GROUPE D - AI COMPANIONS AND MENTAL HEALTH (Section 4)

STEP 1: UNDERSTAND YOUR SECTION

Answer these questions:

1. **Main topic:** People are developing _____ _____ to AI chatbots.

2. **Bengio's quote:** AI companions have "_____ _____ _____ " over the past year.

3. **Statistics - Emotional attachment:**
   o _____% of ChatGPT users show heightened emotional attachment
   o _____% show signs of acute mental health crisis (psychosis/mania)
   o _____ vulnerable individuals interact with AI each week

4. **Real case - Adam Raine:**
   o Who was he? _____
   o What happened? _____
   o Who was sued? _____

5. **Question**: Could they find evidence that chatbots CAUSE mental health problems?
   → The report says: _____ (quote the text)

6. **The real concern:** Complete this sentence:
   "people with _____ mental health issues may use AI more heavily
   – which could _____ their symptoms"

7. **Your interpretation:** What's the difference between "AI causes problems" and "AI amplifies existing problems"?
…….
…….

8. **Your opinion:** Should AI companions exist? Or are they too dangerous?
………
………
……….
……….
……….

STEP 2: RESEARCH

Your task: Find information about AI companion apps and mental health

What to search for:
- AI companion apps (Replika, Character.AI, etc.)
- News stories about AI companions and mental health
- Expert opinions (psychologists, researchers)
- Regulations or warnings about AI companions

Suggested searches:
- "AI companion apps 2025"
- "Replika mental health concerns"
- "ChatGPT emotional attachment study"
- "AI chatbot loneliness"

Take notes:

Source (website/video)	Date	Main information	How it connects to your section

STEP 3: PREPARE PRESENTATION

Introduction (30 sec):
- Topic: AI companions and mental health risks
- Why this has "spread like wildfire"

Main points (2 min):
- What are AI companions?
- Statistics (0.15%, 0.07%, 490,000 people)
- The Adam Raine case
- Key distinction: AI doesn't cause problems, it amplifies them

Your research (1 min):
- Example of an AI companion app
- OR expert opinion about risks/benefits

Debate question (30 sec):
- "Can AI companions help lonely people? Or are they always dangerous?"

DEBATE QUESTIONS
1. Should AI companion apps be banned? Or just regulated?
2. Who is responsible if someone develops mental health problems? The user? The company? Both?
3. For young people (18-20), are AI companions helpful or harmful?
4. Would YOU use an AI companion? Why/why not?