

AI and digital wellbeing

Check the Role of an AI Conversation

Adults and teens 13+ | 10 to 15 minutes

An AI tool may help with an idea or a draft, but a convincing answer is not enough to establish accuracy or appropriate care. Choose one use of AI you want to reflect on. Consider the information you share, how you feel afterward, and whether a human source is needed.

Review one use without copying private conversation details. Choose what to verify, protect, limit, or take to a trusted person.

Identify the job and the data

Was the goal information, company, reassurance, creativity, or something else? Notice what personal information entered the tool. Check the service's actual privacy and age rules rather than assuming a private-looking chat is confidential clinical care.

Choose a suitable next step

Verify important factual or health claims with an appropriate source or professional. If the interaction increases distress, dependence, or isolation, consider a boundary and human support. Urgent safety needs require real-world help, not continued completion of this page.

1. What am I using AI for, and what need am I hoping it meets?

2. What personal information or privacy questions should I consider?

3. What claims or decisions need an authoritative source or qualified person?

4. What limit, verification step, or human connection will I choose next?

Clinical use and adaptation

For teens, use age-appropriate services and explain privacy and safety limits without requiring disclosure of chat content. Do not treat an AI conversation as diagnosis, crisis monitoring, or a therapeutic relationship. Assess distress and isolation when indicated; avoid both product endorsement and blanket assumptions about harm.

Original educational resource. Adapt with a clinician; not a validated assessment or complete treatment protocol.

Conceptual references: R19, S01. Full sources are in the online preview and collection appendix.

[More Than Therapy](#) | [Open this topic and worksheet online](#)

October 2026 | TOP140-STARTER