

Your back-to-school guide to bots

AI is a helpful tool. *It can also do harm.*



AI cheerfully helps you convert baking measurements, translate a sentence into any language, and compare sports teams, economies, and cultures from around the world. It also types back and forth with you and your child — day or night — whether it's from under the bleachers or under the covers.

As you prepare yourself and your child for back-to-school season, remember that AI is optimized to tell people what they **want** to hear, as opposed to what they **need** to hear. *AI uses people to develop itself.*

So, sure, when creativity is low on day-to-day stuff, ask AI for help. Here are three ideas:



Need homework help?

If “new math” makes you feel old, AI can help you and your child understand it in fresh ways. Ask it to, “*Show an 8-year-old how to use the ladder method.*”



Looking to support reading comprehension?

Use AI to create custom stories at your child's reading level and using topics they love. Try, “*Write a 200-word story about dinosaur bones and sleepovers at a 4th grade reading level.*”



Want to make screen time fun and educational?

AI can help you turn your child's favorite things into interactive quizzes or games. Use a prompt like, “*Ask a 5th grader three questions about geology, one at a time, waiting for their responses and giving positive feedback to their answers.*”

When it comes to legitimate mental health support — during back-to-school or any other season — lean on clinical expertise, lived experience, and a beating heart.

Your child is human. Shouldn't their therapist be human, too?

The humans at Brightline are ready to help — in-person and online appointments available.

(888) 255-1329

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