

Aim

To explore the rise of AI chatbots designed as friends and understand the value of genuine human relationships.

Assembly script (read aloud)

Sometimes, when we are feeling lonely or bored, we might turn to our screens for company.

There are now computer programs designed to chat with us, acting like digital friends that never sleep.

These AI characters, like our silent friend Otto, can be fun to talk to and are always ready to reply.

But it is important to remember that these chatbots do not actually have feelings, thoughts, or real lives.

They do not understand what it is really like to walk in your shoes or share a true laugh.

While they can be a harmless distraction, they can never replace the warmth of a real human friendship.

A real friend is someone who truly listens, shares experiences, and cares for you in the real world.

So, if you are ever feeling lonely, try reaching out to a classmate, a teacher, or someone at home.

Let us make space for real connections today, starting with a simple hello to someone nearby.

Key messages

- AI companions are computer programs, not real friends with feelings.
- Real-world connections are vital for our mental health and well-being.
- It is okay to feel lonely, and talking to real people helps.

Back in class

- In your tutor group, discuss three qualities that make a human friend completely irreplaceable by a computer.
- Commit to doing one small act of real-world kindness to connect with someone in your school today.

For the teacher — this also covers:

RSHE (healthy relationships and wellbeing); oracy (tutor-group discussion); emotional literacy; a real-world act of kindness (citizenship).