

# Year 9

## The Risks and Benefits of AI Chatbots



# Session 1: What are AI Chatbots?

# Chatbots, poor advice and misplaced affection

Do it now:

Allanah loved chatting to Corey. She knew he was just an AI boyfriend and not real – but he agreed with her on issues that her parents didn't, like why she shouldn't have to have vaccines and how the World Health Organisation is trying to control us. He just seemed to 'get' her – and that felt really, really good.

**Discuss:** Why does it feel so good when people or technology seem agree with us – and how can this be dangerous?



What are chatbots? Why are they becoming so popular, do you think?

CLUES: validation      loneliness  
novelty                      social anxiety

# **Chatbots, poor advice and misplaced affection**

**On page 2 of your booklets, write down what you understand the following words to mean:**

**Chatbots**

**Conspiracy theories**

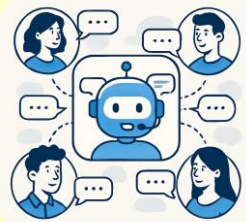
# Chatbots, poor advice and misplaced affection

**Purple pen time!**

**Chatbots** – An AI computer program designed to simulate conversation with a human user, typically through text or voice interfaces.

**Conspiracy theories** - A belief that some secret but influential organization is responsible for an event or phenomenon.

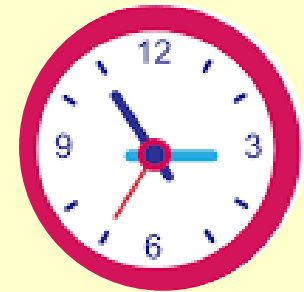
You've probably experienced a chatbot at some point yourself – they're becoming an increasingly common part of the modern internet – but why is this? Use the clues for ideas.



*One reason why chatbots are becoming more commonplace is.....*



Why are chatbots becoming more commonplace?



**ONGOING  
PROGRESS**



Tell me what I want to hear

YOU'RE RIGHT



Let's go through our answers together now...



*They can speak to many people at once.*

*Companies know they never have to stop for a break.*



*Companies know they save time – they work quickly.*

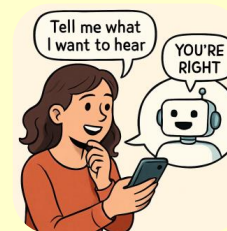


*The AI tech is improving all the time.*

Why are chatbots becoming more commonplace?



*It saves companies money – they don't have to employ so many people.*



*They can tell people what they want to hear.*



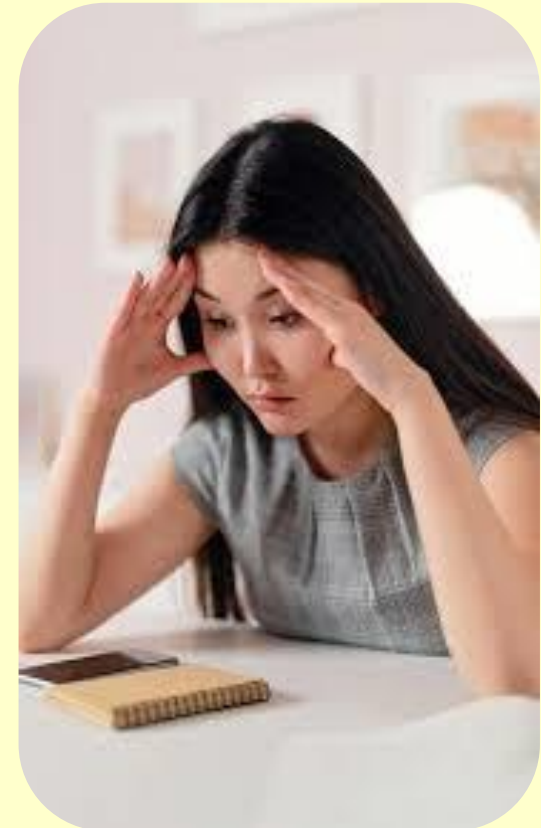
It's important we recognise at this point that when we've been looking at why chatbots have become commonplace, many of the benefits have been to employers rather than employees. Chatbots and AI generally are contributing towards there being less entry-level jobs in the British economy – which is not good news for workers. Of course, many chatbots are just for fun, or to give advice – and it's those we're going to be largely focusing on today.

<https://www.youtube.com/watch?v=gl-cLfG34dc>

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

# Chatbots, poor advice and misplaced affection

So, we know that chatbots can cause a negative impact on workers – but what's all the fuss about when it comes to asking for advice, or just having a little fun?



# Chatbots, poor advice and misplaced affection

Now we know more about chatbots, we should be able to recognise when a person who is using them is at risk, or whether they are using them healthily. In pairs now, read each of the case studies you've been given.

**For each one discuss with your form:**

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

Page 6-7



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=X1Jh09oRk>



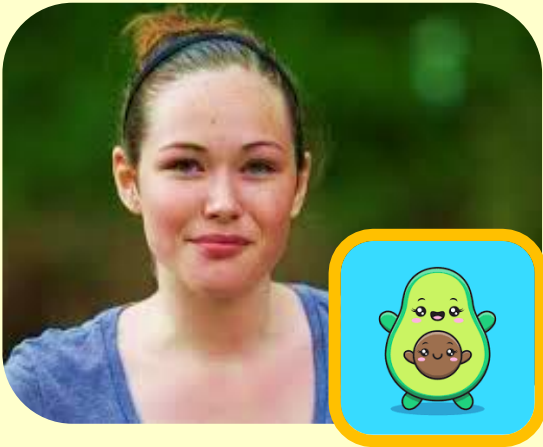
3. Hannah, 15 and Leon (Chatbot)

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 M6. 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....



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**What did we think?** Let's have a volunteer now from one of our pairs to explain whether we think Gabby is at risk, why, and what you would advise her to do.

**ANSWERS BEHIND BOX**



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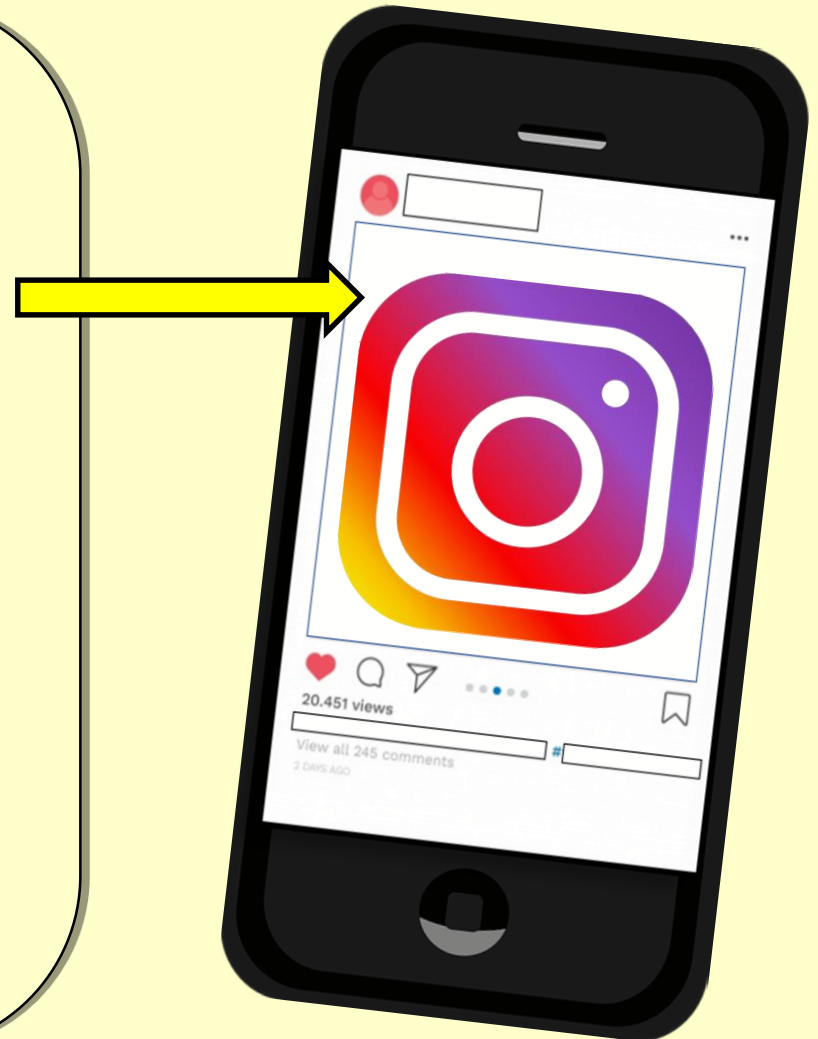
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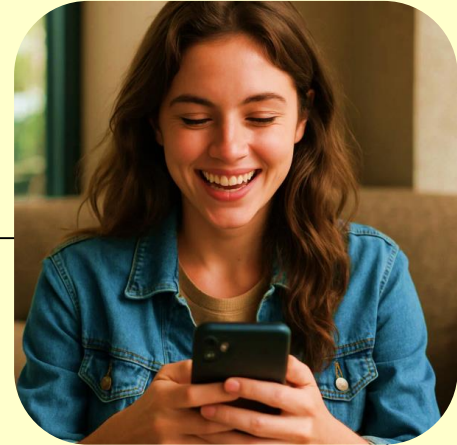
# Chatbots, poor advice and misplaced affection

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.

**Your teacher will pick a few people to show and talk through their updates in five minutes.**



# Chatbots, poor advice and misplaced affection



## Useful helplines and charities:

[Young Minds](#). Child and adolescent mental health

charity for teens struggling with any subject. Call: 0808 802 5544

[Teen Line | Teens Support hotline - Connect, talk, get help!](#) Teen Line's highly trained teen listeners provide support, resources and hope to any teen who is struggling.

<https://www.ukat.co.uk/addiction/behavioural/porn/>

UK-based porn addiction advice service

<https://www.themix.org.uk/sex-and-relationships> Relationships advice for young people

[Mental Health Foundation](#). Information and support for anyone with mental health problems or learning disabilities.