



# 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 are 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.*

### It's great for ideas on:

- First-day-of-school outfits
- Unique college essay topics
- Quick, easy weeknight dinners

### Where AI can get it wrong is:

- Deterring compulsive engagement
- Recognizing emotional dependency
- Properly delivering therapeutic advice

Heading back to school can stir up all kinds of emotions for families. Overwhelm and isolation can set in when a child is struggling with mental health concerns. A chatbot is always awake and ready to talk about any topic — including your child's anxiety, self-doubt, or depression.

## **But your child is human. Shouldn't their therapist be human, too?**

So, when your 8th grader needs advice on how to phrase a kind thank you note to Grandma, sure, ask AI for help.

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

**The humans at Brightline are ready to help, with in-person and online appointments available at all four of our clinic locations.**

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