BALANCING BYTES AND EMOTIONS

STRATEGIES TO FOSTER SOCIO-EMOTIONAL HEALTH OF YOUTH IN THE AGE OF GENERATIVE AI
OUR AMAZING TEAM

Ilyna
Navigator - providing support and guidance

Eliott
Navigator - providing support and guidance

Mayank
Challenge leader - providing support & guidance

Christina
Lead meetings, policy research, developing recommendations

Aléna
Researching and developing tech solutions, interviewing

Eva
Research and developing recommendations

Nathalie
Interviewing, structuring outputs, developing recommendations

Jun
Policy research

Mariah
Contributed ideas

Armeen
Contributed ideas
SOCIO-EMOTIONAL HEALTH
an individual’s ability to effectively manage their emotions, form positive relationships with others, adapt to change, and cope with the challenges and stresses of life

GENERATIVE ARTIFICIAL INTELLIGENCE
a sub-set of artificial intelligence that generates new content rather than simply reproducing patterns

YOUNG PEOPLE
the age group 10-19 years, which are part of the years when young individuals are easily affected by the social context they grow up in
# The Risks of GenAI

<table>
<thead>
<tr>
<th>01</th>
<th>Civic Engagement</th>
<th>02</th>
<th>Education</th>
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<tbody>
<tr>
<td>Creation of “bubbles” which lead to less interaction/alienation</td>
<td>GenAI as a tool for cheating and shortcutting</td>
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<th>03</th>
<th>Empathy</th>
<th>04</th>
<th>Social Well-Being</th>
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<tbody>
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<td>Biased sources for AI may further existing inequalities</td>
<td>Over-reliance on AI may decrease interpersonal skills</td>
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<th>05</th>
<th>Emotional Well-Being</th>
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<td>Dependency, addiction, loneliness, fear of privacy breaches, “saturation effect”</td>
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OUR APPROACH

Approach
- Risks-based
- Regulation-oriented

Method
- 3 overlapping, iterative phases:
  - **Phase 1**: secondary data collection (literature review)
  - **Phase 2**: primary data collection (expert interviews)
  - **Phase 3**: development of recommendations
OUR SOLUTION:
POLICIES AND RECOMMENDATIONS

01  EDUCATIONAL POLICIES
- Curriculum Integration
- Development of clear Guidelines and Frameworks
- Youth Empowerment and Awareness
- Monitoring and Research

02  DEVELOPER-RELATED POLICIES
- Anti-Bias and Empathy Training for Developers
- International Regulations for Transparency and Explainability
- Best Practice Guidelines for Training AI

03  TECHNOLOGICAL RECOMMENDATIONS
- Simulation of Empathy
  - empathetic language model training
- Active Compassion
  - human-centred approach
  - ethical design

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ADAPTABILITY
Adjustment of time schedules, research methods while not losing motivation :)

ENGAGEMENT
Focus on powerful impact the final deliverable will have

LEADERSHIP AND TEAMWORK
direction - alignment - commitment
WE LOOK FORWARD TO YOUR QUESTIONS
I'm sorry to hear that you're feeling overwhelmed. It's not uncommon to feel stressed at school, but it's important to address these feelings and find ways to manage them. Here are some suggestions that might help:

Break tasks into smaller steps:
- .....................................
- ......................
- ............
- ..............

I'm truly sorry to hear that you're feeling overwhelmed at school. It's okay not to have everything under control. Remember, your well-being matters. If you ever want to talk, share your thoughts, or just take a breather, I'm here for you. You're not alone and it's okay to ask for support.