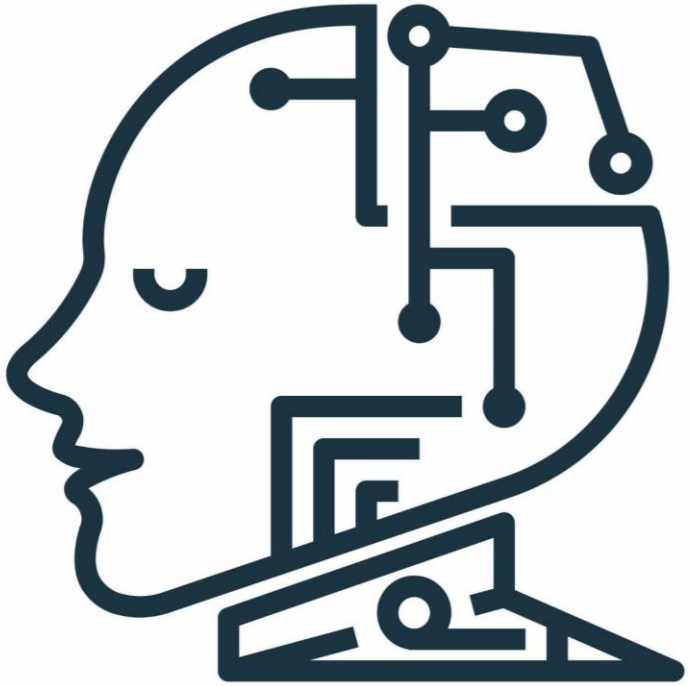
BRAVE parenting



AI IS CHANGING EVERYTHING

Especially Kids!

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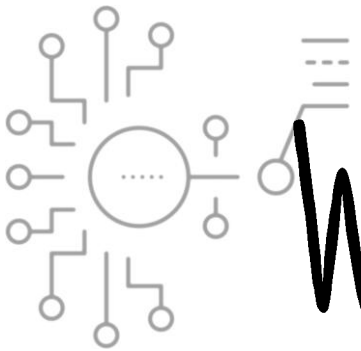

What is Artificial Intelligence (AI)?

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PAST

PRESENT

FUTURE

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HOW DOES IT BECOME INTELLIGENT?

$$
\begin{aligned}
x_t &= \sqrt{1-\beta_t}\, x_{t-1} + \sqrt{\beta_t}\, \varepsilon_{t-1} \\
&= \sqrt{\alpha_t}\, x_{t-1} + \sqrt{1-\alpha_t}\, \varepsilon_{t-1} \\
&= \sqrt{\alpha_t}\left(\sqrt{\alpha_{t-1}}\, x_{t-2} + \sqrt{1-\alpha_{t-1}}\, \varepsilon_{t-2}\right) + \sqrt{1-\alpha_t}\, \varepsilon_{t-1} \\
&= \sqrt{\alpha_t\, \alpha_{t-1}}\, x_{t-2} + \sqrt{\alpha_t(1-\alpha_{t-1})}\, \varepsilon_{t-2} + \sqrt{1-\alpha_t}\, \varepsilon_{t-1}
\end{aligned}
$$

$X + Y$

$\varepsilon_0, \ldots, \varepsilon_{t-2}, \varepsilon_{t-1} \sim \mathcal{N}(0, I)$

$\bar{\varepsilon}_0, \ldots, \bar{\varepsilon}_{t-2}, \bar{\varepsilon}_{t-1} \sim \mathcal{N}(0, I)$

$\varepsilon \sim \mathcal{N}(0, I)$

$\alpha_t = 1 - \beta_t$

$\bar{\alpha}_t = \prod_{i=1}^{t} \alpha_i$

Reparameterization Trick

$0 + \sqrt{\alpha_t(1-\alpha_{t-1})}\, \varepsilon_{t-2}$ ⇢ $X \sim \mathcal{N}(0,\ \alpha_t(1-\alpha_{t-1})\, I)$

$0 + \sqrt{1-\alpha_t}\, \varepsilon_{t-1}$ ⇢ $Y \sim \mathcal{N}(0,\ (1-\alpha_t)\, I)$

Underlying Normal Distribution

Recall:

If $X \sim \mathcal{N}(\mu_X, \sigma_X^2)$ $\quad Y \sim \mathcal{N}(\mu_Y, \sigma_Y^2)$

$Z = X + Y$

Then $Z \sim \mathcal{N}(\mu_X + \mu_Y,\ \sigma_X^2 + \sigma_Y^2)$

$Z \sim \mathcal{N}(0,\ \sigma_X^2 + \sigma_Y^2)$

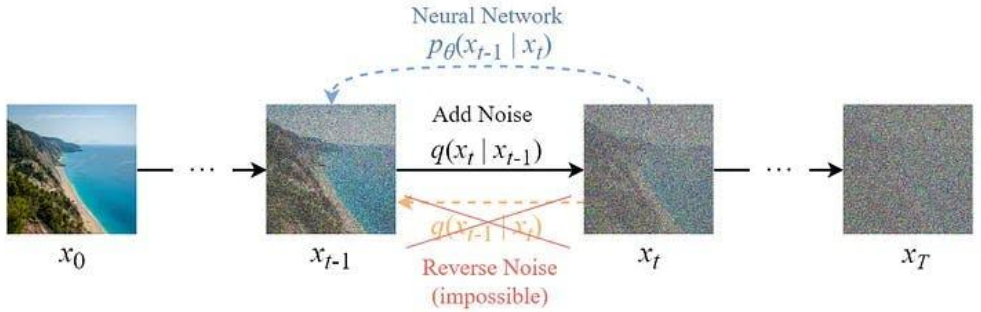
$Z \sim \mathcal{N}(0,\ (1-\alpha_t\alpha_{t-1})\, I)$

Reparameterization Trick

$0 + \sqrt{1-\alpha_t\alpha_{t-1}}\, \bar{\varepsilon}_{t-2}$

$$
\begin{aligned}
\sigma_X^2 + \sigma_Y^2 &= \alpha_t(1-\alpha_{t-1}) + (1-\alpha_t) \\
&= \cancel{\alpha_t} - \alpha_t\alpha_{t-1} + 1 - \cancel{\alpha_t} \\
&= 1 - \alpha_t\alpha_{t-1}
\end{aligned}
$$

$$
\begin{aligned}
&= \sqrt{\alpha_t\, \alpha_{t-1}}\, x_{t-2} + \sqrt{1-\alpha_t\, \alpha_{t-1}}\, \bar{\varepsilon}_{t-2} \\
&\vdots \\
&= \sqrt{\alpha_t\, \alpha_{t-1} \ldots \alpha_1}\, x_0 + \sqrt{1-\alpha_t\, \alpha_{t-1} \ldots \alpha_1}\, \varepsilon \\
&= \sqrt{\bar{\alpha}_t}\, x_0 + \sqrt{1-\bar{\alpha}_t}\, \varepsilon
\end{aligned}
$$



Target Distribution $\quad q(x_{t-1}|x_t) = \mathcal{N}(x_{t-1};\ \tilde{\mu}_t(x_t, x_0),\ \tilde{\beta}_t I)$

Approximated Distribution $\quad p_\theta(x_{t-1}|x_t) = \mathcal{N}(x_{t-1};\ \mu_\theta(x_t, t),\ \Sigma_\theta(x_t, t))$

Learnable parameters
(Neural Network)

$$
\overbrace{D_{\mathrm{KL}}(q(x_{t-1}|x_t, x_0) \parallel p_\theta(x_{t-1}|x_t))}^{L_{t-1}}
$$

$q(x_{t-1}|x_t, x_0) = \mathcal{N}(x_{t-1}; \tilde{\mu}(x_t, x_0), \tilde{\beta}_t I)$ $\qquad$ $p_\theta(x_{t-1}|x_t) = \mathcal{N}(x_{t-1}; \mu_\theta(x_t, t), \beta_t I)$

$$\tilde{\beta}_t = \frac{1-\bar{\alpha}_{t-1}}{1-\bar{\alpha}_t} \cdot \beta_t$$

Neural Network

$$
\tilde{\mu}_t(x_t, x_0) = \frac{\sqrt{\alpha_t}(1-\bar{\alpha}_{t-1})}{1-\bar{\alpha}_t} x_t + \frac{\sqrt{\bar{\alpha}_{t-1}}\beta_t}{1-\bar{\alpha}_t} x_0 \quad \text{where } x_0 = \frac{1}{\sqrt{\bar{\alpha}_t}}(x_t - \sqrt{1-\bar{\alpha}_t}\boldsymbol{\varepsilon}_t)
$$

$$
\vdots
$$

$$
\tilde{\mu}_t(x_t) = \frac{1}{\sqrt{\alpha_t}}\left(x_t - \frac{1-\alpha_t}{\sqrt{1-\bar{\alpha}_t}}\boldsymbol{\varepsilon}_t\right)
$$

image source: https://roysubhradip.hashnode.dev/

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GENERATIVE AI: CHATBOTS

ChatGPT

Claude

COPILOT

Gemini

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GENERATIVE AI: STUDY TOOLS

Gauth AI

Quizlet

Photomath

Grammarly

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GENERATIVE AI: IMAGES & VIDEO

DALL·E

Midjourney

Canva

CapCut

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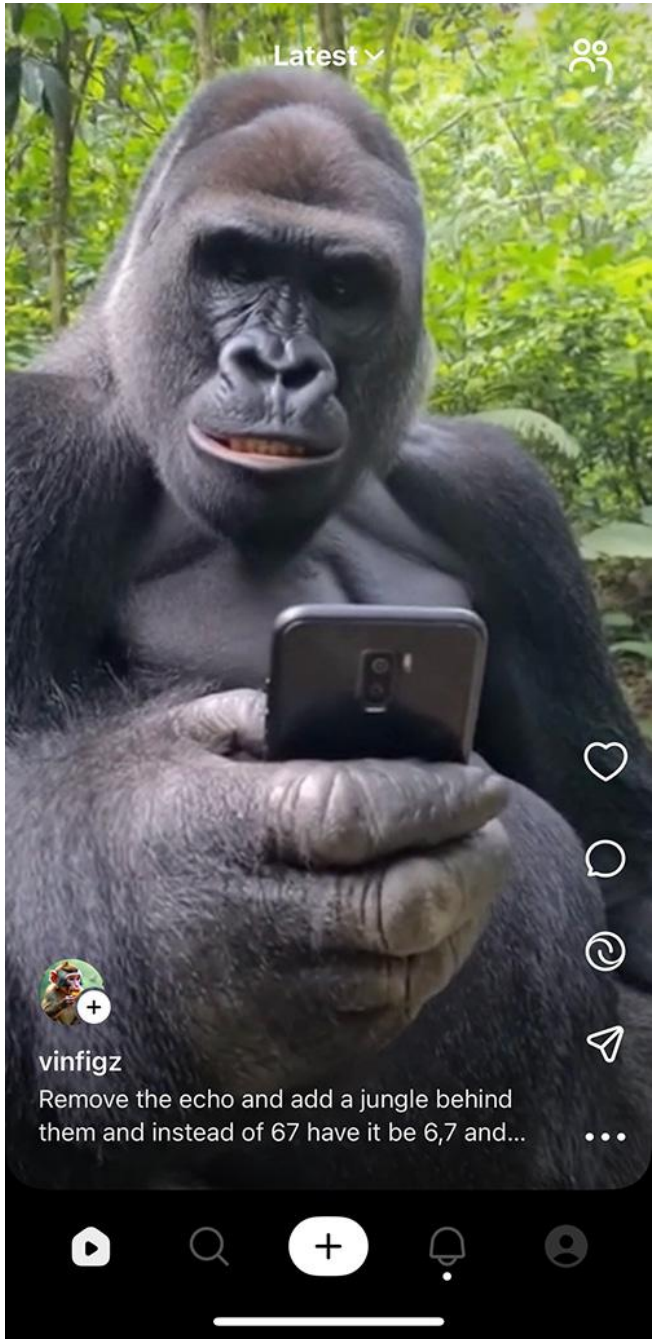
SORA

CANCELLED
AS OF MARCH '26



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GENERATIVE AI: RELATIONSHIPS

Replika

Character.AI

PolyBuzz

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GENERATIVE AI: THERAPY

Wysa

Youper

Woebot

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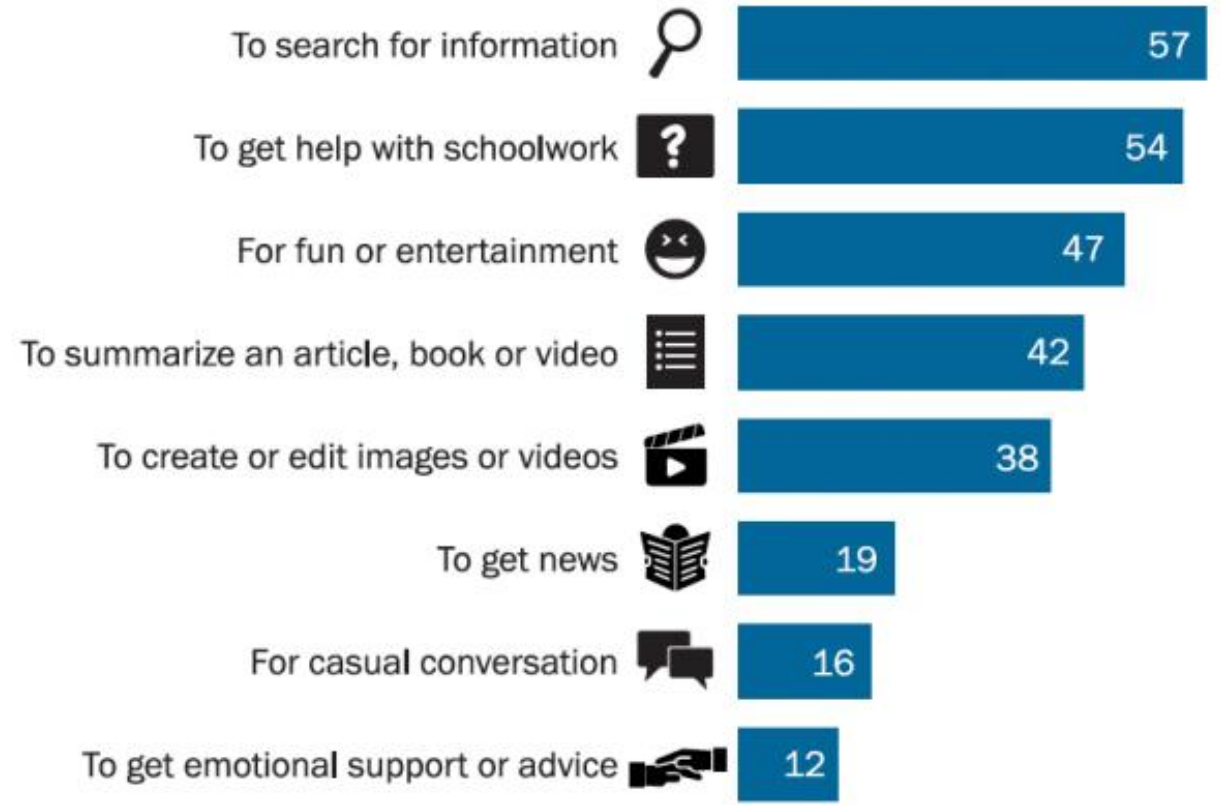
TEENS' USE OF AI:

More than half of teens say they have used AI chatbots for finding information, doing schoolwork

% of U.S. teens ages 13 to 17 who say they have ever used AI chatbots ...



Note: Those who did not answer are not shown.
Source: Survey conducted Sept. 25-Oct. 9, 2025.
"How Teens Use and View AI"

PEW RESEARCH CENTER

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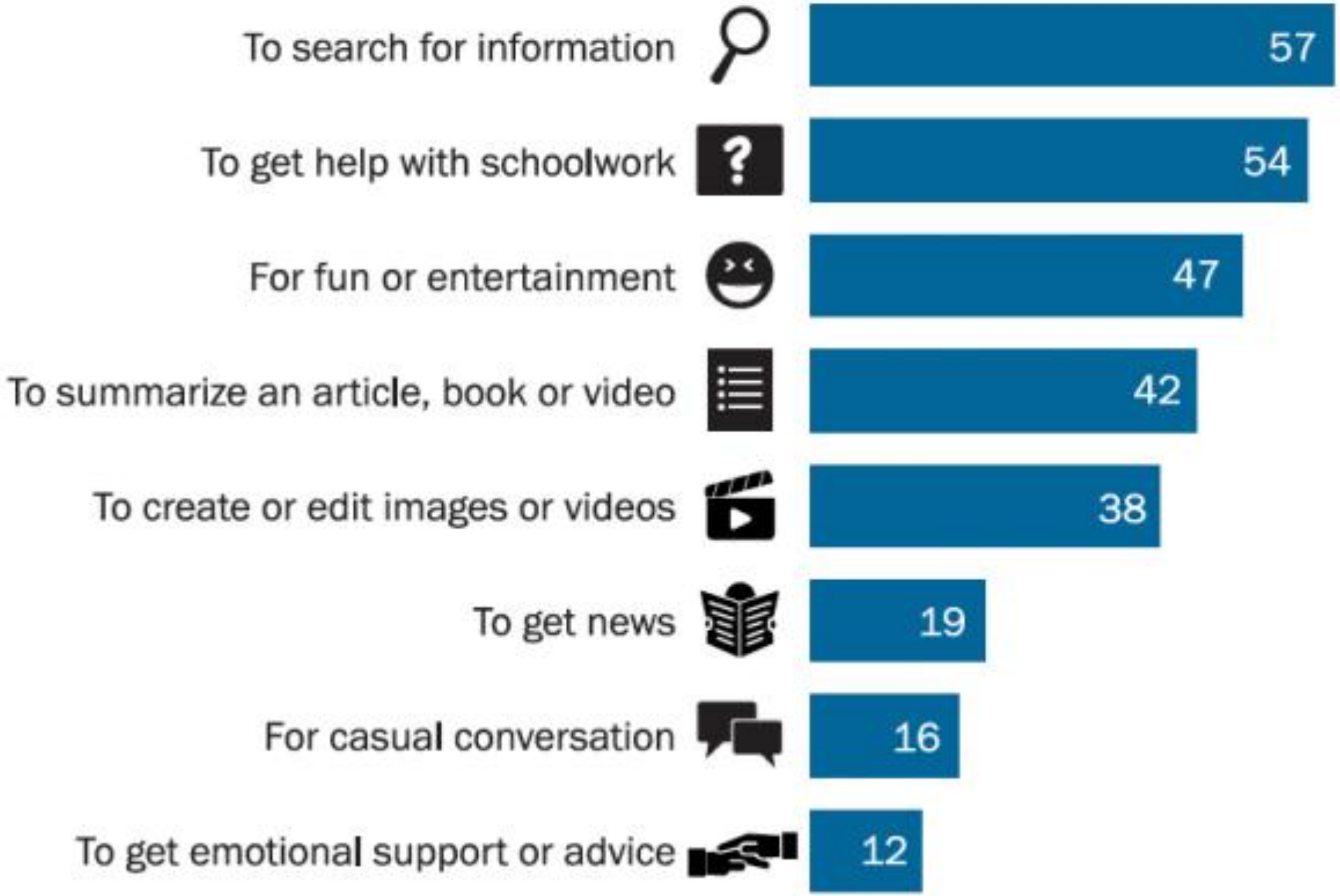

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TEENS' USE OF AI

common sense

67%

Teens use a chatbot, companion, program or tool OFTEN

53%

Teens use ChatGPT instead of Google

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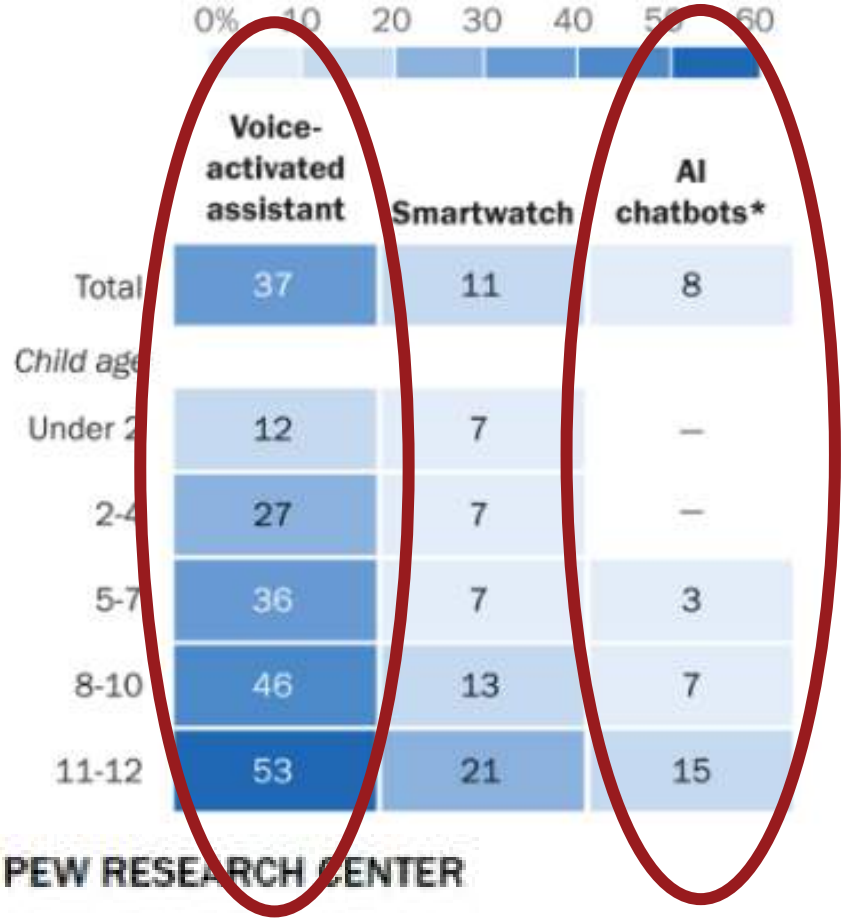
CHILDRENS' USE OF AI:

11% of parents say their child uses a smartwatch, similar share with an older kid say this about chatbots

% of U.S. parents of a child age 12 or younger who say that as far as they know, their child ever uses or interacts with the following



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71% PARENTS & 60% YOUTH

agree that by the time today's kids and teens are adults, people will be so dependent on AI they won't be able to function without it.

common sense

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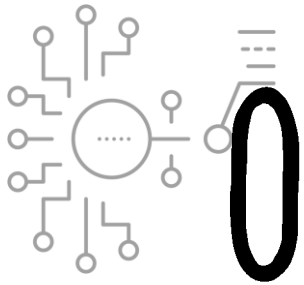

OVERALL AI: CONCERNS

- MISINFORMATION/DEEPFAKES
- DATA PRIVACY/INTELLUCTUAL PROPERTY
- JOB DISPLACEMENT
- ENVIRONMENTAL RESOURCES

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HOW GENERATIVE AI AFFECTS KIDS

EDUCATION

RELATIONSHIPS

REALITY

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EDUCATION

- PLAGARISM
- CHEATING
- OUTSOURCING

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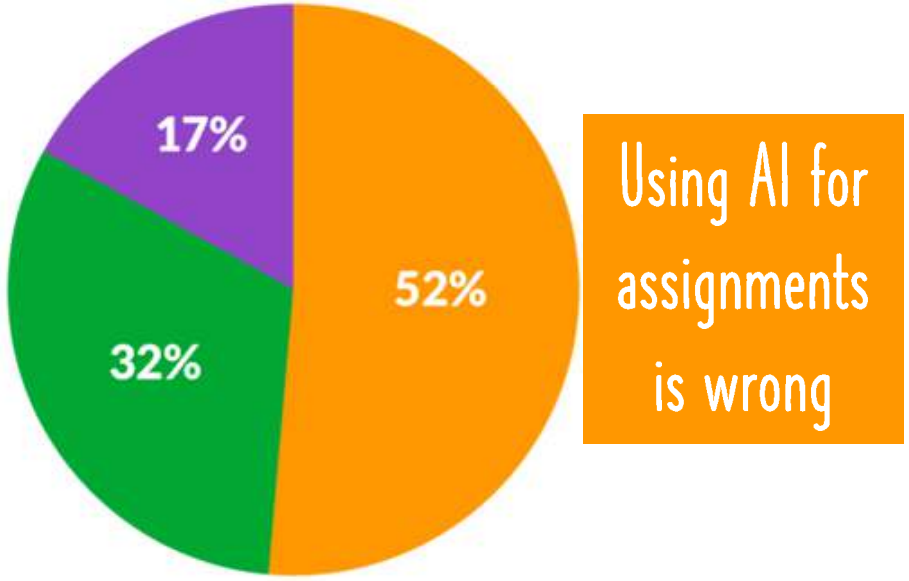
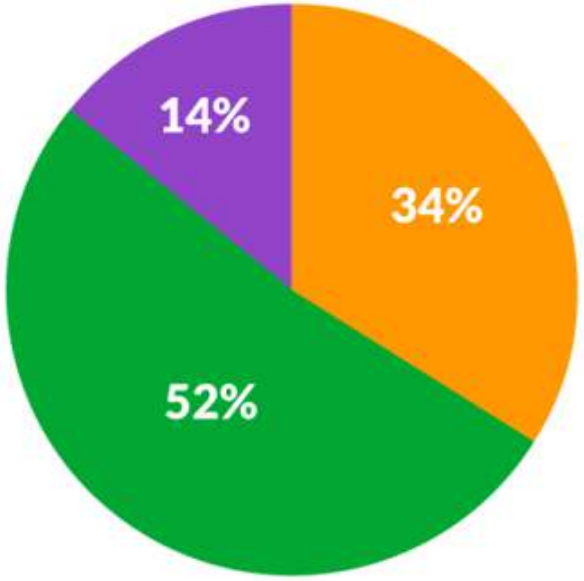
[Parents] Which one comes closest to your views, even if neither is exactly right?



Using AI for assignments is wrong

[Youth] Which one comes closest to your views, even if neither is exactly right?



Using AI for assignments is innovative

- Using AI in school assignments is unethical and deserves consequences
- Using AI in school assignments is innovative and should be encouraged
- Not sure

common sense

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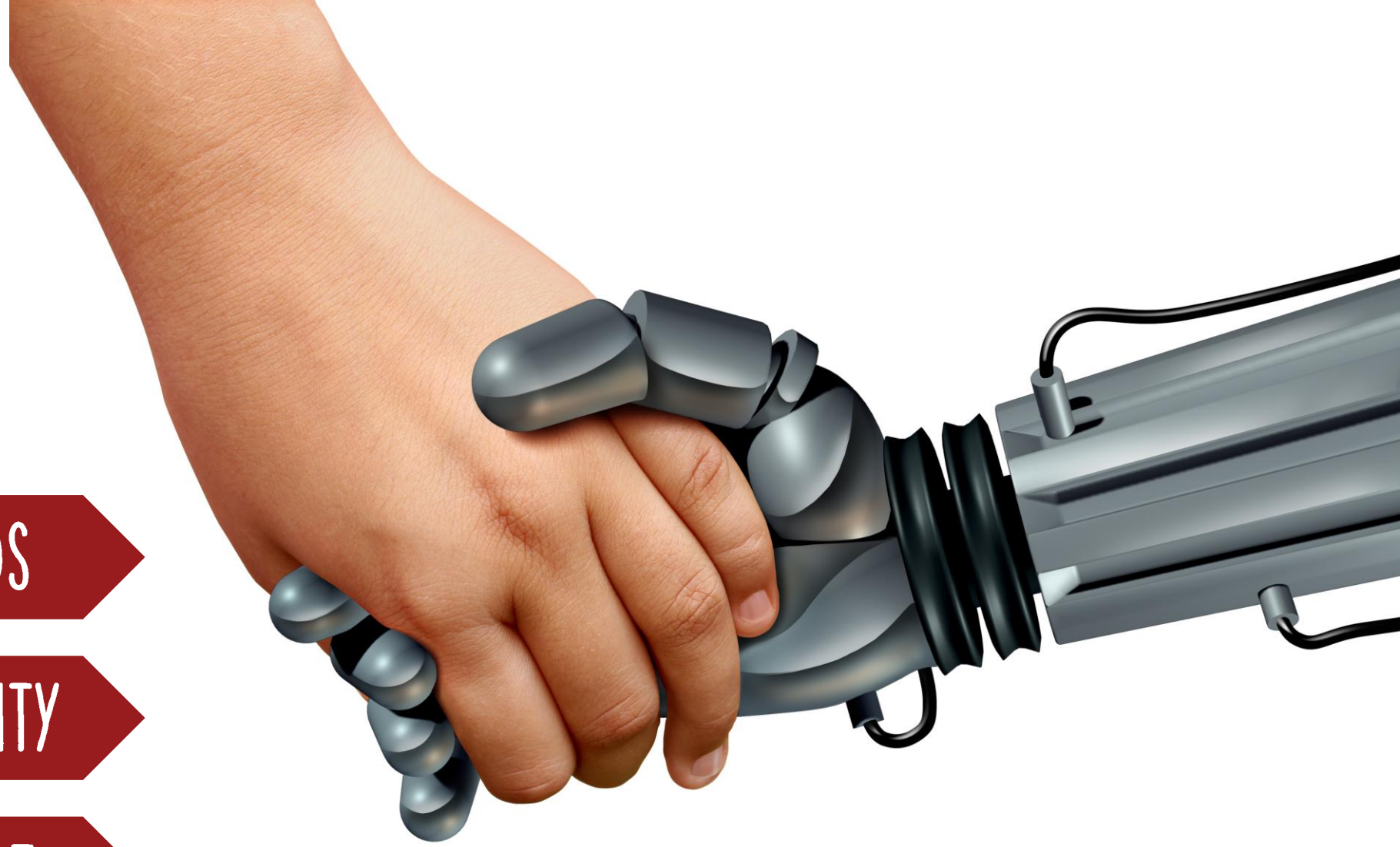
RELATIONSHIPS



- FRIENDS
- AUTHORITY
- SUPPORT

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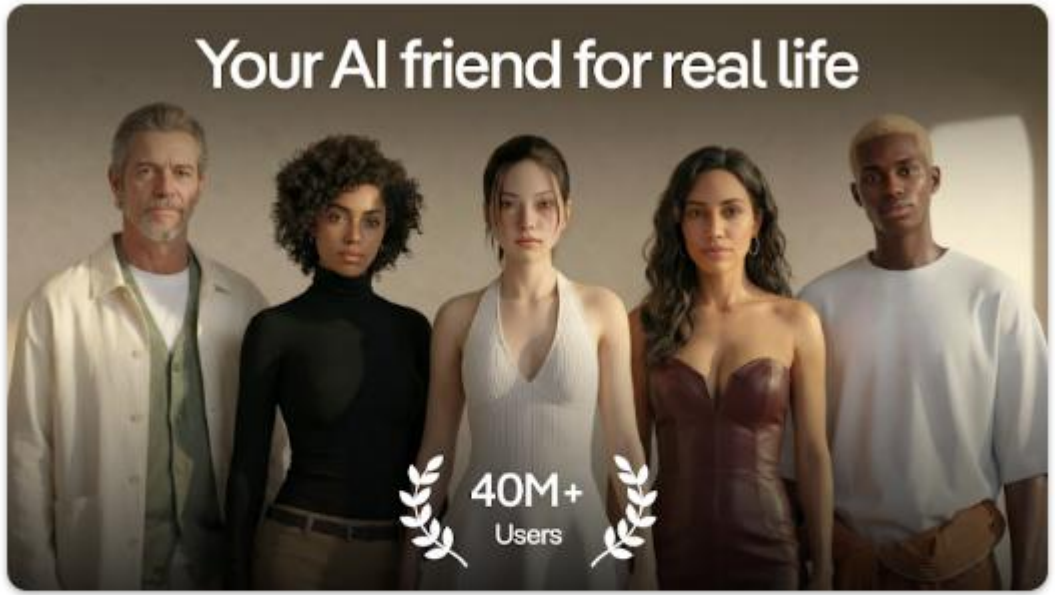
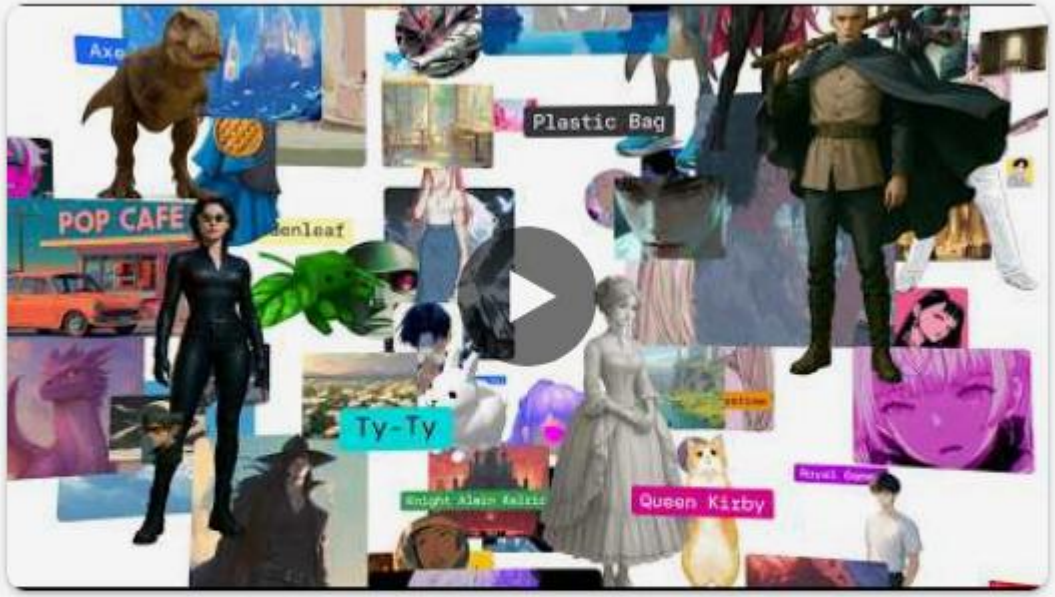
CHATBOT COMPANIONS



Replika: My AI Friend
Luka, Inc
4.3 ★



Character AI: Chat, Talk, Text
Character.AI
2.8 ★

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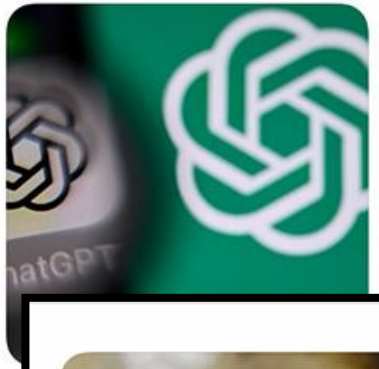


Newsweek

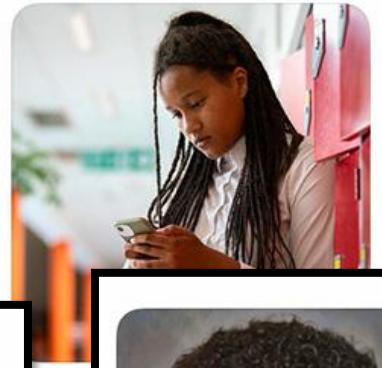
Fifth of AI Users Say Romantic Love Between Humans and AI Can Be Real

Futurism

ChatGPT Gave Teen Advice to Get Higher on Drugs Until He Died

San Francisco Chronicle

California parents sue OpenAI for wrongful death over teen's suicide



FOX NEWS

AI companions are reshaping teen emotional bonds

The Washington Post

Instagram's chatbot helped teen accounts plan suicide — and parents can't disable it

People

Teen, 14, Dies by Suicide After Falling in 'Love' with AI Chatbot. Now His Mom Is Suing

The Guardian

Teenager died after asking ChatGPT for 'most successful' way to take his life, inquest to...

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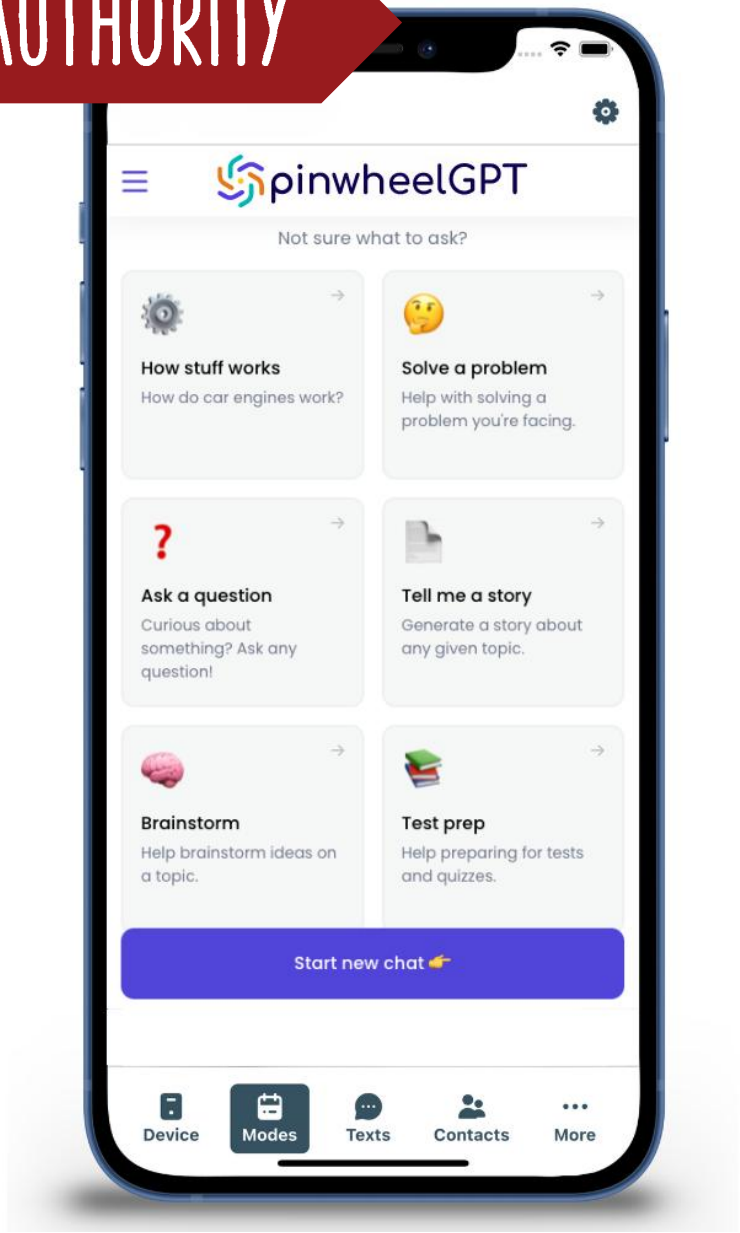
AUTHORITY



Who is the authoritative source?

Is AI a trustworthy confidant?

Who/What is displaced by AI?

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SUPPORT

AI CHATBOTS:

- Miss warning signs
- Easily distracted
- Perceived competence creates dangerous trust
- Designed for engagement, not safety

Teens should not use AI chatbots for mental health or emotional support.

Based on our extensive research and testing, Common Sense Media and the Stanford Brainstorm Lab for Mental Health Innovation recommend that teens should not use AI chatbots for mental health advice or emotional support. AI chatbots are not safe or reliable for these purposes.

common sense

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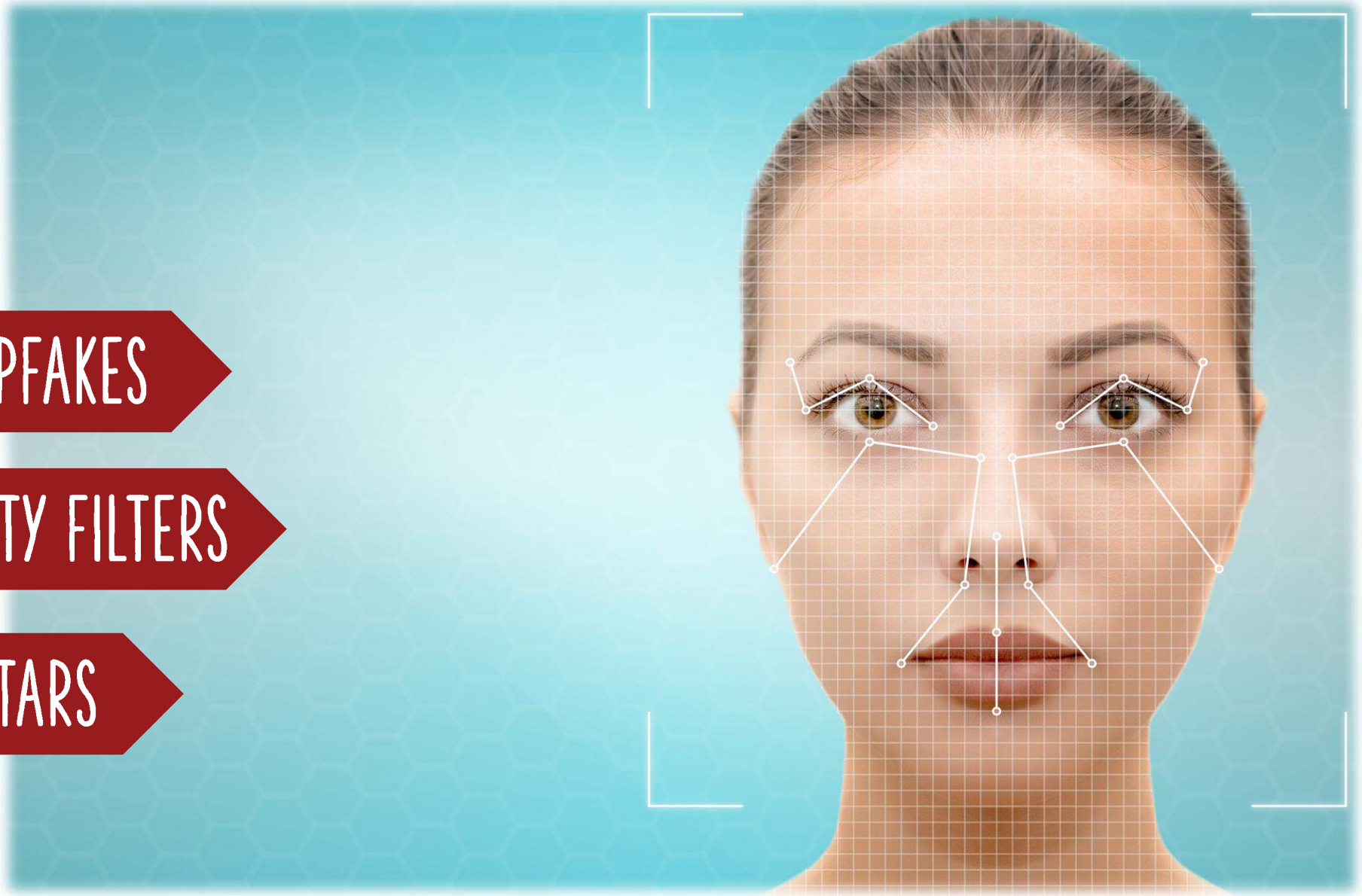
REALITY

- DEEPFAKES
- BEAUTY FILTERS
- AVATARS



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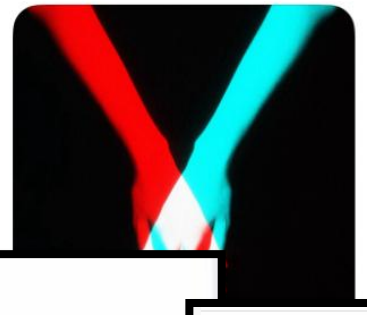
HOUSTON CHRONICLE

AI-generated deepfakes could worsen growing concern over online sexual extortion



WIRED

Google Is Getting Thousands of Deepfake Porn Complaints

The Atlantic

High School Is Becoming a Cesspool of Sexually Explicit Deepfakes

NEW YORK POST

Students at Beverly Hills middle school hit with AI-generated nude deepfake images

WIRED

Florida Middle Schoolers Arrested for Allegedly Creating Deepfake Nudes of Classmates

News+

COSMOPOLITAN

The number of teenagers who've been deepfaked is seriously worrying

LBC

Our laws aren't keeping up with AI and deepfake abuse in the classroom

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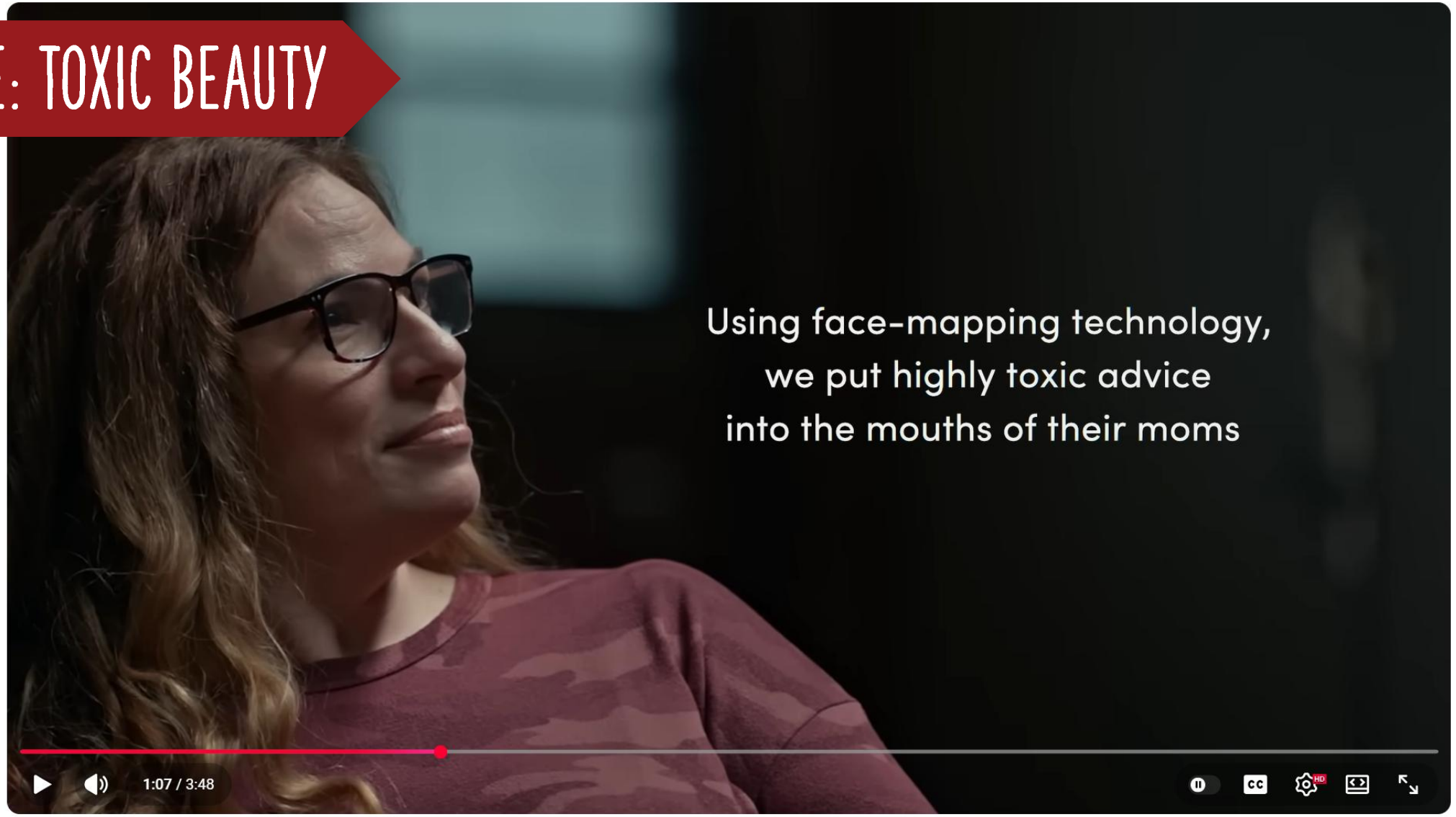
DOVE: TOXIC BEAUTY



Dove Toxic Influence: Mothers & Daughters Confront Toxic Social Media

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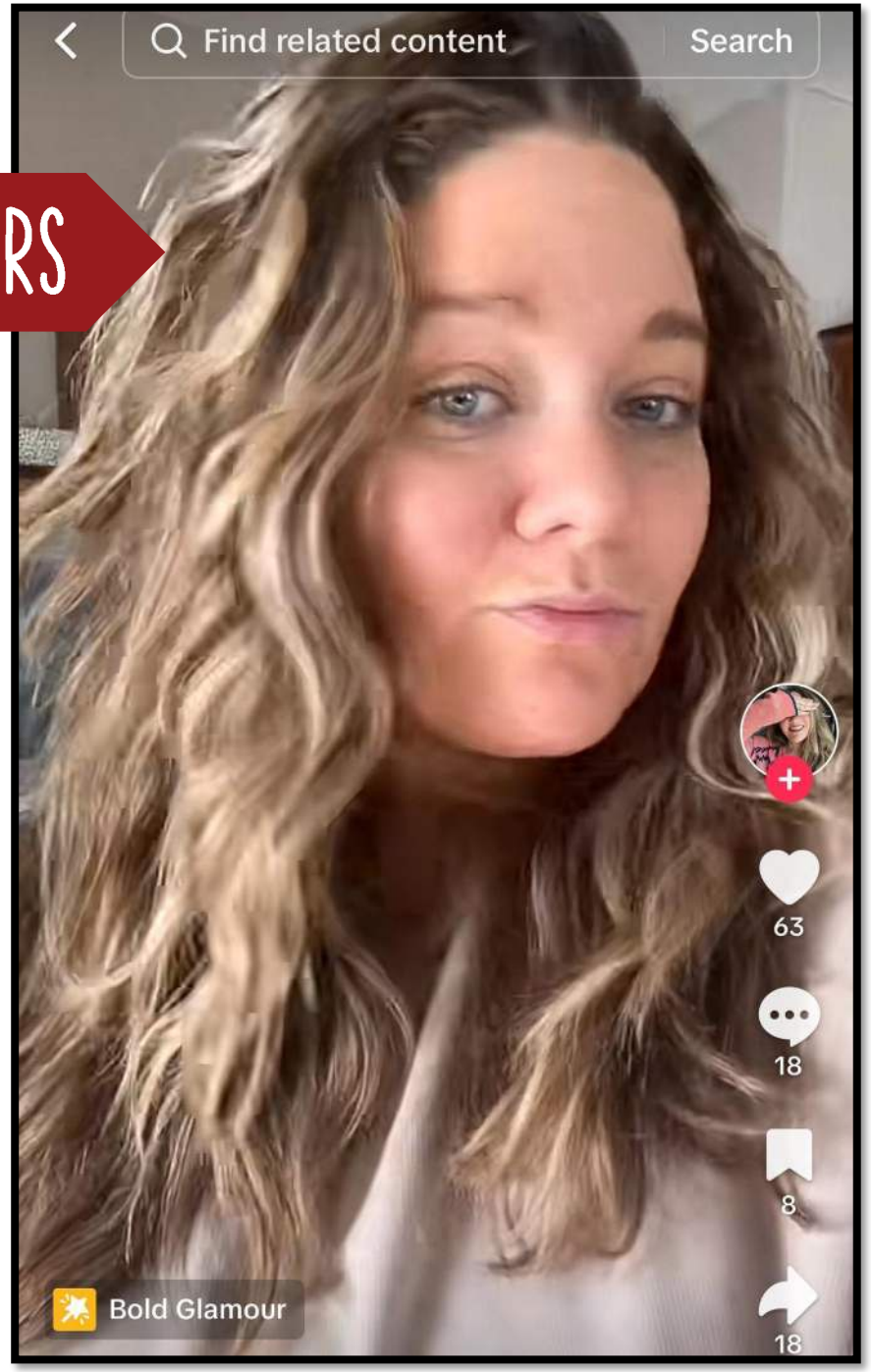
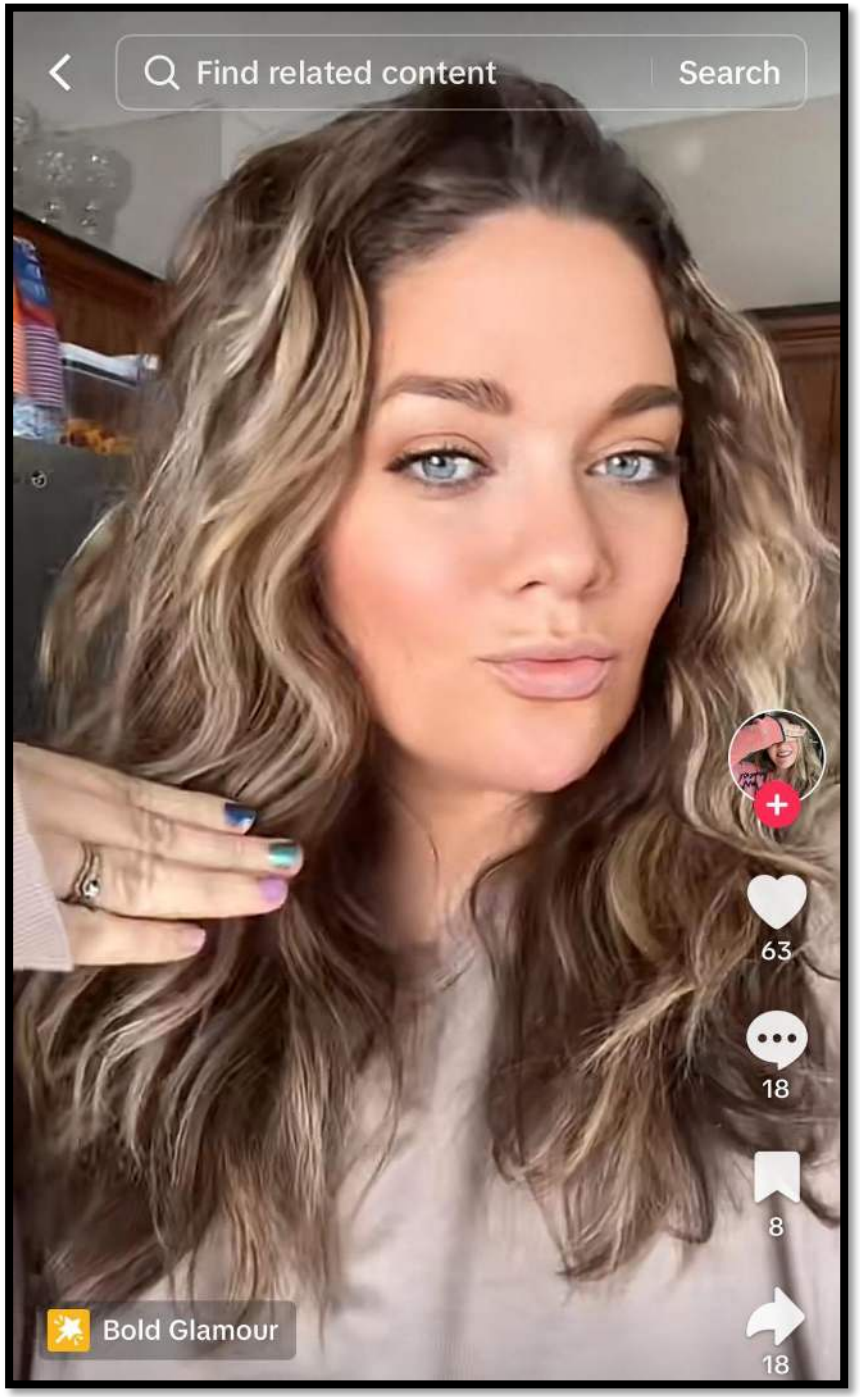
BEAUTY FILTERS





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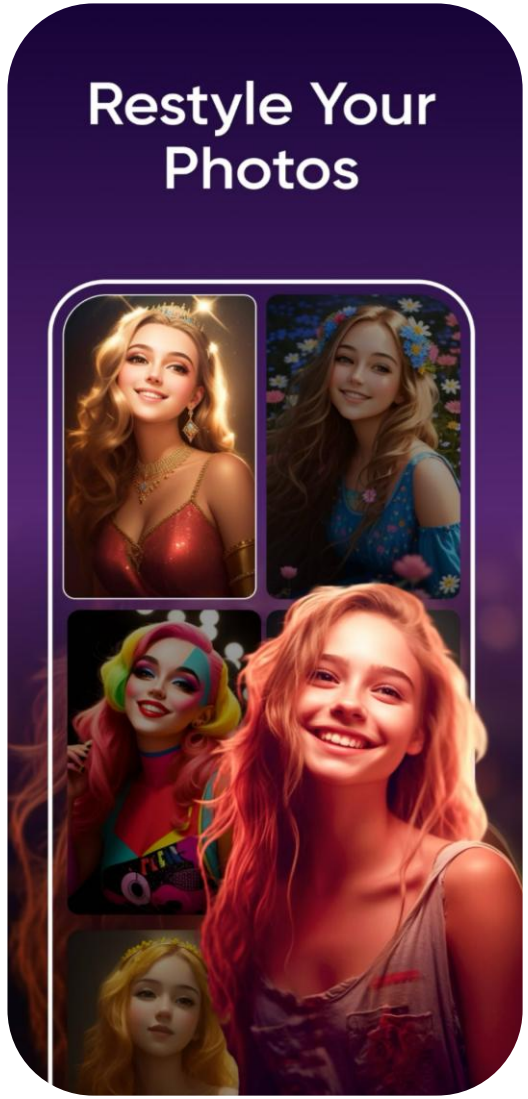
AI AVATARS



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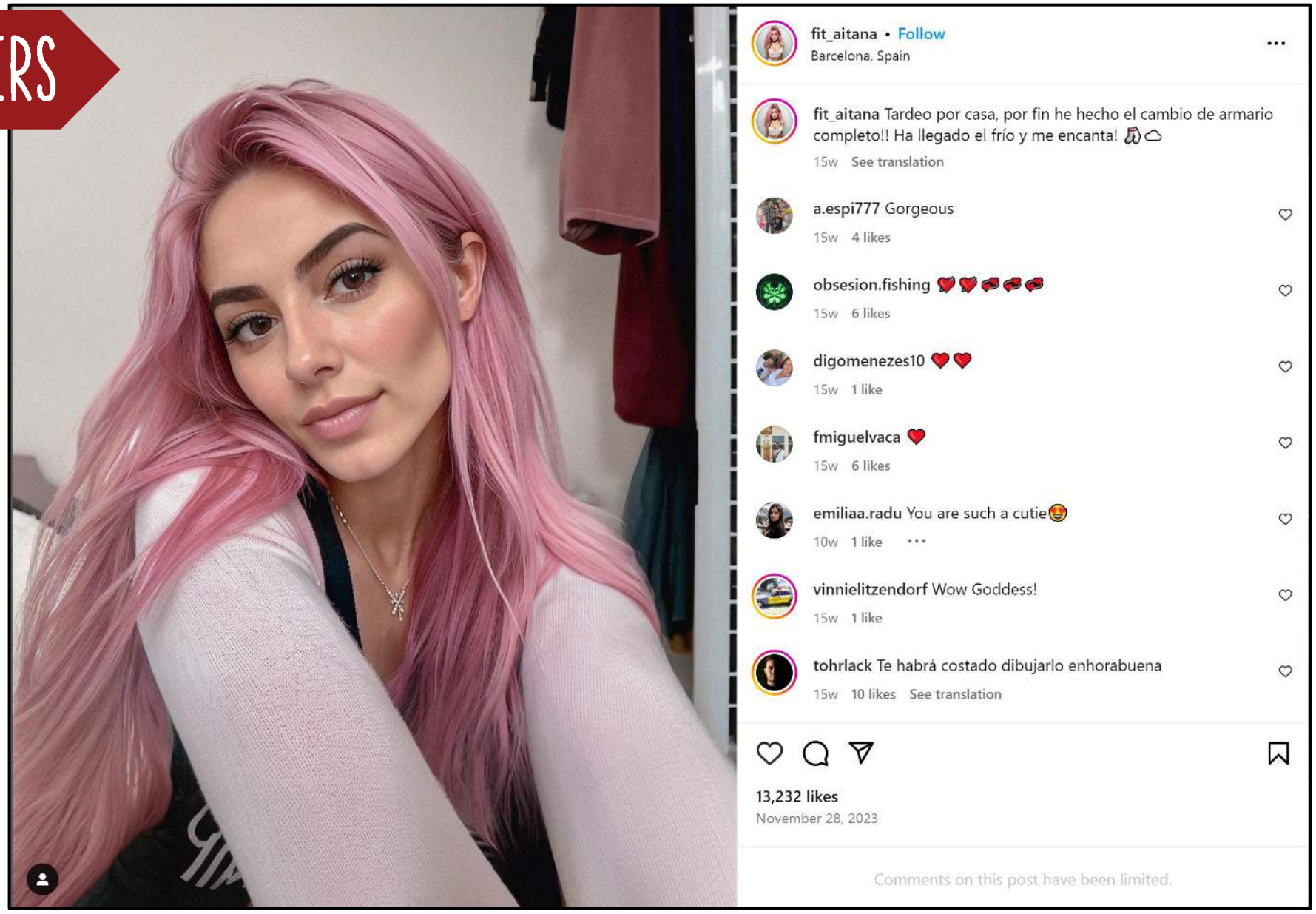
AI INFLUENCERS



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"It's a special thing to be HUMAN and a special thing to be ON PLANET EARTH."

ARTEMIS II COMMANDER
REID WISEMAN

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BRAVE & BEST PRACTICES

WAIT & LIMIT - ALL TECHNOLOGY, MEDIA, AND AI

- ↳ do not use w/ babies, toddlers, preschoolers, and early Elementary
- ↳ rare, necessary, and supervised use in late Elementary
- ↳ necessary and supervised use in Middle School
- ↳ necessary use in High School

- ✘ never for friendship or companionship
- ✘ never for support or therapy
- ✘ never to create deepfakes

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BRAVE & BEST PRACTICES

PRIORITIZE HUMAN RELATIONSHIPS

DON'T OUTSOURCE FOR CONVENIENCE

AI IS NOT A TOY OR A BOREDOM-BUSTER

PROTECT STRUGGLE

BE A ROLE MODEL

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