

THE REGENERATED WORLD

*Raising Children in a World
Shaped by **AI***



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OPENING SCENE

A Super-Intelligent Household

Ryan is in the living room, watching a Judo demo on YouTube and practising the moves between glances at the screen.

Ann passes through. "Did you finish your homework?"

"Yeah," Ryan says. "I ChatGPT-ed everything already."

She nods, moves on.

Down the corridor, Emma's door is half-open. She is sitting cross-legged on her bed, speaking quietly to her phone.

"Do you think Kate is upset with me? She seems to prefer hanging out with Emmerlyn. When I talk, she doesn't really respond much..."

A calm voice answers: It sounds like you're

feeling a bit left out, Emma. That's completely understandable. Sometimes friends go through phases where they connect more with certain people. It might help to find a quiet moment to check in with Kate directly...

Ann pauses in the hallway.

This is new, she thinks. Emma usually uses AI for homework questions, Roblox ideas, or the occasional game-related thing. Not for this.

She listens for a moment, then walks on. There is no need to descend on the child and make her self-conscious. Better to watch a little more first.

In the study, Jeff has two tablets open. Two AI voices are speaking to each other — he has set them up in a loop, just to see what would happen. He is grinning at the screen.

Ann stands at the doorway. "What are you

doing?"

"They're having a conversation," Jeff says, not looking up. "Just having fun."

She watches the two voices trade sentences back and forth.

I thought AI is just a tool, she thinks.

She walks away without saying it out loud.



A Larger Question

Ann's thought is actually rather common. While many of us have already noticed that AI is everywhere, we often still think of it as a tool that gets things done for us. At times, we are concerned about its impact on work and learning, but we generally do not have the luxury of reflecting on its deeper and wider implications for life. Deeper, because our interaction with AI is not just superficial and transactional. It is transformational. Wider, because its impact extends far beyond school and working life—we are talking about a very gradual reshaping of civilisation and its many layers.

We most often think about AI in the context of homework, screen time, academic integrity, and future careers. All of these are important. But when Ann pauses in that hallway, it is not the usual concerns that strike her. It is how completely and how quickly AI has taken hold of our lives—becoming our helper, our counsellor, and a fascinating experimental space that we enter for entertainment and breakthroughs.

Our world is no longer just AI-assisted. It is AI-mediated. Increasingly, AI is like a glass pane inserted between us and the world: more of what we receive now passes through it before we process and respond, including ideas, emotions, and relationships. Our concern as parents is how AI might be influencing the way children develop and who they become.

At the macro level, AI has also entered almost every area of human pursuit. In my mind, it is somewhat like the strange ener-

gy released after a world-changing explosion in some superhero movies: it travels across the world, enters everything in its path, and changes it. Living with such mediation shapes us as human beings—individually and as a civilisation. Our children are not just impacted by AI through direct contact, but also by the higher-level shifts it brings about at the societal and civilisational levels.

Everything AI touches is changed by it, and changes in one area affect many others systematically. Those of us who are familiar with systems thinking will appreciate this point in particular. Our knowledge of this new reality—an AI-mediated world—should therefore inform the way we guide our children. This is why I have written this book.

This is the first book in an eight-book series, *Rising with AI*. Its purpose is to widen the lens. That is its whole job. The other books take up related questions, if and

when those questions become useful to you.

Before I carry on, I just want to affirm the heart and effort of this generation of parents, myself included. We take our parenting work so seriously. And at the same time, life is complex. Beyond keeping our kids alive, we want them to do well in school, we want to nurture their character, we want to build strong bonds with them, and we need to deal with their unique issues while managing our own! Often, we are just exhausted.

As we navigate yet another layer of challenges introduced by an uncertain future, I hope this series will be a useful resource to you. Not everything is easy to carry out, and not everything needs to be. Pick what works for your context and your child. Let's journey through this together.

How This Series Works

I had originally meant to write just one book. But as the work developed, I realised that the different aspects of the topic needed more room. What began as one book therefore became a series of eight short, standalone books, each giving sustained attention to a different aspect of the larger question.

Each book can be read on its own. A reader may begin anywhere and still receive a complete argument.

Together, however, the books provide a larger, coherent picture: from the world our children are growing up in, to what AI is doing to their minds and inner lives, to the literacies and capacities they need, to the ways families can use AI wisely, prepare children for the future, and shape home life with greater intention.

References to other books are offered only as pointers to related ideas. They are not prerequisites. No book is incomplete because another has not been read.

Book 1 — The Regenerated World

What kind of world is my child growing up into?

Book 2 — Reshaped

What is AI doing to the way my child thinks and learns?

Book 3 — Becoming

Who is my child becoming in the age of AI?

Book 4 — Fully Aware, Fully Educated

If grades are not enough, what exactly should my child be learning?

Book 5 — The New Superhuman

How can my child build focus, depth, and

self-command in a world of shortcuts?

Book 6 — Mastering the AI Beast

How should my child use AI at home and in learning?

Book 7 — Poised for the Future

How can my child prepare for a future where work and value creation are being redefined?

Book 8 — Raised on Purpose

How can home life be designed to build direction, capability, and inner strength in children?

Read the book that meets the question before you now. Turn to the others when their core questions become useful.

Not Just a New Tool. A New World.

Ann's initial belief that AI is just a tool is a reasonable one.

AI is useful. It does pretty much anything we tell it to. It saves time. Understood as a tool, it is like a personal assistant helping us through the struggles of daily life, or a secret weapon helping us deliver what we otherwise cannot.

Yet for any "tool" that permeates society and layers over diverse facets of life, its role and place rarely remain at the "tool" level. Beyond a threshold, it exerts the power to reshape people, things and the way we live. We can compare AI with social media. When social media first emerged, it was seen as a new way to connect with people — just another option. As it became more entrenched, we realised it has changed the way we relate to people and, at the same time, transmits beliefs and world-

views, often challenging traditional values. We have also become aware of how it alters our moods and psychology. Today, few businesses can survive without social media work; and not one government can ignore the power of social media as a new frontline and influence on social cohesion.

AI is no less a power. As a medium through which more and more human experiences and pursuits will pass, it may prove even greater.

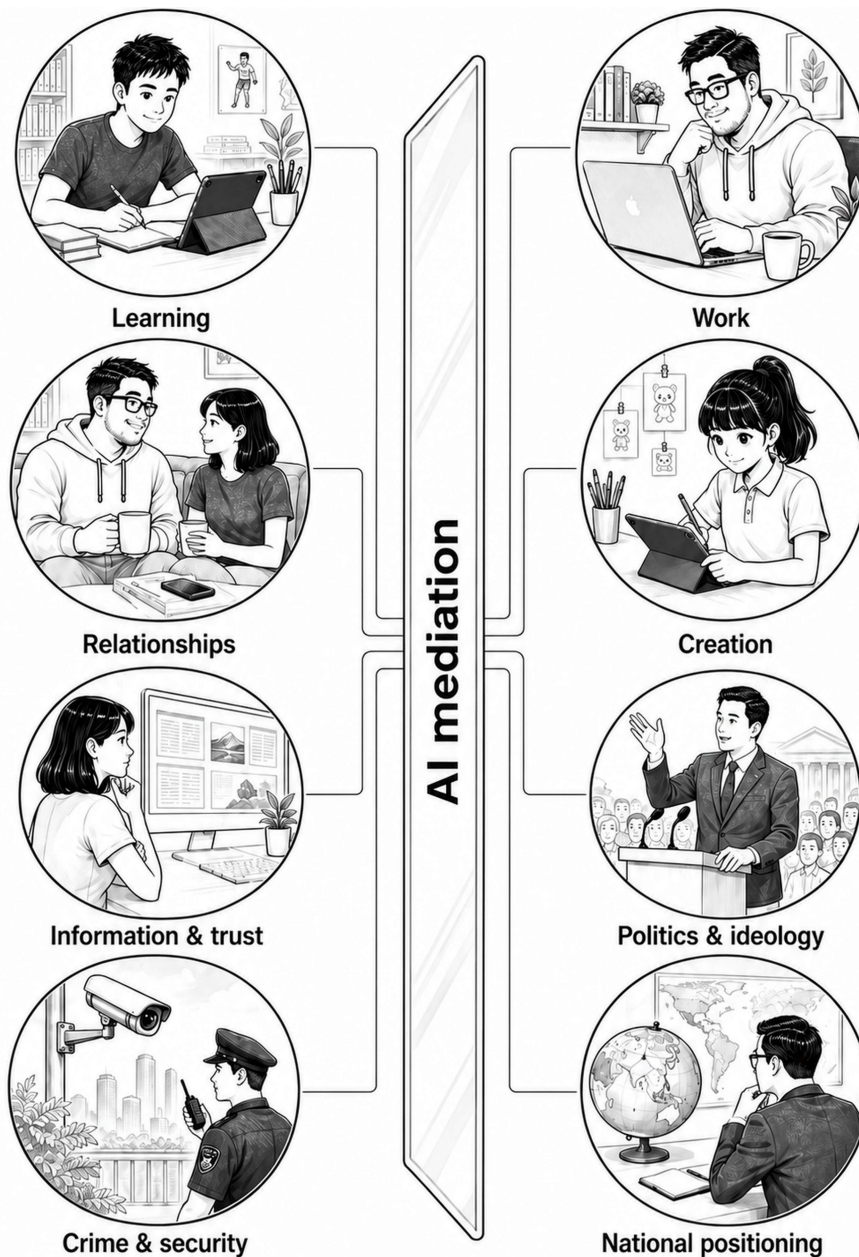
I said earlier that AI mediates our world in that it intercepts our experiences before we process them. To be more specific, day-to-day decisions, information, entertainment, education, relationships, language and beliefs are now filtered and shaped by AI systems as we engage them. Fewer things now reach us “raw”, and the reach of that mediation is wide. Beyond the familiar personal uses — writing emails, planning trips, preparing reports — AI has

transformed political campaigns and ideology wars, necessitated business transformation, made crime more efficient, and changed the nature of war, compounding both its threats and its complexities.¹

There is now hardly a moment when AI is not leaving its imprint on us. Often, we are not even conscious of it. For example, in *The Age of Surveillance Capitalism*, Zuboff argues that platforms and technology companies use private information to shape online experiences, influence consumer behaviour, and extract profit.² On a related note, N. Katherine Hayles writes that when human beings are connected to advanced technologies, changes in the “cybernetic circuit” can also “modify consciousness”. She notes that just as humans design technology, technology also remoulds us.³ Whatever the driving forces, interaction with technology — particularly with something as symbolically powerful as AI — has the propen-

sity to rewire our minds. What we are still learning is the extent and nature of the impact.

The diagram below shows why AI cannot be treated only as a homework tool. It is becoming a layer through which many parts of life are filtered.



AI mediation reaches beyond homework into the domains through which people understand, create and organise life.

AI is not just something we use. It is a force we interact with constantly — by choice,

and often without realising it — shaping us as individuals, as societies, and as a civilisation.

On the individual level, through mediating our realities, it shapes what we think, what we trust, what we pay attention to, what we outsource, and what kind of people we slowly become.

On national and global levels, it is rewriting rules, reshaping institutions, and altering how power is accumulated and exercised.

That is why this is not merely a story about better tools. It is a story about a changed world — and about what it now means to raise a child inside it.
