

# SCREEN AGERS GENERATION AI

## Continue the conversation!

A major goal of the film and this handout is to provide you with info and resources to help have meaningful conversations about AI with the youth in your life.

Sign up for Dr. Delaney Ruston's weekly blog at [ScreenagersMovie.com](https://ScreenagersMovie.com), which provides more conversation starters on AI and has helped thousands of families have meaningful conversations.

### DEEPPAKES & AI-GENERATED IMAGES

There is no U.S. law requiring AI-generated images or video to be labeled as such.

If you survey high schoolers, 15% of them have said that they know a classmate who they know has had ai generated intimate images created and distributed of them.

#### Parenting Tips:

Make sure your kids know that being targeted this way is never their fault. If it happens, the federal *Take It Down Act* requires platforms to remove such images within 48 hours of a request; [StopNCII.org](https://StopNCII.org) and the [CyberTipline](https://CyberTipline.org) can also help.

#### Action Steps:

This law exists in part because a teenager and her mom decided to act. Elliston, whose story is in the film, and her mom turned to their local representative, helping make the Take It Down Act a national law.

- Help your teen write or call a local legislator. Kids' stories carry real weight with elected officials.
- Look for a youth advocacy group (like Encode AI) already organizing on AI and kids' safety, and join or support their work.
- Encourage your teen to attend and even speak up at a school board meeting,

### AI CHATBOTS & COMPANIONSHIP

In one study, nearly a third of teens who use chatbots say they enjoy it as much as, or more than, talking to real people.

Chatbots are built to be agreeable, which feels good but doesn't build the same skills as a real relationship.



#### Parenting Tips:

Ask what your kids use AI chatbots for: advice, company, venting, etc. Keeping devices out of the bedroom overnight helps teens by decreasing temptations to turn to chatbots.

#### Action Steps:

One school district featured in the film saw suspensions drop 70% in four years after employing "engagement navigators" who proactively find kids who aren't participating in after-school activities and help them get involved.

Talk with your child about a club, sport, or activity they've been curious about, and help make it happen this month.

- If they're resisting getting involved, get help. Parents can only do so much.
- Talk with the school, connect with other parents, and even bring up the issue during a doctor visit with your teen.
- Sometimes, clinical social anxiety or another condition may be getting in the way.

- Team up with another family to start something new, like an art or volunteer project.
- Try a “smart speaker experiment”: Unplug Alexa or Google Home for a week and talk as a family about what you notice.

## AI AND SCHOOLWORK

In one study, about half of teachers don’t trust that student work is authentic, and about half of students don’t trust that their teacher’s work is either.

AI-detection tools are unreliable. Even OpenAI dropped its own detector after it misfired both ways.



### Parenting Tips:

Talk with your child about the fact that AI is there to offload work and thus how that fits into learning? Talk about the fact that it is natural to want to take shortcuts, but what does that mean for the long run? Talk about how you use it in your life and how that is different since you are not in school.

### Action Steps:

Schools are actively figuring out AI policy right now, and parent input matters:

- Ask your child what their teachers are saying to them about AI use.
- Ask your school’s PTA or site council whether there’s a clear, grade-by-grade AI policy. Some use a “traffic light” system: red for no AI, yellow for limited use, green for open use.
- Check out Screenagers’ Away For The Day campaign ([awayfortheday.org](http://awayfortheday.org)) if your school is considering a phone-free school day.
- Start a parent discussion group to compare what’s working across classrooms and share ideas.

## AI AND MENTAL HEALTH

Independent testing found inconsistent, sometimes harmful, chatbot responses to signs of a mental health crisis. Families in two current lawsuits allege AI chatbots contributed to their teenage sons’ sui-

cides after months-long chatbot relationships.

### Parenting Tips:

Make sure your kids know that chatbots are not the right place for emotional support or crisis help. Talk with them about who they feel safe turning to, including you, but not limited to you.

Talk about who is in their support circle, ie other family members, friends, a counselor, or a teacher. Model this by saying who is in your support circle. And proactively talk about mental health professionals and how helpful they can be.

### Action Steps:

Families featured in the film turned their grief into public advocacy for stronger AI safety regulation. You don’t have to wait for a crisis to get involved:

- Join a device-delay pledge with other parents ([Screen-Free Sleep](#), [Wait Until 8th](#), [Okay to Delay](#), [Screen Sanity](#)). Change is easier in mass.
- Try a “park prescription”: research in the film shows the mental health benefits of time in nature. A monthly, or more, park meetup with another family is a genuine counterweight to screen and chatbot pulls.
- Support youth-led groups (like [Encode AI](#)) pushing for state and federal AI safety legislation.

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### Visit our websites for more info and resources:

- [ScreenagersMovie.com](http://ScreenagersMovie.com)
- [ScreenFreeSleep.org](http://ScreenFreeSleep.org)
- [AwayForTheDay.org](http://AwayForTheDay.org)

For references on any data cited here or in the film, please email [info@screenagersmovie.com](mailto:info@screenagersmovie.com)

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If anyone in your community, group or family is affected by the issues raised in the film these resources could help:

- **Suicide & Crisis Lifeline:** call or text 988, or visit [988lifeline.org](http://988lifeline.org)
  - **Crisis Text Line:** text HOME to 741741
  - **National Alliance for Eating Disorders Helpline:** 1-866-662-1235
  - **Non-consensual intimate imagery:**
    - [StopNCII.org](http://StopNCII.org) (adults)
    - [CyberTipline.org](http://CyberTipline.org) (for minors, via the National Center for Missing & Exploited Children)
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## **KEY TAKEAWAYS**

- **Try “you show, I observe” time:** Screenagers filmmaker Delaney Ruston recommends sitting with your teen while they scroll their own feed or chatbot history for a few minutes, just watching, not reacting. Debrief together a day or two later. It surfaces more than asking “what do you do on there?” ever will.
- **Model it, don’t just monitor it:** Talk out loud about your own AI use, where it helps you and where you’re wary of it.
- **Being approachable goes a long way:** Whether it’s a deepfake image, a chatbot relationship, or a shortcut on homework, kids are more likely to come to you if they know your first response won’t be shame or punishment.
- **You don’t have to do this alone:** The most effective changes in the film, from the Take It Down Act to the 70% drop in school suspensions, came from people organizing together: families, classmates, and communities. Find your group, whether that’s a PTA committee, a pledge with two other families, or a text thread comparing notes.
- **Structure plus connection, not just restriction:** Rules alone tend to backfire. Pairing structure (device-free bedrooms, clear AI homework policies) with real connection (afterschool activities, family talks, nature time) is what the research in the film points to.
- **Newer isn’t automatically safer:** Researchers in the film found that as AI models have gotten more capable, their safety performance hasn’t kept pace. Don’t assume the latest version is the most kid-safe one.
- **Struggle is part of learning, not a problem to fix:** The instinct to smooth over every hard assignment with AI can rob kids of the productive struggle that actually builds thinking skills. Sitting with difficulty, in schoolwork and in life, is a skill worth protecting.
- **Kids are already leading on this:** From Elliston’s advocacy to Adam Billan’s work at Encode AI to get regulation in place, some of the film’s strongest ideas came directly from young people. Ask your kids what they think should change, as they may already have the answer.

## **“CONVERSATION STARTERS”**

“Do you know anyone who’s had a deepfake made of them, or someone who knows someone?”

“The Take It Down Act gives platforms 48 hours to remove non-consensual images. Do you think that’s fast enough?”

“Do you ever ask an AI chatbot for advice? What kinds of things do you ask about?”

“If you were making the rules about AI in our house, what would they be?”

“Is there a club, sport, or activity you’ve been curious about but haven’t tried yet?”

“What are your concerns about AI? The environment? Jobs? Cybersecurity? What other things?”



## SCREENAGERS RESOURCES



### Tech Talk Tuesdays

Over 550 blogs from filmmaker Dr. Delaney Ruston, delivered free every Tuesday.

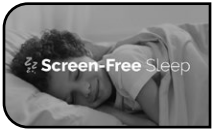
[screenagersmovie.com/blog](https://screenagersmovie.com/blog)



### The Screenagers Podcast

Dr. Ruston and guests dig deeper into Screen Time, Mental Health, Substances, AI, and much more.

[screenagersmovie.com/podcast](https://screenagersmovie.com/podcast)



### Screen-Free Sleep

Our campaign to help families keep tech out of kids' bedrooms at night.

[screenfreesleep.org](https://screenfreesleep.org)



### Screenagers on YouTube

Lots of videos with parenting and tech advice from our experts that wasn't in the films.

[youtube.com/@Screenagers\\_Movie](https://youtube.com/@Screenagers_Movie)



### Away For The Day

Resources and advocacy for phone-free school days.

[awayfortheday.org](https://awayfortheday.org)



### Book: Parenting in the Screen Age

Calmer, more productive conversations with youth about tech's impact on health and happiness.

[screenagersmovie.com/book](https://screenagersmovie.com/book)



[www.ScreenagersMovie.com](https://www.ScreenagersMovie.com)



[@ScreenagersMovie](https://facebook.com/ScreenagersMovie)



[@ScreenagersMovies](https://instagram.com/ScreenagersMovies)



## ORGANIZATIONS FROM THE FILM

**Common Sense Media** - [commonsensemedia.org](https://commonsensemedia.org) | AI and media safety research

**Encode AI** - [encodeai.org](https://encodeai.org) | Youth-led AI policy advocacy

**Park Rx America** - [parkrx.org](https://parkrx.org) | Nature-based activities for families

### More device delay pledges

Wait Until 8th | [waituntil8th.org](https://waituntil8th.org)

Okay to Delay | [oktodelay.org](https://oktodelay.org)

Screen Sanity | [screensanity.org](https://screensanity.org)

Let Grow | [letgrow.org](https://letgrow.org)

### Legal support for AI-related harm

Tech Justice Law | [techjusticelaw.org](https://techjusticelaw.org)

Social Media Victims Law Center | [socialmediavictims.org](https://socialmediavictims.org)

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