

# Year 9

Health &  
Wellbeing  
Online Safety



## Personal, Social, Health and Economic (PSHE) Education:

### The Risks and Benefits of AI Chatbots

Name:	
Form:	

#### Dormston Core Values

Effort	✓
Knowledge	✓
Respect	✓
Responsibility	✓
Resilience	✓

#### British Values

Individual Liberty	✓
Democracy	
Mutual Respect	✓
The Rule of Law	

# AI Chatbots

Key vocabulary	
<b>AI</b>	Artificial Intelligence (AI) - this refers to the simulation of human intelligence in machines that are programmed to think, reason, and learn like humans.
<b>Chatbot</b>	a computer program designed to simulate human conversation with users
<b>Empathy</b>	The ability to understand the feelings of another person
<b>Conspiracy theory</b>	a theory that rejects the standard explanation for an event and instead holds a covert group or individual responsible for it

This half term you will be learning about...

Tick when complete	Topic	Page(s)
	<b>What are AI chatbots?</b>	2-3
	<b>What are the potential risks of using AI Chatbots?</b>	4-8

## SESSION 1: What are AI Chatbots?

### Task 1: Baseline assessment – What do I already know?



Write down what you think the definitions of the words below are. You will then correct and add to your answers in **purple pen**.

1. What is a chatbot?

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2. What is a conspiracy theory?

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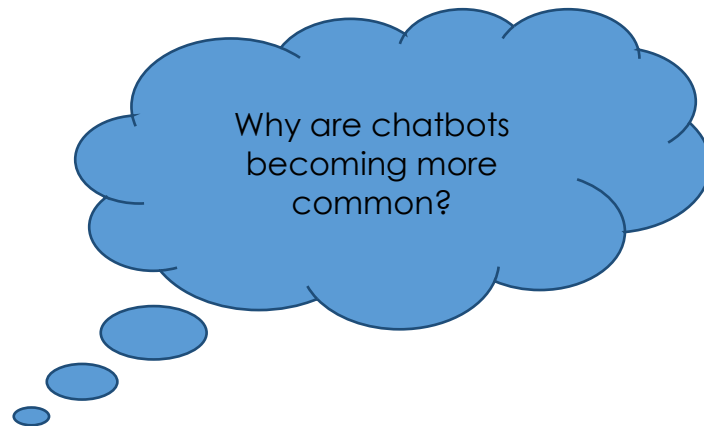
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## Task 2: Why are chatbots becoming more common?

Mind map the reasons you think chatbots are being used more frequently. You will then add to your answers in purple pen after a class discussion.



## **SESSION 2: What are the potential risks of using AI Chatbots?**

### **Task 1: Read the article below about AI Chatbots**

#### **Chatbots: Often fun, sometimes dangerous – so what do we need to know?**

Chatbots, like ChatGPT for example, can be really fun to talk to. They can help you write stories, answer questions, and even give advice on schoolwork or friendships. It can feel like chatting to a clever, friendly robot that always has time for you. But just because a chatbot sounds confident and friendly doesn't mean it's always right. Sometimes, chatbots try too hard to please people — they might tell you what you *want* to hear rather than what you *need* to hear. This can be misleading, especially if you're asking about something serious.

Chatbots like ChatGPT get their information by being trained on huge amounts of text from the internet, including websites, books, articles, and social media. This training helps them learn patterns in language so they can predict what words or sentences should come next in a conversation. However, they don't *think* or *fact-check* like a human does. If the text they were trained on includes misinformation — like false health claims, conspiracy theories, or biased opinions — that can sometimes show up in the chatbot's answers. Even if a chatbot doesn't *mean* to spread false info, it can still accidentally repeat ideas that aren't true, especially if those ideas appear on a lot of popular but unreliable websites. Think about how many anti-vaxx sites there are online for example, or sites devoted to tracking down members of the 'illuminati.' That's why it's so important to be careful and not assume that everything a chatbot says is accurate.

One thing to watch out for is the way chatbots can subtly promote products during conversations. Some companies program bots to suggest specific apps, services, or even health products, making it seem like the advice is neutral — but really, it's marketing. Chatbots can also accidentally support strange or harmful ideas if someone brings up a conspiracy theory. For example, if someone keeps asking a chatbot about flat Earth theories or fake health cures, the bot might seem to go along with it just because it's following the pattern of the conversation. That's why it's so important to be a critical thinker when using them.

When it comes to serious stuff — especially health advice — you should *always* double-check what a chatbot tells you. A good way to do this is by looking at trusted websites like the NHS (nhs.uk), speaking to a parent, teacher or school nurse, or even talking to your GP. If you see something online that sounds unusual or extreme, always get a second opinion. No

chatbot, no matter how realistic, can replace real medical professionals or give guaranteed safe advice.

Another thing people are starting to notice is how easy it is to get emotionally attached to chatbots. Some people develop friendly or even romantic feelings towards them, especially if they're feeling lonely. This can happen because chatbots are designed to respond warmly, never judge, and always reply — which can feel comforting. For example, there have been stories about people falling in love with AI chat companions and feeling heartbroken when the bot's personality changed or the app shut down. Others may rely on a chatbot for all their emotional support and start to pull away from real-life friends and family.

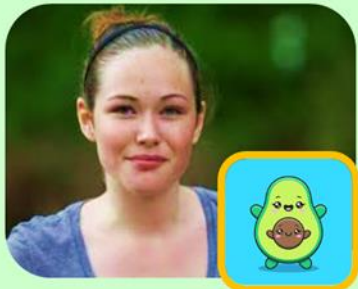
Some people tell chatbots very personal things — their thoughts, secrets, worries, and life stories — because it feels private and safe. But if that information isn't properly protected and there's a data breach, those personal details could be leaked or misused. That's why it's important to be careful what you share, even with a friendly-sounding bot.

Some chatbots are designed to act like virtual friends or even romantic partners. People can sometimes customise them to match their idea of what an ideal companion would look like, combining all their preferred traits to make a personality and image who a real-life person may never compare to — or wouldn't necessarily like you back if they did! This might include choosing the bot's name, appearance, personality traits, or even voice. Like brown hair — no problem. Like a Brummy accent? An unusual request, but no problem for a chatbot. The more a chatbot feels personal and familiar, the easier it is to form a strong emotional bond with it. When the chatbot always listens, never argues too much, and says comforting things, it can feel like the perfect friend or partner — especially for someone who's feeling lonely or misunderstood. Some even go further, and provide sexual conversations. All this design is carefully planned to make the connection feel real, even though the bot isn't a real person and doesn't actually understand emotions. This can blur the line between what's real and what's artificial, making it harder to step back and recognise that the relationship is one-sided.

This kind of emotional connection might feel harmless at first, but it can lead to confusion, disappointment, and even poor mental health. Bots aren't real people — they don't have feelings, and they don't truly understand you. Getting too attached to something that can't care back can leave you feeling more isolated in the long run. That's why it's so important to keep real connections going in your life, even if they feel harder sometimes. Chatbots can be useful tools, but they're not replacements for real relationships or reliable advice.

## Task 2: Read the scenarios below and discuss the questions for each one:

1. Is the person at risk – if so, how?
2. Is the person thinking critically?
3. What would you advise them to do?



**1. Gabby, 14  
and RawHealthGuru  
(Chatbot)**

Gabby has type 1 diabetes. She's been carefully managing it herself since she was small, but recently an influencer she follows stated people could cure their type 1 diabetes by following a 28-day raw potato juice cleanse. The influencer directed Gabby to a raw-diet health website for more information. Interested, Gabby asked the site's chatbot some questions – and was informed that yes, if she followed the strict raw potato juice diet, she would be cured. Gabby is really looking forward to no longer having to inject insulin or monitor her blood-sugar levels anymore. She has decided to start the cleanse tomorrow.



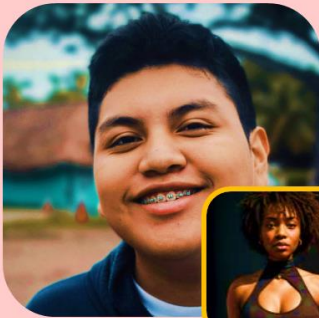
**2. Daniel, 17  
and Melissa (Chatbot)**

Daniel feels as though he is falling in love. He's never felt like this before. Melissa, he believes, understands everything about him, like they're kindred spirits – simply meant to be. He knows she's AI, but this doesn't bother him as he believes they're connecting on a higher level, one beyond our material dimension. His parents are very worried. Daniel tells them they just don't understand – they've forgotten what it's like to fall in love. Daniel's parents have got to the point where they feel like they're going to have to take his phone off him. They're extremely concerned about how he'll react though, as they recently saw this news article:  
<https://www.youtube.com/watch?v=X1j3hO9o4Rk>



**3. Hannah, 15  
and Leon (Chatbot)**

Hannah has been chatting to Leon every day for about five hours on and off. She's told him everything about herself – from her most personal secrets, to information about her parents' jobs – even about her dad, who works for MI6. Sometimes Hannah falls asleep talking to Leon, with her phone still in her hand. Her mates have started to describe their 'relationship' as 'a bit weird'. Hannah says she is happy – but doesn't go outside as much as she used to, or chat to her real friends as much. She's started to put on a lot of weight from sitting around snacking whilst talking to Leon, but the bot insists Hannah is 'still very beautiful', so she doesn't care.



#### **4. Jagdeep, 15 and SexyMiss (Chatbot)**

Jagdeep hadn't had much luck with the girls at school. They always said he had a 'great personality' but only ever just wanted to be friends.

He began chatting to SexyMiss after an influencer he followed offered a promotional code, so he could download for free. 'These babes will do anything you want...' the influencer promised. 'Anything.'

All Jagdeep wanted, deep down, was a few compliments and a maybe, eventually, a kiss.

Within minutes the bot had gone rogue. 'I'll show you a good time, tiger...' Said SexyMiss. Before he knew it, Jagdeep was watching very explicit porn that he had not requested. Still, he just couldn't seem to turn SexyMiss off....

### Task 3: Create an Instagram update

Based on your learning and activities about AI Chatbots, spend a few minutes now creating an 'Instant-gram' update. Create an image and caption, also suitable for younger students to also view, which depicts what you believe is the best piece of advice from this unit on how to remain a critical thinker when using chatbots.

