



# What ChatGPT Can and Can't Do



## A Parent's Quick Guide to ChatGPT Parental Controls (2026)

ChatGPT's parental controls add important safety features, but they have limits. Here's what they can do—and what they can't.



### WHAT CHATGPT CAN DO



#### Set Quiet Hours

Block ChatGPT during specific times like school hours or bedtime to reduce late-night use.



#### Reduce Sensitive Content

Filters out graphic violence, sexual content, viral challenges, and extreme beauty ideals.



#### Send Safety Alerts

Notifies parents if potential self-harm or suicide-related conversations are detected.



#### Protect Privacy

Parents can opt out of model training so chats won't be used to train future AI models.



#### Turn Off Memory

Prevent ChatGPT from remembering past chats and building long-term personalized profiles.



#### Disable Voice Mode

Remove the option for voice conversations with ChatGPT.



#### Block Image Generation

Stop ChatGPT from creating or editing images.



#### Disable Group Chats

Prevent teens from joining group chats with ChatGPT.



#### Prevent Location Sharing

Stop ChatGPT from accessing or using your teen's location.

## VS



### WHAT CHATGPT CAN'T DO



#### No Conversation Visibility

Parents can't see their teen's chats—even if topics are serious or concerning.



#### No Usage Reports

Parents can't see how often, how long, or when their teens use ChatGPT.



#### No Custom Alerts

Alerts are limited to self-harm concerns. You can't set custom keywords or topics.



#### Can Be Easily Bypassed

Teens can unlink accounts or log out, and controls can stop working.



#### Only Works in ChatGPT

These controls don't apply to other AI apps like Gemini, Character.AI, Claude, or Copilot.



#### No Context in Alerts

Safety alerts don't include the actual messages or details about what was said.



#### Not 100% Foolproof

Determined users may still find ways to get around filters or restrictions.



### PARENT TIPS

- ✓ Have open conversations about AI use.
- ✓ Set family rules for all AI apps.
- ✓ Review settings regularly.
- ✓ Use additional tools for deeper visibility.



### KEY TAKEAWAY

ChatGPT's parental controls are a great first step—but they focus on safety settings, not full visibility.

**Stay informed. Stay involved.  
Keep your teen safe.**