This resource consists of a film and a short article exploring how AI technology can be used to support wellbeing by using a specially developed chatbot, and a list of tips for using AI well-being tools safely.

Before watching the film

Ask pupils to make some notes about the sort of problems and issues they think AI technology might be able to help them with, and whether they would feel comfortable asking a chatbot for help in this area.

After watching the film

Vocabulary check
Start any follow-up activities by ensuring that pupils understand all the vocabulary used in the resource - you could create a class glossary to clarify the meaning of any new or specialised terms introduced in the resources.

Discussion

The resources could be used as a starting point for paired and small group discussions, with a focus on the positive opportunities AI technologies offer. Provide some suggested talking points to get the conversation started.

- How can we tell if an AI wellbeing tool is reliable and has the right safety features in place?
- Could an AI chatbot be really helpful for someone who is lonely, or who might feel more comfortable talking to a chatbot than friends or family about some issues?
- Should I be telling an AI chatbot all of my private business and personal details? Is it safe?
- How would an AI wellbeing app know what to say to someone who is unhappy - they don't have emotions!

Drama & Role play

The resources could be used as a stimulus for pupils to engage in short role play scenarios, exploring some of the discussion points in more detail. For example, pupils could play the role of someone who is trying to find out if an AI chatbot is appropriate by asking the app developer how they have made it safe to use.

Other activities

Write a list of rules for a safe wellbeing chatbot - the 'system prompt' that tells the AI what it can and can't say.

CURRICULUM LINKS

The activities above link to the following statutory **RSE and Health Education** subject content for KS4:

Statutory KS4 subjects	Pupils should know:
RELATIONSHIPS EDUCATION: Online and Media	• About online risks, including any material someone provides to another has the potential to be shared online, and the difficulty of removing potentially compromising material placed online. • How information and data is generated, collected, shared and used online.
HEALTH & WELLBEING: Mental Wellbeing	• Where and how to seek support (including recognising the triggers for seeking support), including who they should speak to in school if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).
HEALTH & WELLBEING: Internet Safety and Harms	• Where and how to report concerns and get support with issues online.

LINKS TO OTHER SUBJECTS

PSYCHOLOGY

Discussion questions

Pupils could explore the issues related to psychological problems, and their effects on individuals and society. Pupils could also find out more about some of the psychological theories around the self, and how they relate to AI.

- *Given that mental health services are often overstretched, could AI help to fill the gap in provision?*
- *Can an AI chatbot really think like a human can, or is it just a really good example of a predictive text machine?*