BEWARE OF
ARTIFICIAL INTIMACY
WHAT **PARENTS** CAN DO

1. Beware of digitalizing your children's childhood, especially through Anthropomorphic AI (conversational chatbots and AI companions)

This means avoiding or restricting addictive technologies such as AI companions and chatbots, social media, and e-gaming for children according to their age. If used, ensure it is only for a specific purpose under the supervision of adults. These digital environments are slowly displacing human connection and relationships, reducing and replacing opportunities for real-life experiences.

2. Educate yourself about how new technology impacts children's development and speak to your child openly about the risks so they are aware

Make informed decisions about digital rules at home. You can start by watching our two short videos on how AI is hacking children's attachment and monetizing human emotions and read MAMA's What Parents Need to Know About AI & Kids.

3. Prioritize screen-free time in your family.

By dedicating screen-free zones at home (e.g. kitchen, dining table, bedrooms) and screen-free times (e.g. no screens from 7 pm – 7 am) you are putting human interactions and real-life activities first.

4. Encourage accountability and healthy tension in your children's lives

Real-life challenges are important training for children to learn to deal with failures and disappointments. The most meaningful learning happens when children take on responsibilities towards their families or communities and work through challenges to fulfil them. For example, they might look after a younger sibling while a parent focuses on work, or volunteer to read to a a senior person. These experiences teach children to develop resilience, responsibility, empathy and creativity.

5. Nurture the importance of human relationships and personal responsibility, so children develop strong life purpose, commitments to their families and communities.

For children, age-appropriate responsibilities, such as duties in household and supporting parents and other family members in all family projects, help build empathy, resilience and the ability to commit to compromises - the skills which are a core building block for a lifelong sense of personal purpose.

6. Join our movement

Follow our social media and campaign to get first-hand insight and updates from our experts on how to safeguard children from AI harms.

We are not anti-tech; we are pro-children. Together, we can create a culture change towards human-centered childhood in the age of AI. Join our collective movement by following us on social media and hear first-hand insights from our experts on how we can safeguard children from Anthropomorphic AI.

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