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Harrington  
LD 2162

Testimony for LD 2162:

An Act to Regulate and Prevent Children's Access to Artificial Intelligence Chatbots with Human-like Features and Social Artificial Intelligence Companions

February 21, 2026

To the Members of the Committee on Health coverage, Insurance and Financial services,

My name is Holly Lisett Anderson. I am a Maine resident of Harrington and an undergraduate psychology student at the University of New England. Thank you for your time. I hope that through this testimony and many others you sincerely consider supporting LD 2162, An Act to Regulate and Prevent Children's Access to Artificial Intelligence Chatbots with Human-like Features and Social Artificial Intelligence Companions.

According to Representative Lori Gramlich, “more than 70% of teens report using AI chatbots for companionship”, with roughly half using these technologies on a regular basis. Children and teens have been found to trust in AI chatbots for emotional support regarding relationships, mental health, and self identity. This technology has completely dehumanized the childhood experience, isolating these easily persuaded individuals and reshaping their realities. Children who used to seek out advice from their loved ones, now go to internet sources for the most basic human conversations. We as a society should not allow our children to disengage from human connection.

As we look at our youth today, we can see the deeper issues of our society. Our children are completely desensitized to cruelty. These children are exhausted, filled with pain, and a lack of imagination. The hope we used to inspire into our young ones is now being torn apart by big corporations for nothing more than profit. How can you possibly look at your own children with their faces glued to their technology and not be disappointed in yourself? You have actively contributed to your children’s suffering. If you don’t act now and enforce bills that restrict children’s access to dangerous technology such as AI; you are wishing upon all younger generations a lifeless, imagineless world. One that you knew you could’ve avoided.

The time is now. We must stop the disaster AI chatbots have caused and pave the way to a better future. Please, for the salvation of humanity, vote “ought to pass” on LD 2162 to restore hope, imagination, and connectivity for all.

Thank you,  
Holly Lisett Anderson  
Harrington, Maine