

AI Literacy Workbook (pjt)

PALYA WANGKA / WORKING DRAFT — ANANGU TJUKURPA PALYANI

Ko tjaritja Pitjantjatjara wangkara katitja wiya. Ngayuku Pitjantjatjara wangka nyinanyi kutjupa palya wiya — Anangu palya wangkaku ankula anangu nyangangka pitjala wangka ngurangkala. Ngayuku wangka pitjaku mapalku katila — palya wiya anara kutjupa ngurangkala.

Anangu, pula wangkaku pitjala palya wiyangka: Palya wangkaku ankula PR ngurangkala — <https://github.com/robertmccallnz/ai-literacy-for-families>

Ko tjaritja palya wiya Anangu palyanytja wiya. Anangu wangka nyangangka katitja — mapalku ankula ngurangkala kuka palya.

AI Tjukurpa Mamangku Tjanampa Wati Wiru-Tjanakutu

AI Literacy for Parents & Teens

Ngurangka Tjaritja / Companion Workbook

Ngurangka tjaritja palya tjukarurula — kupi-kupi palya katu 6-tjuta tjukurpa wangkara. *A printable workbook to support the 6-week course.*

Ngurangka tjukurpa nyangangka / Inside this workbook

1. **Ngurangka AI Wangka** — tjuta wangka 5-tjuta, tjukurpa katu (*kupi-kupi 5-Tjuta wangkara*) **Household AI Agreement** — five-section template, with signature fields (*use in Week 5*)
2. **SIFT Tjaritja** — palya tjukurpa katu ngurangka (*kupi-kupi 4-Tjuta wangkara, katu nyinanyi*) **SIFT Cheat Sheet** — fold-friendly fact-checking reference (*use in Week 4, then keep*)
3. **Ngurangka Wangka Kupi Tjaritja** — wangka palya tjaritja ngurangka (*kupi-kupi 6-Tjuta wangkara*) **Mirror Commitment Cards** — fridge-ready commitment templates (*use in Week 6*)

Minyma palya wangka. / How to use it. Kupi-kupi palya — ngurangka tjukurpa katu. Mapalku tjukurpa wangka — *the friction of writing is part of the point.* Ngurangka katu anangu tjukurpa tjana.



Wangka 1 / Section 1

Ngurangka AI Wangka / Household AI Agreement

Ngurangka wangka tjukurpa — ngurangkala anangu tjana AI palya wiya katu.

A written agreement between the people who live in this house about how we will — and will not — use AI.

Wangka ngurpa wiya — mapalku anangu tjana tjukurpa palya. Palya wiya nyinanyi, wangka kati wiru anangu tjukurpa mboyve.

This is not a rulebook one person hands to another. It is something every signatory helps write. If a section feels wrong, change the wording before you sign.

Anangu kati ngurangkala / Date drafted: _____

Ngurangka kati katu (90 anangu ngurpa) / Review date (90 days from today):

1. Ngayuku AI kati palya / What we use AI for

Anangu tjana katu palya — tjukurpa ngurangka. Palya ngurpa — “ngurangka tjukurpa” palya wiya “tjukurpa katu ngurpa nyanga wangka tjana.”

The everyday, low-stakes uses we’re all comfortable with. Be specific.

#	Ngayuku AI kati ... / We use AI for ...	Mava anangu / Who this applies to
1		
2		
3		
4		
5		
6		

2. Ngayuku AI kati wiya / What we don't use AI for

Anangu tjana palya wiya — tjukurpa ngurangka. Ngurpa *minyma* wangka katu — wangka palya ngurangka.

The uses we agree are off-limits in this house. Be specific about why where you can.

#	Ngayuku AI kati wiya ... / We don't use AI for ...	Minyma wangka / Why
1		
2		
3		
4		
5		
6		

Tjukurpa ngurangka: anangu ngurangka ngura tjana AI image generator ngurangkala; ngurangka ngura anangu wangka tjana chatbot ngurangkala; AI ngurangka wangka katu — tjukurpa ngayuku wangka wiya; AI companion anangu palya wiya — minyma ngurangka anangu.**

Examples to consider: uploading personal photos to image generators; sharing real names, addresses, or school names with chatbots; using AI to write something we'll claim is entirely our own; using AI companions as a substitute for a real friend or counsellor.

3. Ngurangka wangka tjana / What we always disclose

AI kati jave, ngurangka wangka. Ngurangka tjukurpa — kati palya.

When we use AI, we say so. List the specific situations where disclosure is required.

#	AI kati ... rehe / When we use AI for ...	Ngurangka wangka ... pe / We tell ...
1		
2		
3		
4		

Tjukurpa: AI kati ngurangka tjukurpa; anangu tjana ngurangka AI wangka tjana; ngurangka anangu wangka AI tjana.**

Examples: AI used on a school assignment, if asked. Photos edited with AI before being posted publicly. AI-generated text included in a message to extended family or friends.

4. Anangu kati wangka / Time and place rules

Ngurangka AI kati wiya. Ko'ã ñembojereko oñeñangareko palya.

When and where AI use is paused. These are the rules that protect attention, sleep, and shared time.

AI kati wiya ngurangka kuka jave / No AI use during meals

AI kati wiya \\\生\\生 ngurangka tjukurpa / No AI use after _____ pm on school nights

AI companion app kati wiya \\\生\\生 ngurangka / No AI companion apps after _____ pm

Ngurangka katu anangu ngurpa palya / Phones and devices charge outside bedrooms overnight

Ngurangka wiya anangu ngurpa wangka tjana: \\\生\\生\\生\\生\\生\\生\\生\\生\\生\\生\\生\\生 / One screen-free day or evening per week: _____

AI kati wiya ngurangka anangu tjana / No AI use in the car when we're together

Ngurangka kutjupa / Other:

Ngurangka kutjupa / Other:

5. Minyma anangu wangka / The call-a-human list

Ngurangka AI kati wiya — anangu minyma wangka. Palya ngurangka — wangka ngurpa palya wiya.

Situations where we stop using AI and talk to a real person. Write them out — vague rules fail under pressure.

Ko nyangana pitjula, ngurangka app kata katu anangu wangka:

Wangka 2 / Section 2

SIFT Tjaritja / SIFT Cheat Sheet

Ngurangka tjukurpa katu — palya ngurangka wangka, kupi-kupi, katu ngurangka — *AI ngurangka katu wiya.*

A two-minute habit for checking anything you read, watch, or are about to share — AI-generated or not.

Developed by digital literacy expert Mike Caulfield.

Wangka tjuta ngurangka / The four moves

S — NGURANGKA KATI / STOP

Ngurangka wangka, kati, katu ngurangka mboyve: **kati**.

Before you read on, share, or react: stop.

- Ngurangka palya — wangka ngurangka. Ngurangka palya wangka — anangu ngurangka. *Notice your emotional response. Strong feelings are a signal that someone is trying to move you.*
- Ngurangka wangka: ngayuku aikuaa ko ngurangka? Ko ngurangka puna? *Ask: what do I already know about this topic? About this source?*
- Ndaikuaáiramo, ko'ã ngurangka wangka tjuta. *If you can't answer either of those, the next three moves matter more.*

I — NGURANGKA PUNA / INVESTIGATE the source

Ngurangka 30 tjuta kati — ngurangka anangu.

Take 30 seconds to find out who's actually behind this.

- Ngurangka *tab* pyahu. Ngurangka puna ngurangka *Wikipedia* ndive. *Open a new tab. Search the source's name plus the word Wikipedia.*
- Ngurangka *mava anangu ngurangka, mava anangu taitai, mba'épa oikuaaukáva.* *Look at who funds them, who runs them, what they're known for.*
- Ngurangka **wangka akangue**: ngurangka “Ngayuku wangka” ngurangka wiya. Ngurangka *ambue puna ngurangka.* *Use lateral reading: don't trust the “About Us” page. See what other sources say about this source.*

- *Social media ngurangka* — ngurangka ambue ngurangka. Ngurangka minyma katu ngurangka? *For social media posts, check the account's other posts. Real account or repost farm?*

F — NGURANGKA PALYA / FIND better coverage

Ngurangka puna peteĩ ngurangka wiya. Ngurangka *puna tjuta* ngurangka.

Don't rely on one source. Find out what multiple credible outlets say about the same claim.

- Ngurangka ngurangka — ndaha'úi *título* — ngurangka wangka. *Search the core claim — not the headline — in your own words.*
- Ngurangka ngurangka kutjupa ngurangka tjana. *Look for coverage from outlets with different perspectives.*
- Peteĩ añoite puna ngurangka — ngurangka tjukurpa wangka. *If only one source is reporting it, that's a red flag.*
- AI añoite puna ngurangka — ngurangka wangka *ninti* ngurangka wiya. *If the only sources are AI summaries, you've found zero original sources.*

T — NGURANGKA ÑEPYRŪ / TRACE claims, quotes, and media back to the original

Ngurangka tjuta ngurangka kopy tjuta ngurangka. Ngurangka ñepyrũhápe.

Most online content is a copy of a copy of a copy. Go upstream.

- Ngurangka *estudio, documento, vídeo* katu ngurangka ngurangka. *Find the original study, document, video, or photo.*
- Ngurangka (katu ngurangka) ngurangka ngurangka. *Read it (or at least skim it) in its original context.*
- Ngurangka: ningo ngurangka ñepyrũha ngurangka ngurangka? *Ask: does the original actually say what this post claims it says?*
- Ngurangka kutjupa: anangu ngurangka ngurangka paite. Ngurangka ngurangka. *Quotes especially: real people get misquoted constantly. Find the source.*

AI ngurangka kutjupa / The AI-specific add-on

AI ngurangka kati — ngurangka tjuta mokõi:

When the content you're checking was produced by an AI, two extra checks:

Ngurangka / Check	Ngurangka tjukurpa / What to look for
Ngurangka kati hallucinated citations	Ngurangka <i>link</i> tjuta. AI ngurangka <i>URL, libro réra, caso judicial</i> ha <i>estudio</i> tjuta wiya. <i>Link 404</i> — ngurangka ngurangka wiya, ngurangka tjuta ngurangka. / <i>Click every source link. AI invents URLs, book titles, court cases, and study names that don't exist. If a link 404s or the cited paper can't be found, the rest is suspect.</i>
Ngurangka kati hallucinated quotes	Ngurangka ngurangka <i>comillas</i> tjuta. AI ngurangka <i>añoite</i> — ngurangka kati. / <i>Search the exact quoted text in quotation marks. If it appears nowhere except the AI's reply, it was invented.</i>

Ngurangka mokõi / The 2-minute checklist

Ngurangka, ñemombyta, ngurangka — *billetera* ngurangka katu *computadora* ngurangka.
Cut this out, fold it, keep it in a wallet or stick it on a laptop.

NGURANGKA KATI MBOYVE / BEFORE I SHARE OR ACT:

[] S – Ngurangka kati. / I stopped. Not reacting on impulse.

[] I – Ngayuku aikuaa mava ngurangka. I know who made this.

[] F – Ngurangka puna kutjupa. I found at least one other source.

[] T – Ngurangka ñepyrũhápe. I traced the claim to its origin.

AI ngurangka kati ramo:
If the content was AI-generated:

[] Ngurangka palya (link ojejapukai). Citations are real (links open, work).

[] Ngurangka *AI*'ỹ puna ngurangka. Quotes appear in non-AI sources.

Ngurangka tjukurpa / Family practice prompts

Ngurangka 5 ngurangka semana taiho — ngurangka palya.

Use these together for 5 minutes a week to keep the habit alive.

1. *“Ngurangka peteĩ ngurangka kati — SIFT ngurangka.” / “Show me one thing in your feed today that you almost shared. Let’s SIFT it.”*
 2. *“Ngurangka ngurangka palya. Ngurangka ñepyrũhápe. Ningo palya jave?” / “Pick a claim you’re pretty sure is true. Trace it to its origin. Is it still true after you’ve traced it?”*
 3. *“Ngurangka AI ngurangka ñe’ẽkuaa. Ngurangka ngurangka. ¿Ojejapukai?” / “Find an AI-generated answer with a citation. Click the citation. Did it open?”*
 4. *“Ngurangka ngurangka kutjupa? Ngurangka SIFT puna tjuta.” / “What’s a topic you and I disagree on? Run a SIFT on each other’s strongest source.”*
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Wangka 3 / Section 3

Ngurangka Wangka Kupi Tjaritja / Mirror Commitment Cards

Ngurangka 6-Tjuta mba'apoguarã. Oimeraëva — mamangku katu wati wiru — ngurangka wangka kupi tjaritja. Ngurangka katu. Upéi ngurangka *heladera*, katu ngurangka ngurangka.

For the Week 6 activity. Each person — parent and teen — fills out their own card. Cards are exchanged. Then they go on the fridge, or on a bedroom door, somewhere both people will see them.

Ngurangka wangka: ngurangka ambue anangu ngurangka kati ngurangka katu wiya. “Ngurangka palya ngurangka” ngurangka wiya. “Ngurangka celular ngurangka kuka jave” — ko'ã palya.

The rule: every commitment must be something the other person will be able to see you doing or not doing. “I’ll be more present” doesn’t count. “I’ll leave my phone in the kitchen during dinner” does.

Ngurangka **mokõi kopi itei** — ngurangka peteĩ. Ngurangka hetave óga ngurangka hetave.

Print at least two copies of the card below — one per person. Print more if you have a larger household.

Tjaritja 1 / Card 1

NGURANGKA WANGKA KUPI / MIRROR COMMITMENT CARD

Ngayuku ngurangka / My name: _____

Ngurangka wangka ... pe /
I'm making these commitments to: _____

Anangu kati / Today's date: _____

Ngurangka mbohapy ngurangka kati, eikuaakatúva /
The three things I'll change, that you'll be able
to see:

1. _____

2. _____

3. _____

Ngurangka amboavy, ngurangka permiso ngurangka /
If I slip, you have my permission to point it out
without me getting defensive.

Ngurangka / Signed: _____

Tjaritja 2 / Card 2

NGURANGKA WANGKA KUPI / MIRROR COMMITMENT CARD

Ngayuku ngurangka / My name: _____

Ngurangka wangka ... pe /
I'm making these commitments to: _____

Anangu kati / Today's date: _____

Ngurangka mbohapy ngurangka kati, eikuaakatúva /
The three things I'll change, that you'll be able
to see:

1. _____

2. _____

3. _____

Ngurangka amboavy, ngurangka permiso ngurangka /
If I slip, you have my permission to point it out
without me getting defensive.

Ngurangka / Signed: _____

Ngurangka tjukurpa / Examples to spark ideas

Ngurangka ngurangka — anangu tjana. Ngurangka kopi wiya — ngurangka ejuhu ndeñe'ëkuuaa.

If you're stuck, here are commitments other families have used. Don't copy them — use them to find your own.

Mamangku ngurangka / Parents have written:

- Ngurangka *celular* ngurangka kuka jave, pyhareve. / I'll leave my phone in the kitchen during dinner, every night.
- Ngurangka ngurangka *AI* ngurangka — ngurangka mbo'ehao peguarã ñe'ẽ tjana. / I'll say out loud when I'm using AI to write something — including emails to school.
- Ngurangka ngurangka ejeruréva mboyve. / I'll ask you before posting a photo of you on social media.
- Ngurangka *celular* ngurangka minutokuéra po mboyve ngurangka jave. / I'll stop checking my phone in the first five minutes after you walk in the door.
- Ngurangka ndaikuaái — ngurangka “*Ndaikuaái — ajeruréta*” ndaha'úi. / When I don't know something, I'll say “I don't know — let me check” instead of guessing.
- Ngurangka *computadora* ngurangka ñembo'e joja semana. / I'll keep my laptop closed during our weekly check-in.

Wati wiru ngurangka / Teens have written:

- Ngurangka *AI companion app* ngurangka mbo'ehao ary pyhareve. / I won't use my AI companion app on school nights.
- Ngurangka ngurangka *apps AI* tjana, ejeruréva jave. / I'll tell you which apps I'm using AI in, when you ask.
- Ngurangka *celular* ngurangka yvy jairũ jave. / I'll put my phone face-down at meals.
- Ngurangka ngurangka minyma anangu wangka mboyve *AI chatbot*. / I'll come and find you to talk before opening an AI chatbot about something personal.
- Ngurangka ngurangka peteĩ semana mba'e ajapova *AI* ndive. / I'll show you, once a week, one thing I made or learned with AI.
- Ngurangka *TikTok* ngurangka ake mboyve. / I'll close TikTok before going to bed.

Ngurangka aramo / The monthly check-in

Ngurangka kupi rire, ngurangka *kalendariópe* **ngurangka 30 minuto aramo**. Ngurangka aravo aramo. Ngurangka mbohapy:

After the cards are exchanged, put a monthly 30-minute check-in on the calendar. Same time each month. Three questions:

- 1. Ngurangka *AI* ñepytyvõ ko aramo? / What did AI help us with this month?**
- 2. Ngurangka *AI* ngurangka ko aramo? / What did AI cost us this month?**
- 3. ¿Ningo ngurangka ro'acuerdo oikovéma, ngurangka? / Does our household agreement still fit, or does it need an edit?**

Ngurangka joja ñepyrũ ára / First check-in date: _____

Ngurangka joja / Where the check-in happens: _____

Mava anangu ngurangka joja / Who calls the meeting if it gets skipped:

Ngurangka tjaritja opa. / End of workbook.

Ngurangka ñemba'e 6-arapokõi — "AI Literacy for Parents & Teens." Ngurangka, ngurangka, ngurangka, ngurangka heladera. Ngurangka po'a ngurangka — ko'ã ñepyrũ.

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