Navigating the Digital Age:
Guidance for Ahmadi Families

MOBILE PHONES
🔗alhakam.org

| Set Time Limit | Enforce a sensible screentime limit of one hour. Device use should be limited and only necessary for school or safety. |

| Prioritize Development | Excessive use of devices harms the eyesight and mental development. Parents should explain to their children that the harms often outweigh the benefits. |

ARTIFICIAL INTELLIGENCE
🔗alhakam.org

| Verify the Source | AI often presents "fake facts" as true, which can confuse children's learning. |

| Guard your Identity | AI can create fake videos or voices to scam or bully people. Sharing personal data with AI bots can lead to long-term privacy risks. |

Parents and office holders should keep members informed with regualr updates on these topics

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