

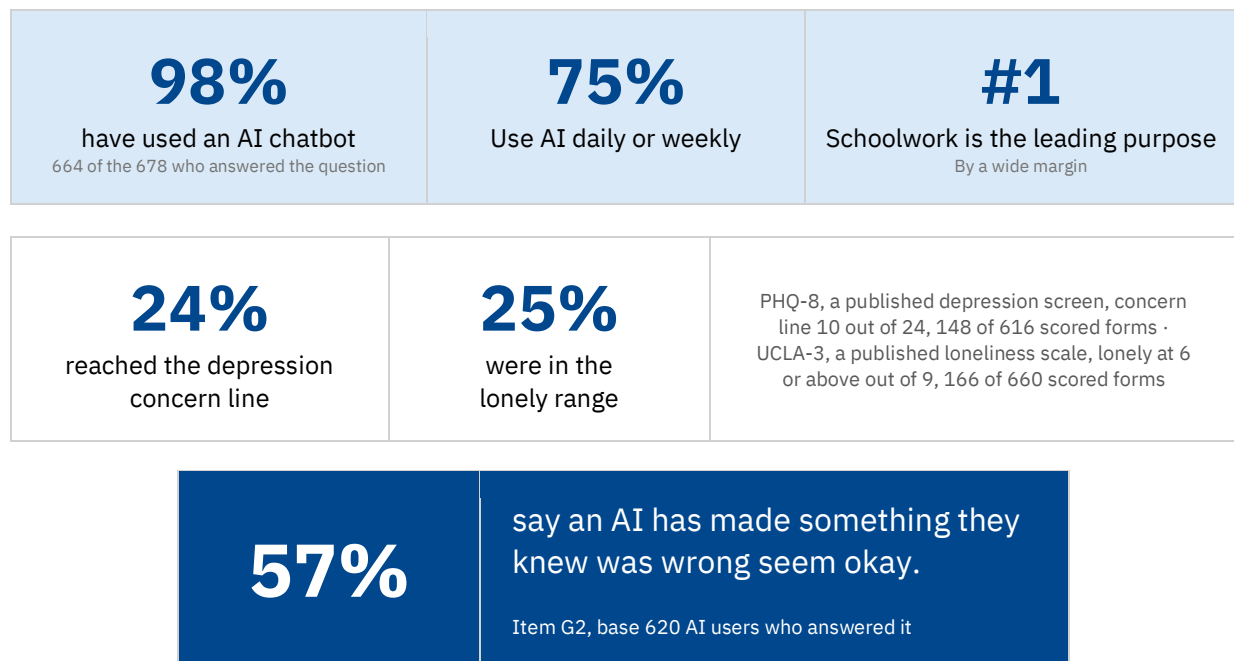
SafeAI Program

A school program on the psychology of AI

Developed by the Foundation. Delivered in person by the Foundation's licensed clinical psychologists.

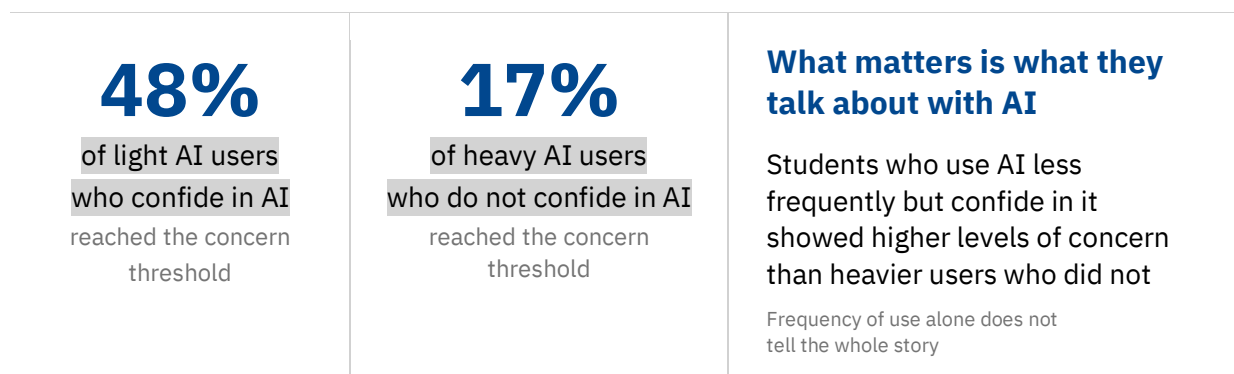
Why it matters

During summer 2026, we conducted the SafeAI survey across eleven youth cohorts in Lebanon. We collected 717 paper questionnaires from young people aged 12 to 17 between 4 July and 1 September 2026. All figures presented here come from this fieldwork.



What matters isn't how much they use it, but what they share with it.

We looked at four factors together: how often young people use AI, whether they use it for schoolwork, for personal feelings, or whether they see it as something that understands them. In our fieldwork, only the last two were associated with low mood; frequency of use on its own was not.



What is SafeAI?

SafeAI is the Foundation's school program focused on the psychology of AI and the systems built around it. It works with the three groups that play a central role in adolescent life: students, teachers and parents.

- **Students** learn what AI chatbots are, why they can feel like a friend, where the risks arise, and when it's important to turn to a real person instead. The same approach also looks at social media feeds and gaming.
- **Teachers** learn how potential harm can develop, what it may look like in the classroom, which signs may warrant a referral, and how to use AI as a teaching tool without allowing it to take over the learning environment.
- **Parents** learn how their children may be using AI when adults are not present, which signs at home deserve attention, and practical approaches that can be more effective than simply imposing a ban.

Every session is interactive. Students are encouraged to discuss, question and reflect on their own habits rather than simply listen to a presentation. The content is grounded in research, aiming to build understanding and confidence, not fear.

A Foundation program, built on three pillars

1. Pillar I - Education and awareness:

Surveys, lectures and school-based programs for students, teachers and parents. SafeAI is the Foundation's flagship school program.

2. Pillar II - Practices and connections:

A school-referral offline program located in Rabieh built around six non-digital activities: music, photography, painting, cinematography, cinema, hiking and camping.

3. Pillar III - Research, advocacy and policy:

Joint research with NDU and USJ, policy work with the AUB Knowledge to Policy Centre on a draft Lebanese law, and affiliate membership of IASEAI.

How the program runs

Three tracks are delivered across one school year. Schools can either take part in the full program or select the components that best fit their calendar.

1. Students Two surveys - Two interactive lectures - One printed handout

- 1 Baseline survey (15 minutes):** *Anonymous, on paper, before the lecture.* It measures what your students share and discuss with AI, not only how much they use it. Your school receives its own results.
- 2 First lecture (60 minutes):** *Interactive session.* What an AI chatbot is, why it feels like a friend, where the risk sits, and when to turn to a real person instead.
- 3 Student handout:** *Distributed at the end of the first lecture.* A printed guide that students can take home and keep as a lasting reminder of the key ideas of the lecture.
- 4 Second wave lecture (60 minutes):** *Later in the school year.* The sessions contain new content, it refreshes the first lecture and extends it into the ground students have covered since.
- 5 Second wave survey (15 minutes):** *Run after the second lecture.* It measures the shift against the baseline. Your school receives the comparison.

2. Teachers One survey - One interactive lecture - Two printed packs

1 Teacher baseline survey (15 minutes): *Anonymous, on paper.* It covers AI literacy, awareness of harm, and teachers' own use of AI. Your school receives a picture of where its teachers stand, set against where its students stand, so the gap between the two is visible before anyone tries to close it.

2 Teacher lecture (90 minutes): An interactive session, covering how do AI chatbots work, when do they become harmful to children, what are the warning signs and what can teachers do to help their students.

3 Nine refresher sessions. *A printed pack handed to teachers at the end of the workshop.* Each session runs 15 minutes and is delivered by the teacher to the class across the year. The booklet is built on the peer-reviewed literature and ready to teach with no preparation.

4 SafeAI use guide. A one-page guide on using AI effectively in teaching while keeping the teacher at the centre of the classroom.

3. Parents One lecture - One printed guide

1 Parents lecture (90 minutes): A practical session covering AI companion risks, how platforms shape user behaviour, warning signs to look out for, and practical ways parents can respond at home. The session can be held in the evening or alongside an existing parents' meeting.

2 SafeAI parents guide. Printed handout, distributed at the end of the lecture. Warning signs on one side, what to do about them on the other.

Each student session is available in two versions, for ages 12–14 and 15–17, with the language, examples and case discussions adapted to the age group. Every student receives a certificate upon completion.

Optional add-on: per class workshops

Pilot program - Two schools only this academic year

45 minutes per class - Delivered class by class

A smaller room for a more open conversation. Each class explores the harm reaching students through AI, social media and gaming. The smaller group setup gives the quiet students a chance to speak. Two schools can request the workshop this year, with more to follow.

The program across the school year

As a first step	Term 1	Term 1 or 2	Across the year	Term 3
Student and teacher baseline surveys. (anonymous, on paper, 15 minutes each)	First student lecture and handout. Teacher workshop, refresher pack and use guide.	Parents lecture Printed parents' guide.	Nine refresher sessions of 15 minutes, material provided by the Foundation, run by your own teachers.	Second wave lecture, second wave survey, and your school's results report.

Your data stays yours

Survey data is confidential and belongs to your school. The Foundation uses only pooled, aggregated data for research purposes. Your school is never identified in anything published or shared outside the Foundation. The forms contain no names or codes, so individual students cannot be identified. The survey instrument is also ethics-reviewed before fieldwork.

***“The question to ask a child is not how much they use an AI chatbot.
It’s what they share and discuss with it”***

Bring SafeAI to your school

Write or call, and we visit your school to present the program in person. You then choose the parts you want and the dates your calendar allows.

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**The Foundation
carries every cost**

Sources

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Protecting children in the age of AI.

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