AI FOR FAMILIES · LEICESTER

AI and Our Young People: reflections from our first parents' session

By Debo Owoseni · November 2026

On 6 November 2026 we held our first SEEN session on artificial intelligence for parents and carers of young people with additional needs, at a special school here in Leicester. It was a simple hour: a room, some chairs, a screen and a group of people who love children the world does not always notice.

I have taught about technology for many years, in lecture theatres and boardrooms. This felt different. The people in that room were carrying more than curiosity. They were carrying appointments, forms, sleepless nights and a deep wish to do right by their children. When AI comes up in that setting, the question is very practical: will this help my child, and will it keep my child safe?

Why AI, and why parents?

AI is already in our homes. It sits inside the phone in our pocket, the tablet our children love and the apps schools are starting to use. Our young people will grow up with these tools whatever we decide. So the grown-ups around them need to understand what the tools can do, where they fall short and how to talk about them at home.

For families of children with special educational needs, there is real promise. AI can help turn a confusing letter into plain words, prepare questions for an EHCP review, build a visual routine or create a social story in minutes. There are real risks too: content that is wrong, apps that collect too much information and screens that crowd out rest and play. Confidence comes from knowing both.

> *"People look at the outward appearance, but the LORD looks at the heart."*
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> **1 Samuel 16:7**

What I took away

SEEN began with a simple conviction: every child deserves to be seen. That evening reminded me that their parents and carers deserve to be seen too. They are the experts

on their own children. Our job is to put good knowledge in their hands and then trust them to use it well.

I was also reminded that learning works best when it feels safe. Nobody should feel silly for asking what a chatbot is, or for being nervous about it. The best moments in any room come when someone feels free to say, "I don't understand this yet." That is where growth starts, for children and for adults alike.

Where we go next

This first session was a taster. We are now planning a short series of AI for families sessions across Leicester, shaped by what parents and carers tell us they need. We would love to work with more schools, churches and community groups, and to keep writing down what we learn so that other families can benefit.

This work sits within Life Transformation Enquiry, our wider mission to see lives transformed. Transformation often begins quietly: one parent leaves a room a little more confident, one child gets a little more support, and the ripple spreads.

Would you like to take part?

- Join a future session as a parent or carer
- Host a session at your school, church or group
- Support SEEN as a volunteer, partner or funder

Email **hello@seencentre.org**

The SEEN Centre is a programme of Life Transformation Enquiry (LTE), a Charitable Incorporated Organisation. Charity registration in progress. You are welcome to share this reflection.