it... we will increasingly lose brain development and learning on our own."

11th grade

The parent conversation gap

This may be the most important JTeen finding.

65%

say their parents understand their AI use pretty or very well

35%

remember one or more conversations about using AI responsibly or safely

Understanding how teens use AI is not the same as talking with them about how to use it thoughtfully and safely.

That gap is the opportunity for tonight.

CONVERSATION STARTERS FOR FAMILIES

Show me one way AI has genuinely helped you learn something.

When does AI help you do the work, and when does it start doing the work for you?

What are your school's AI rules? Do they make sense to you?

What AI answers do you double-check, and how?

What information would you never put into an AI tool because it is too private?

Have you used AI to help with a friendship problem, text, or difficult conversation? Was it useful?

What is one positive way I use AI that I should show you?

The goal isn't to approve of AI or condemn it. It's to help teens use it thoughtfully, critically and safely.