When AI Gets Personal — Power, Risk, and Human Connection

AI Basics for the Curious – Spring 2026
Session 4 of 6

March 24, 2026 | 2:15–4:00 PM

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As You Watch...

- What don't we understand about AI?

- Who is really in control?

- Where are the risks already showing up?

AI IS A MASSIVE PROBLEM

Core Idea: Advancing faster than we can control

We don't fully understand it

Control is uncertain

The impact is already here

Let's Talk (20 min)

What concerned you most?

Who should control AI?

Are we moving too fast?

Now Let's Shift...

If AI can influence systems, decisions, and society...

what happens when it influences human relationships?

As You Watch...

- Why do people turn to AI for connection?

- What makes it feel real?

- Where could this go too far?

AI-HUMAN RELATIONSHIPS ARE GETTING COMPLICATED
CNBC
45:57

AI Chatbot Relationships

- Core Idea: AI is becoming a companion
- Feels like real connection
- Can create dependency
- There are real risks

Let's Talk (20 min)

What makes a relationship real?

Would you trust an AI companion?

What might we lose?

Mental Exercises

- What feels real... and why?

- What do easier relationships cost us?

- What kind of future do we want?

Next Session — April 14, 2026

What is AI really costing us...

- our resources
- our sense of fairness
- our institutions