



In our ever-evolving world, artificial intelligence (AI) is playing an increasingly important role. To equip you and your student(s) for the future, we're excited to announce the launch of the *Lake Braddock AI Series for Caregivers*. Over the next few weeks, the New You Choose will provide you with accessible information about AI, its applications, and its potential activities. We hope through these snippets you will gain some

knowledge to navigate this exciting new frontier alongside your child.

LB AI Caregivers Series: Episode 2 – Navigating the Filtered World

AI seems to be everywhere – from your child's favorite game to their recommended videos. Students need to be aware of the positive and negative consequences. Equipping them to navigate and think critically about the content they are exposed to is essential for differentiating between reality and fantasy.

Try this: Which face is real?



Answer: The woman on the left is real.

Social media platforms utilize AI to create personalized algorithms.

Some benefits of AI in social media:

- Personalization – showing users content that they like
- Content moderation – removing harmful content like hate speech or graphic violence

- Accessibility – Features like image recognition and text-to-speech translation aid users with disabilities

Some risks of AI in social media:

- Filter bubbles – AI powered image and video filters can distort body image and create unrealistic beauty standards
- Targeted advertising – Ads are given based on personal data, raising privacy concerns and potentially manipulating choices
- Echo chambers – Algorithmic personalization can create insular “bubbles” where users only see content confirming their existing beliefs

Support your student in navigating social media by having conversations about algorithms, personalization, and curated content. It is important for all of us to assess information critically and fact-check information encountered online.

Interactive Activity:

- [Which face is real?](#)

Conversation starters for your family:

- Do you think it's important to be aware of how AI might be influencing your online experience? Why or why not?
- Have you encountered any misinformation or fake news online? How can you tell if something is true?