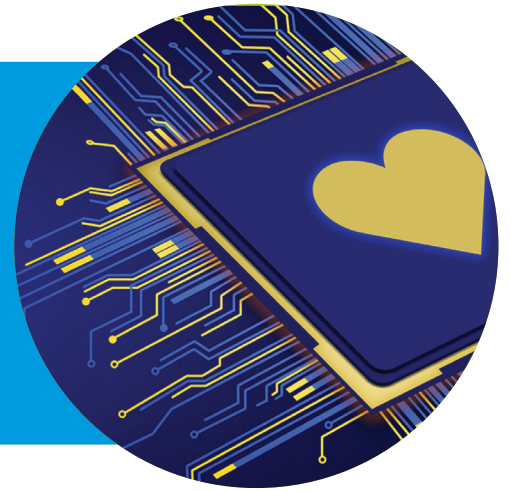




Navigating AI Relationships



- 1 **Encourage**
Open Communication
- 2 **Education**
and Awareness
- 3 **Artificial** Interactions
- 4 **Impact** on Social Skills
- 5 **Visualising** Future Relationships
- 6 **Set Boundaries**
and Guidelines
- 7 **Exposure** to
Mature Content
- 8 **Data Privacy**
and Security
- 9 **Model** Healthy Relationships
- 10 **Focus on**
Long-term Growth

In today's world, Artificial Intelligence (AI) has infiltrated almost every aspect of our lives, including relationships. The rise of AI-powered romantic and companion bots is particularly popular among young people, offering a new frontier in human interaction.

Research highlights potential risks associated with AI companions, including the normalisation of inappropriate conversations and the possibility of grooming. Criminologists warn that children as young as 12 are accessing dating apps, often bypassing age restrictions, exposing them to sexual content and predatory behaviour. These interactions can blur the boundaries between real and virtual relationships, creating confusion and potential psychological harm.

Adolescents, in particular, may turn to virtual partners for validation, risking unhealthy emotional attachments that can affect their real-life relationships. These relationships often lack the mutual respect and effort required in real-world connections, which are crucial for personal growth.

Adolescents, in particular, may turn to virtual partners for validation, risking unhealthy emotional attachments that can affect their real-life relationships. These relationships often lack the mutual respect and effort required in real-world connections, which are crucial for personal growth.



1. Encourage Open Communication

Create a safe space for open dialogue. Encourage your teens to share their experiences and feelings about AI relationships without fear of judgement.

2. Education and Awareness

Discuss how AI works and the limitations of AI relationships. Awareness can help them make more informed decisions.



3. Artificial Interactions

Discuss how these artificial interactions often feel contrived and will not fulfil their deeper emotional needs. Over time, it can hinder their ability to form genuine connections with real people.

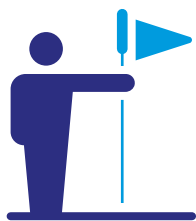
4. Impact on Social Skills

Your teen may miss out on developing essential social skills, such as empathy, communication and conflict resolution. Encourage activities that foster real-life connections, such as joining a club, participating in sports or volunteering.



5. Visualising Future Relationships

Ask your child about the type of partner they envision for their future. Help them reflect on their own values and whether AI interactions are helping them in this journey.



6. Set Boundaries and Guidelines

Establish clear guidelines on the use of technology and the types of apps that are acceptable. Discuss the importance of balancing digital interactions with real-life experiences.

7. Exposure to Mature Content

Many AI relationship apps expose users to mature language and content. While teens might feel ready for these interactions, early exposure can lead to problematic behaviours. Discuss the benefits of making wise choices.



8. Data Privacy and Security

Many AI relationship apps collect and sell user data for targeted advertising. Highlight the importance of understanding what information they are sharing and the potential risks of using these apps.

9. Model Healthy Relationships

Demonstrate healthy relationships through your interactions. Show teens the value of effort, patience, and mutual respect in real-life relationships.



10. Focus on Long-term Growth

Help teens understand the long-term benefits of investing in real relationships. Encourage them to develop qualities like understanding, respect, patience and honesty that will serve them well in all areas of life.