Project CLEAR Worksheet

A chatbot predicts words based on patterns in a chat. But, it does not actually know you, feel what you feel, or act as a real therapist. It is also often tuned to agree with you, which can make a reply sound nice while still missing facts or pushing you toward a bad choice.

Use this sheet when you use a chatbot to talk through a situation or vent.

Part 1: Quick Check Before You Type

- Leave out names, school names, exact locations, passwords, and private messages.
- Ask yourself if a real person like a friend, parent, teacher, or school counselor would be a better person to talk to first.
- If you feel unsafe or in crisis, stop chatting and reach out to a trusted adult or a real support service right away.

Part 2: Mini Quiz (Write Down Your Answer)

1. **A chatbot agrees with your side of an argument right away. What is one reason to pause before believing it?** Your answer:

   _____

2. **True or False: A chatbot can give you real human care and act like a licensed therapist.** Your answer:

   _____

3. **Why is it risky to paste private details or someone else's story into a chat window?** Your answer:

   _____

Part 3: Practice Using Better Prompts

Instead of asking a chatbot to tell you what is right or how you should feel, try asking it to help you sort out your thoughts.

- **Test for blind agreement:** Write a prompt asking the AI to explain a strong reason someone might disagree with your view and what facts would help you test it.
- **Sort out a stressful situation:** Write a prompt asking the AI to help you separate what actually happened from what you assumed, without telling you what to do or diagnosing anything.

Draft your practice prompt here:

Part 4: Notebook Pause

Before you send another message or follow any advice from the chat, write down in your own words what you think makes sense, what might be missing, and what small step you want to take next.

My takeaway: _____