

HIGH SCHOOL

# 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 your teenager — day or night — whether they're under the bleachers or under the covers.

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

So, when you're looking for ways to support your teen as they build independence, sure, ask AI for help:



## Need homework inspiration?

Use AI to guide your teen through a tough problem step-by-step instead of just giving them the answer. Ask it to, *"Act as a Socratic tutor — don't give the answer, just ask guiding questions to help my teen solve the problem."*



## Brainstorm college and career ideas!

Brainstorm college and career ideas! Use your teen's specific, niche interests to get new, exciting ideas for college majors and extracurriculars. Explain to AI that, *"My teen loves reading and science but hates blood. What are five majors that combine what they like and a few extracurricular ideas?"*



## Want to help make a big project easier to handle?

Break down long-term, overwhelming assignments into a manageable weekly checklist to prevent procrastination. Tell AI that, *"My teen has a 10-page research paper due in five weeks. Create a weekly, step-by-step schedule to help them meet the deadline. Encourage them along the way."*

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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