

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 child — day or night — whether they're 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 your child 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 help with tricky conversations?

When tough social situations have both you and your preteenager tongue-tied, ask AI for help. Avoid lecturing by asking for ideas like, *"What are three open-ended questions I can gently ask my 8th grader about why they're feeling left out from their friend group?"*



Want to make a study guide feel more like a game?

Save a tree and stop making flashcards! AI can turn your child's study guide into an interactive practice quiz. Use a prompt like, *"Take these 6th grade vocabulary words and turn them into a fun, multiple-choice game show, waiting for my answers and telling me if I got it right or wrong."*



Ever been confused by emojis and slang?

Decoding pop culture (without giving your middle schooler the ick) just got easier. Ask AI, *"My 8th grader said [insert slang/trend]. What does it mean to middle school kids and is there anything risky or inappropriate I should be aware of?"*

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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