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AI: Friend or Foe?



POSTCARD



Round Square Zoom Postcard Session **'AI: Friend or Foe?'** will explore how artificial intelligence is shaping the way teens connect, learn, and navigate daily life. We'll look at how AI companions—from chatbots to virtual friends—can support social interaction and emotional wellbeing, while also considering the risks of relying too much on them. The session will highlight how AI can be a creative and educational tool when used mindfully, and discuss ways to maintain a healthy balance between digital interactions and real-world connections.

By the end of the session, participants will reflect on how to embrace AI's benefits without losing sight of genuine human relationships.

We are excited for you to join us on this call!

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a Zoom Around the World with Round Square event

Title: AI: Friend or Foe

Date: 21st January 2026

Time: 7:30 PM IST (GMT +5:30)

We make the start time to be 9am in Bogotá and Miami, 11am in Santiago and Buenos Aires, 2pm in Accra and London, 3pm in Paris, Johannesburg, and Genève, 4pm in Athens, 5pm in Nairobi, 6pm in Yerevan and Dubai, and 7pm in Dhaka, but please check for your own location.

Participants: Ages 13-15 years

Register:



Pre-work:

Before the call, our hosts ask participants to please read the article [AI and Adolescent Wellbeing](#) and come to the call ready to discuss it in groups.