



"Use the enemy's own agents against them. Turn their intelligence into your advantage."

— 36 Stratagems, Stratagem 33

STRATAGEM

Use the enemy's intelligence against them

Teach your child to detect AI-generated misinformation by understanding how AI generates misinformation. The tools of deception become verification engines. Information sovereignty is the ability to maintain epistemic independence in a synthetic content environment.

REMEMBER

67% of teens cannot identify AI-generated text

Your child will encounter more synthetic content before age eighteen than you saw in your entire life. Stanford research shows most teenagers lack basic detection skills.[1] The parent who teaches verification protocols now builds immunity to manipulation that lasts decades.

Restriction is not protection—it is deferred vulnerability.

THIS WEEK

Three moves to run now

- Show your child how to verify one claim using AI tools. Take something they encountered online this week, paste it into ChatGPT with the prompt 'Is this accurate? Cite sources,' and let them see how fast verification can be. Make it a two-minute exercise, not a lecture.
- Teach them reverse image search. Next time they share an image or meme, show them how to upload it to Google Lens or TinEye to find its origin. Practice with three images together. The skill takes five minutes to learn and changes how they consume visual media forever.
- Ask them to generate fake content with you. Spend twenty minutes creating a synthetic news article using a free AI tool, deliberately introducing plausible falsehoods. Then discuss how easy it was. The child who knows how fakes are made develops pattern recognition that no media literacy curriculum can teach.

CORE INSIGHT

Your child will encounter more synthetic content before age eighteen than you saw in your entire life. Stanford research shows 67% of teens cannot distinguish AI-generated text from human writing.[1] The counter-espionage parent does not shield their child from AI content—they teach them to reverse-engineer it, to understand how persuasion algorithms work, to use AI tools themselves as detection systems. This is not media literacy from 2010. This is information sovereignty: the ability to maintain epistemic independence in a world where most content your child reads, watches, and believes may not be what it appears to be.