

COUNSELORS CORNER (from the Counseling Center):

Dear Parents,

In recent months, we have seen a growing trend of adolescents using AI and chatbot platforms as a form of social connection, often treating them as sources of friendship or relationship support. While artificial intelligence has many positive applications, our department feels strongly about cautioning families regarding the risks associated with this type of use.

As we are all aware, the digital world continues to impact younger generations in profound ways—through increased attachment to technology, reduced face-to-face interaction, challenges with social confidence, and, in some cases, harmful decision-making. News reports have also highlighted tragic cases where adolescents became vulnerable to predatory behavior or harmful interactions via these platforms, with devastating consequences. For further background, we encourage you to read about the cases of Julianna Peralta, Sewell Setzer III, and Adam Raine, among others. Following Adam Raine's death, one company announced efforts to train its chatbots to better identify and flag suicidal ideation; however, no technology can replace the vital role of attentive, engaged parenting.

Below, you will find practical steps to help you monitor your child's use of chatbot technology, as well as trusted resources to support families in navigating technology, social media, and mental health concerns. If you have specific concerns about your son in relation to this issue, please reach out to his grade-level counselor for guidance and support. Please know that if we are aware and concerned about your child's use, we will reach out to you.

Sincerely, The Catholic High School Counseling Department

Monitoring Your Child's Chatbot Use

- Chatbot Archives: Access chat details, including user information and timestamps.
- User Interaction Tracking: Use available tools to review interactions with bots, including most recent activity and message history.
- Conversation History: View full conversations to identify concerning patterns or topics.
- ChatGPT App: Within the app, review stored conversations and use the search feature to locate specific interactions.

Resources for Safe Technology Use & Mental Health

Protect Young Eyes: [Start Here: Begin Your Protect Young Eyes Journey](#)

Seize the Awkward: [Seize the Awkward | Talk With A Friend About Mental Health](#)

The Jed Foundation: [Open Letter to the AI and Technology Industry | The Jed Foundation](#)
[Overcoming a Break Up](#)

[Experiencing Grief and Loss](#)

[Responding to Discrimination and Bias](#)

[Managing Social Media](#)

Crisis Support:

- Suicide & Crisis Lifeline: Call or text 988 (Press 1 for Veterans, 2 for Spanish). Free and available 24/7.
- Crisis Text Line: Text TALK to 741741 (English) or AYUDA to 741741 (Spanish). Free and available 24/7.
- Emergency: If you or someone you love is in immediate danger, call 911 or go to the nearest emergency room.