

Companion Guide for Exploring Woebot for Adolescents



To optimize your experience in Woebot for Adolescents, we recommend you adopt the persona of a “typical” user. The instructions below outline how you might explore Woebot for Adolescents as “Jordan”, who is facing **challenges with how their relationships** have changed since starting high school, as well as with **self-identity and social media use**.

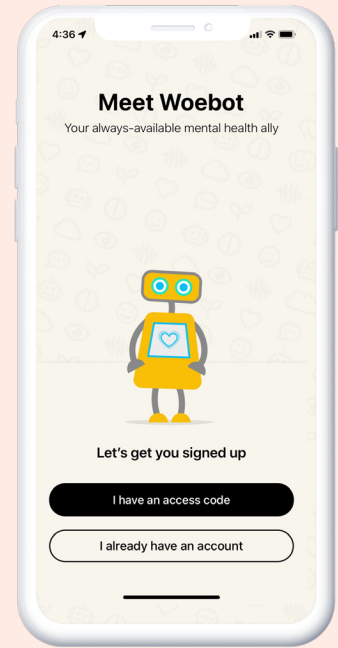
Step 1: Download & Onboard

- You will receive an access code to test Woebot; enter the access code and your email address
- Move through the onboarding screens, and share your name with Woebot

Note: If you’ve used Woebot in the past, you’ll need to use a different email address for testing access

Step 2: Chat with Woebot & Try Some Tools

- On your first day, Woebot will start the conversation by sharing a bit about itself, and then ask you how you’re feeling
- Woebot checks in about your mood regularly to assess what kind of conversation will benefit you the most from moment to moment



💡 Conversation Tips	Why It Matters
<p>Feeling overwhelmed is one of the most common mood states reported by adolescents. Select “overwhelmed” as your mood, and you’ll be brought to a highly used tool, based on concepts of CBT – cognitive restructuring. When asked about your negative thoughts, try to imagine what Jordan might think – perhaps: <i>“I can’t handle school right now”</i> or <i>“I’ll never make new friends.”</i></p>	<p>Woebot will begin most conversations with adolescent users by asking how they’re feeling. This key step invites teens to notice, label and understand their mood in a supportive, judgment-free space.</p>
<p>Relationship problems are one of the top three issues adolescents like Jordan report to Woebot. At a check-in, report a negative mood, and then describe a relationship problem to Woebot, like, <i>“I had a fight with Bella and she doesn’t want to be friends anymore”</i> to see an example of Woebot’s relationship- specific tools.</p>	<p>Our user data has shown that teens really want to write! Experts validated that this ‘storytelling’ approach is a common way for teens to share their experiences or problems – so we’ve adapted the product to give teens more space to express themselves and feel heard.</p>
<p>Next, try logging a positive or neutral mood (e.g., <i>“okay”</i> or <i>“content”</i>) when Woebot asks how you’re feeling. From there, Woebot will guide you through a range of psychoeducational interactions adapted to the adolescent experience.</p>	<p>While teens are feeling okay and have a handle on their immediate problems, we find they’re open and willing to learn and grow.</p>
<p>Try selecting the ‘Topics’ panel on the top left-hand corner of your screen. Once in the ‘Topics’ panel, select ‘Self care & self image’</p> <ul style="list-style-type: none"> • Here, we encourage you to explore <i>“What makes you, you? Part 1”</i> and <i>“What makes you, you? Part 2.”</i> The first part in this series explores the person’s unique strengths. The second aims to help them think through the person they’d like to become. • In the ‘Self care & self image’ category, tap “Seeing past the filters” to navigate to a conversation aimed at helping teens develop greater media literacy. 	<p>Two themes that are especially important for teens; the significance social media plays in their lives, and how their self-identity is shifting and growing during this period.</p>

Through partnerships and interviews with experts and adolescents, we learned that teens and adults typically experience relationship problems quite differently.

For example, adolescents are often in the difficult position of needing to ask for things from their parents or guardians, while also trying to forge their own independence.

Plus, their relationships with their friends, family, and classmates are quickly evolving, resulting in changes in how they perceive others and how they are being perceived.

On top of that, teens may be experiencing some of these problems for the first time, which can make them feel overwhelming and all-consuming. We designed Woebot for Adolescents with these needs in mind.

Woebot for Adolescents is not evaluated, cleared, or approved by FDA. It may be considered as an adjunct to clinical care, it does not replace clinical care.