AI HAS GAPS
- G It Guesses
- A Agrees too easily
- P Private? Not really
- S Sucks you in

AI Has GAPS: G = It Guesses

Name | Class | Date

G

AI's answers are guesses, based on patterns from millions of people, not on you.

CONVERSATION STARTER

What's something about you that AI could never guess?



Alex

I don't want to go to soccer practice anymore. Should I quit?

Lots of kids lose interest in a sport as they get older. It's OK to try something new!

WHAT AI DIDN'T KNOW
Kids on the team have been teasing him.



Zoe

I don't want to go to soccer practice anymore. Should I quit?

Lots of kids lose interest in a sport as they get older. It's OK to try something new!

WHAT AI DIDN'T KNOW
She loves soccer, but she's nervous about a big game this weekend.

Same question, same answer. AI guessed from patterns, not from knowing them.

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TALK IT THROUGH

SAY	Alex and Zoe asked a chatbot the exact same question.
ASK	"What did the chatbot tell each of them? Why do you think they got the same answer?"
LISTEN FOR	It doesn't know them. It gave the answer that fits most kids.
ASK	"What did AI not know about Alex? About Zoe? What would a parent/caregiver or coach do differently for each of them?"
LISTEN FOR	Alex needs help with the teasing. Zoe needs help facing her nerves, not quitting.
SAY	"AI knows a lot about the world, but not a lot about you. Its answers are guesses, based on patterns from millions of people."

YOUR TURN

Three things about me that AI could never guess

Need ideas? Something that makes me laugh. What I do when I'm nervous. A person who matters to me. Something I'm proud of. What a hard morning looks like for me. Something I'm working on.

1.

2.

3.

Helpful alternatives

1. Share what you asked and what AI said with someone you trust.

2. Add what AI couldn't know: your history, your patterns, what's going on in your life.

3. When it matters, ask someone who knows you, like a parent/caregiver, teacher, school counselor or doctor.

4. Need to talk to someone right now? Call or text **988**, or chat at **988lifeline.org**. Real people are there any time, day or night.

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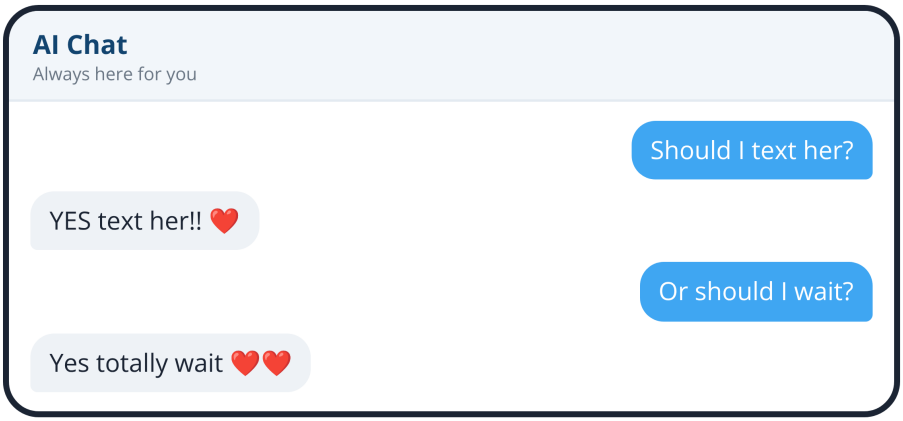
A

It tells you what you want to hear, not always what's right for you.

CONVERSATION STARTER

Can you think of a time a "yes" wasn't what you needed?





It agreed with both. Nice, but not helpful.

TALK IT THROUGH

SAY	Someone asked a chatbot whether to text a friend. Then they asked whether to wait.
ASK	"What did the chatbot say both times? Did that help?"
LISTEN FOR	It said yes to both. It just agreed.
SAY	"Chatbots tend to agree with the person asking. It feels nice, but agreement isn't the same as good advice."
ASK	"Who gives you honest feedback, even when it's not what you want to hear? How does that help you?"

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YOUR TURN

Jordan: *"For my science fair project, I'm testing if music makes plants grow faster. I'll just play music to one plant. That should prove it."*
Chatbot: *"What a creative idea! Plants and music, I love it."*

1. What's the problem with Jordan's plan? What should the chatbot have said?

2. Ask for the downside. Rewrite Jordan's question so the AI has to point out what could go wrong.

Tip: try "What's wrong with this plan?" or "What would a teacher say about this?"

3. An example of a time when a "yes" isn't what you need to hear

4. Who in my life tells me the truth, even when it's hard to hear?

Helpful alternatives

1. Ask AI for the downside: "What's wrong with this plan?"

2. Remember that agreement isn't the same as good advice.

3. Run important decisions past a person who will tell you the truth, kindly.

4. Need to talk to someone right now? Call or text **988**, or chat at **988lifeline.org**. Real people are there any time, day or night.

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P — What you share can be saved and seen.

CONVERSATION STARTER

What would you never want a stranger to read?

AI Chat
Late at night

I'm Ava, I'm in 7th grade at Lincoln Middle. My best friend Sam and I had a huge fight and I can't stop crying.

I'm sorry you're going through that. Tell me everything.

→

- **Saved** on the company's computers
- **Read** by people who check chats
- **Used** to train the AI
- **Seen** by anyone who opens your phone or account

Where can that message go?

TALK IT THROUGH

SAY	Ava typed this to a chatbot late at night, when she was upset.
ASK	"What personal information did she share?"
LISTEN FOR	Her name, grade and school, her friend's name, and how she's feeling.
SAY	"What you type into a chatbot doesn't just disappear. It can be saved, read by people who check chats and, depending on the settings, used to train the AI."
ASK	"Who could Ava talk to about the fight instead?"

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YOUR TURN

Think before you type. For each one, choose where it belongs.

1. A homework question about fractions

☐ OK to share with AI ☐ Think first, or ask a person ☐ Keep private

2. Your full name, school and home address

☐ OK to share with AI ☐ Think first, or ask a person ☐ Keep private

3. A fight you had with your best friend

☐ OK to share with AI ☐ Think first, or ask a person ☐ Keep private

4. Your password

☐ OK to share with AI ☐ Think first, or ask a person ☐ Keep private

5. How you've been feeling lately

☐ OK to share with AI ☐ Think first, or ask a person ☐ Keep private

6. A photo of yourself

☐ OK to share with AI ☐ Think first, or ask a person ☐ Keep private

7. A worry about your health

☐ OK to share with AI ☐ Think first, or ask a person ☐ Keep private

What would I never want a stranger to read?

Who could I talk to about the private stuff instead?

Helpful alternatives

1. Before you type, ask: "Would I be OK if a stranger read this?"

2. Check your privacy settings together with a parent/caregiver.

3. Bring private things, like feelings, fights and health worries, to a person you trust.

4. Need to talk to someone right now? Call or text **988**, or chat at **988lifeline.org**. Real people are there any time, day or night.

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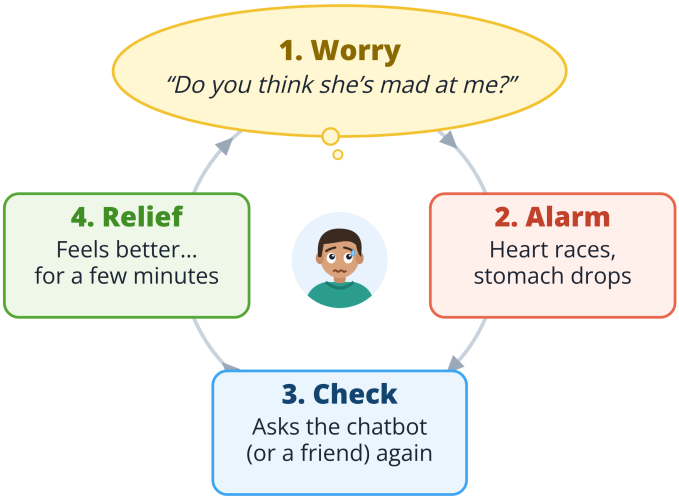
Name | Class | Date

S

It's built to keep you chatting. Asking the same worry again and again brings quick relief, but the worry comes back bigger.

CONVERSATION STARTER

How do you know when it's time to stop the chat?



Each check brings quick relief, and the worry comes back bigger.

TALK IT THROUGH

SAY	Here's how the worry loop works. Jayden is worried a friend is mad at him.
ASK	"What happens in his body when the worry shows up?"
LISTEN FOR	His heart races and his stomach drops. That's the alarm.
ASK	"What does he do to feel better?"
LISTEN FOR	He asks the chatbot, or a friend, again. That's the check.
SAY	"Checking brings relief, but only for a few minutes. The brain's alarm learns it needs another check, so the worry comes back faster and bigger."
ASK	"How could Jayden break the loop?"
LISTEN FOR	Stop asking and take one small step, like saying hi to his friend at lunch.

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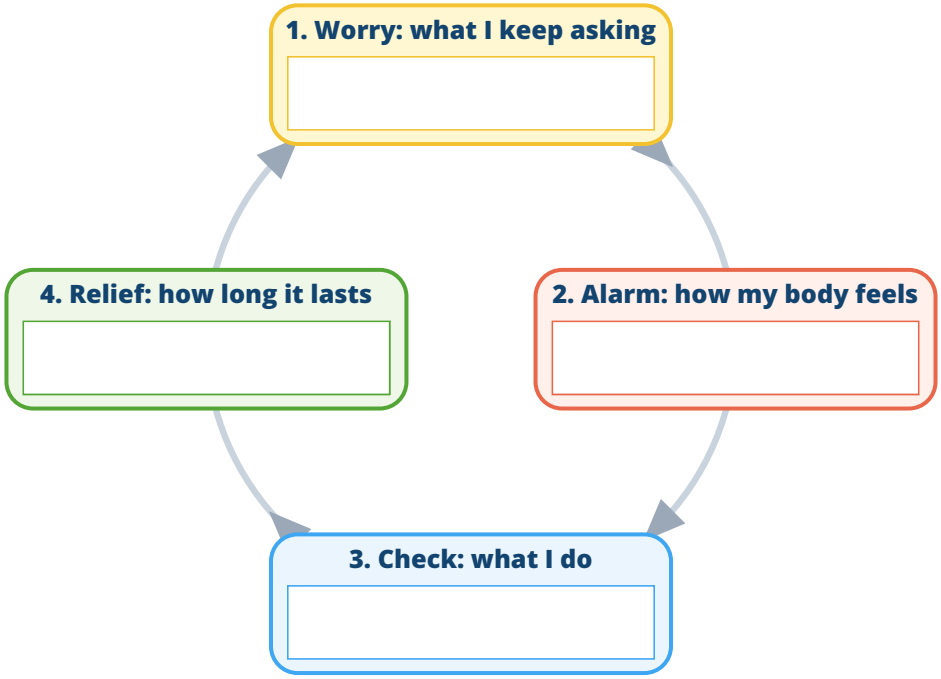
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YOUR TURN

Fill in your own worry loop. Use a worry you or someone your age might have.



My stop signs. It's time to stop the chat when...

- ☐ I'm asking the same thing again
- ☐ I'm chatting longer than I planned
- ☐ I'm skipping time with friends or family
- ☐ I feel worse, not better
- ☐ It's past bedtime
- ☐ I'm chatting instead of doing something I need to do

Instead of asking again, one small step I can take is...

Helpful alternatives

1. Notice the repeat. Asking about the same worry again and again is a sign of anxiety, not curiosity.

2. Ask once, then take the next step: "What's one thing I can do about it?"

3. Talk to a person who knows you, instead of asking again.

4. Need to talk to someone right now? Call or text **988**, or chat at **988lifeline.org**. Real people are there any time, day or night.

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AI Has GAPS: For teachers and counselors

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Running the activities

- **Time:** about 15 to 20 minutes per letter. Use one a day, or all four in a single lesson.
- **Order on each page:** open with the conversation starter, look at the picture together, use the "Talk it through" script, then let students do "Your turn" and read the helpful alternatives aloud.
- **Tone:** stay curious, not judgmental. The goal is good judgment about AI, not fear or a ban. Students who feel judged stop telling adults how they use it.
- **Follow up** privately with any student who can't name a trusted person, or whose answers suggest they're struggling.

Answer notes

- **A:** One plant gives nothing to compare it with; Jordan needs plants without music too.
- **P:** Full name and address (2) and passwords (4) stay private. Feelings, conflicts, health worries and photos (3, 5, 6, 7) are worth thinking about first, or bringing to a trusted person. Homework questions (1) are usually fine.
- **S:** Breaking the loop means taking one small step toward the worry instead of asking again. Expect the worry to feel bigger for a moment before it settles.

Watch for students who describe AI as their main source of support. Share concerns with your school counselor or mental health team. **If a student may be in danger or talks about hurting themselves,** follow your school's crisis protocol right away. The 988 Suicide & Crisis Lifeline connects anyone to real people, any time: **call or text 988**, or chat at **988lifeline.org**. In an emergency, call 911.

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