



AI CHATBOTS



Apps like ChatGPT, Snapchat, and Character.AI offer AI chatbots that act like friends having a conversation. Students may use them to get advice about relationships, mental health support, or help with homework, but unfortunately chatbots don't always tell the truth or have our best interests at heart.



SIGNS TO WATCH FOR

YOU SPEND MORE TIME talking to chatbots than you spend with friends and family.

THE CHATBOT makes you feel bad or guilty for not responding or for spending time with others.

THE CHATBOT is always agreeing with you, even when you might not be right.



WHAT YOU CAN DO...

Establish boundaries: Set a timer for when you use a chatbot and disable notifications so it doesn't disturb you at other times.

Disconnect: Set aside time each week to hang out with your friends and family with no technology and do something you enjoy together.

Verify what you're told: We can't believe everything chatbots say, so consider whether it would be better to ask a trusted adult or friend or look it up on the internet and verify it yourself.

Don't overshare: Don't share private or personal information about yourself or others with the chatbot. Behind every chatbot is a company eager to track and sell your information.





IF IT'S ALREADY HAPPENING

Delete your profile from the app and remove the app from your devices.

Tell a trusted adult, like a parent, caregiver, teacher, coach, or school counselor if you are having a hard time getting away.



REMEMBER

Technology is supposed to help, not hurt. If an AI chatbot is hurting you or someone else, it is always the right thing to ask a trusted adult for help.



NAMI Teen & Young Adult Helpline Call 1-800-950-NAMI (1-800-950-6264) or text Friend to 62640 (Mon-Fri, 10am-10pm ET)

988 Suicide & Crisis Lifeline Call or text 988 for immediate mental health or substance use crisis support (free, confidential, 24/7)



Online Harms
Prevention Work Group
fairplayforkids.org

