AI GAPS · For parents/caregivers

What I'm Noticing: Six-Week Tracker

A quick weekly check of changes in your child's AI use, mood, friendships and routines, and whether things are getting better. Bring it to your child's school counselor, pediatrician or therapist.

Child's first name

Filled in by (parent/caregiver)

Check each sign you notice that week.
Write the week's date under each week.

	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Notes
FRIENDS AND FAMILY							
Pulling away from friends or family	☐	☐	☐	☐	☐	☐	
Talks about an "AI friend"	☐	☐	☐	☐	☐	☐	
Chats with AI instead of seeing people	☐	☐	☐	☐	☐	☐	
ROUTINES							
Changes in sleep	☐	☐	☐	☐	☐	☐	
Late-night phone or AI use	☐	☐	☐	☐	☐	☐	
Avoiding school, activities or people	☐	☐	☐	☐	☐	☐	
AI USE							
Asks AI the same worry again and again	☐	☐	☐	☐	☐	☐	
Hides or gets upset about AI use	☐	☐	☐	☐	☐	☐	
AI seems to reinforce unhealthy ideas	☐	☐	☐	☐	☐	☐	
MOOD AND INTERESTS							
Irritable, sad or more worried	☐	☐	☐	☐	☐	☐	
Losing interest in favorite things	☐	☐	☐	☐	☐	☐	
PROGRESS: SEE CHANGE OVER TIME							
Number of signs checked							*Fewer is progress*
Better than last week	*(starts week 2)*	☐	☐	☐	☐	☐	
About the same		☐	☐	☐	☐	☐	
Harder than last week		☐	☐	☐	☐	☐	

When to reach out: changes in sleep, mood or friendships that last more than a couple of weeks; your child seems to prefer AI to people, or gets upset when they can't use it; or your child asks AI, or you, about the same worry again and again. Start with your child's school counselor or pediatrician.

Notes

Date	What I noticed	What I said or did	How it went

In a crisis, call or text **988**, or chat at **988lifeline.org**, any time. In an emergency, call 911.

Educational resource, not a substitute for professional evaluation or care.
© 2026 OCD & Anxiety Institute · May be copied for school and family use.