



# Understanding AI: Friend or Foe?

Exploring Artificial Intelligence and its effects  
on our mental health and wellbeing

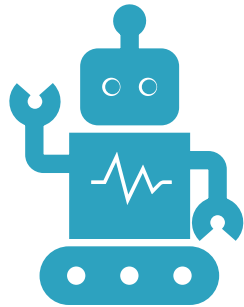


# What is AI?

- ▶ Artificial Intelligence (AI) is the ability of machines to perform tasks that normally require human intelligence.
- ▶ Examples: Virtual Assistants (e.g., Siri, Alexa), Video Game Opponents, Recommendation Systems (e.g., YouTube).



# How Does AI Work?



AI learns from data (machine learning) and improves over time.



Mimics human decision-making using algorithms.



# Pros of using AI – Wellbeing

- ▶ Provides mental health support through apps and chatbots
- ▶ Offers personalised learning, fitness tracking, habits
- ▶ Saves time by automating tasks, reducing stress.
- ▶ Enhances accessibility for people with disabilities.



# Cons of AI – Wellbeing

- ▶ Overreliance can reduce critical thinking and problem solving
- ▶ Can lead to social isolation and mental health risks (anxiety, low self esteem)
- ▶ Raises concerns over data privacy and trust
- ▶ Prolonged use may cause digital fatigue and disrupted sleep.
- ▶ Social Media & AI: Algorithms can show both uplifting and harmful content.

# Examples of good and bad usage of AI

Good examples of AI	Bad examples of AI
<p><b>Personalized Learning</b> AI-powered platforms (e.g. Duolingo) adapt to a student's learning pace and provide targeted support.</p>	<p><b>Over-Reliance on AI for Homework</b> Using AI chatbots or essay generators to complete assignments without engaging with the material.</p>
<p><b>Interactive Homework Help</b> AI tools (e.g., Google Assistant, Photomath) guide students through problem-solving, offering step-by-step solutions.</p>	<p><b>Inappropriate Content Exposure</b> Students using AI-driven tools that suggest unfiltered, age-inappropriate content.</p>
<p><b>Creativity Enhancement</b> AI tools (e.g., DALL·E 3, RunwayML) help students generate artistic projects, enhancing creativity.</p>	<p><b>Excessive Screen Time</b> Students spending too much time on AI-driven games or entertainment apps without educational value.</p>
<p><b>Language Learning Assistants</b> AI (e.g., ChatGPT, Grammarly) helps with language practice, grammar correction, and vocabulary development.</p>	<p><b>AI for Cheating</b> Students using AI to generate answers on tests or quizzes without understanding the material.</p>
<p><b>Study Assistance and Summarization</b> AI tools (e.g., Quizlet, Socratic) help students create flashcards, quizzes, and study guides.</p>	<p><b>Unfiltered Interaction with AI</b> Students interacting with AI chatbots without proper moderation, leading to exposure to harmful or inappropriate content.</p>



# How to Spot the Difference Between AI and Real

- ▶ Check for Unnatural Details: Mismatched hands, blurry text, or odd lighting.
- ▶ Don't share personal data as this will be stored.
- ▶ Verify Sources: Real content often cites reliable sources or authors.
- ▶ Ask Questions: Would a human actually say or do this?
- ▶ Use Tools: Reverse image search can help detect AI-generated images.



# Using AI Safely

- ▶ **Set Limits:** Use AI for specific tasks, not everything.
- ▶ **Fact-Check:** Always verify AI-generated information.
- ▶ **Stay Mindful:** Avoid comparing yourself to unrealistic online portrayals.
- ▶ **Privacy Matters:** Don't share personal details with AI tools.



# Conclusion

- ▶ It is important that as AI develops, we are not scared of using it, but instead we learn how to use it safely.
- ▶ AI is a tool – it's how we use it that matters.
- ▶ Balance is key to staying safe and healthy.
- ▶ Be curious, be critical, and use AI wisely!