



Create cohesive, high-performing teams that foster trust & connection through small group discussions.



# BRIDGECHAT

DISCUSSION GUIDE

MARCH 2025



## Unite through Activity

"AI Escape Room": Work together to solve AI-generated puzzles and escape a virtual room, promoting teamwork, problem-solving, and fun, with a twist: AI-powered clues and challenges will keep you on your toes, can you escape before time runs out?

## Related Resources

**DoD Chief Digital and Artificial Intelligence Office:** This website is a central hub for information on the DoD's digital transformation and AI initiatives. <https://www.ai.mil/>

**Air Force Artificial Intelligence Website:** This website provides an overview of the Air Force's AI strategy, initiatives, and projects, as well as resources for airmen and civilians interested in learning more about AI.

**Artificial Intelligence Can Generate Fraudulent but Authentic-Looking Scientific Medical Articles: Pandora's Box Has Been Opened**

DoD artificial intelligence agents successfully pilot fighter jet  
<https://www.dvidshub.net/image/7633694/dod-artificial-intelligence-agents-successfully-pilot-fighter-jet>

ZeroEyes technology helps detect potential firearms threats  
<https://www.dvidshub.net/image/8794126/zeroeyes-technology-helps-detect-potential-firearms-threats>

## AI FRIEND OR FOE

AI will play a crucial role in enhancing our military capabilities across various domains. This technology offers significant benefits but also presents potential threats that we must actively address to ensure its responsible and effective implementation.

### Benefits of AI Integration:

**Enhanced Data Analysis and Decision-Making:** AI can rapidly process and analyze vast amounts of data, providing commanders with real-time insights and supporting faster, more informed decision-making at all levels of warfare.

**Expansion of Autonomous Systems:** AI-powered autonomous systems can extend our operational reach and scope, performing missions in dangerous environments and minimizing risks to human lives.

**Strengthened Cybersecurity Posture:** AI can bolster our cybersecurity defenses by providing real-time threat detection, identifying vulnerabilities, and automating responses to increasingly sophisticated cyberattacks.

Harnessing these benefits will be critical for the Air Force to maintain its competitive edge in an increasingly complex and data-driven battlespace. Faster decision-making cycles, coupled with the ability to leverage autonomous systems and strengthen cybersecurity, will be essential for achieving mission success and safeguarding national security.

### Potential Threats of AI:

**Information Warfare Vulnerabilities:** Adversaries can leverage AI to create and spread disinformation, manipulate public discourse, and undermine trust in our institutions.

**Deepfakes and Social Engineering:** AI-generated deepfakes pose a serious threat, potentially deceiving personnel with realistic but fabricated video and audio content. Additionally, AI can enhance social engineering attacks, enabling adversaries to extract sensitive information from individuals and organizations at scale.

**Unforeseen Consequences and Ethical Concerns:** The rapid development of AI introduces ethical considerations and the potential for unforeseen consequences. Establishing clear guidelines and oversight mechanisms is crucial to ensure responsible AI development and use.

Failing to address these threats could have severe consequences, potentially eroding public trust, jeopardizing missions, and creating new avenues for strategic adversaries to exploit. Recognizing and mitigating these risks is not optional; it is essential for ensuring the responsible and ethical development and deployment of AI technologies within the military context.

**Mitigating Risks and Ensuring Responsible AI Implementation:** To fully realize AI's potential while safeguarding against its risks, we must cultivate a risk-aware culture throughout the Air Force. This involves educating personnel on AI's benefits and dangers, establishing clear protocols for human oversight of AI systems, and investing in countermeasures like deepfake detection technology. This proactive approach ensures AI strengthens our national security by promoting responsible and ethical development and deployment of AI technologies that advance our national interests.

**Conclusion:** By embracing AI's potential while proactively addressing its inherent risks, the Air Force can maintain its strategic advantage in an evolving global landscape. A comprehensive approach that emphasizes education, robust oversight, and continuous adaptation will be critical to harnessing the power of AI while safeguarding against its potential pitfalls.

## WATCH...

**DVIDS - Video - Digital Evolution of AI in the AF Timeline** (7:27)

**DVIDS - Video - AFRL Autonomous Aircraft Experimentation** (7:53)

DARPAtv AlphaDogfight Trials Final Event <https://www.youtube.com/watch?v=NzdhIA2S35w>

## DISCUSS...

1. What are some potential benefits of AI in the context of the Department of the Air Force, and how can we leverage this technology to improve our operations?
2. How can we balance the benefits of AI with the need to protect sensitive information and prevent unauthorized access to systems and data?
3. How can we protect ourselves and our families from AI-related threats, such as deepfakes, misinformation, and social engineering attacks?
4. How can individuals verify the legitimacy of urgent requests for money, especially when they involve a loved one in distress, to protect themselves from potential scams?
5. How have you personally benefited from the use of AI? What specific AI-powered tools or systems have made a positive impact on your work or daily life, and how have they improved your productivity, efficiency, or overall job satisfaction?

"The great power competition is not just about military might, it's about technological superiority. And artificial intelligence is at the forefront of that competition."

— General Brown, USAF, CJCS

"Large Language Models improve efficiency, drive innovation, and enhance problem-solving."

— Major General Shoemaker, USAF



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[www.acc.af.mil/About-Us/The-Bridge/](http://www.acc.af.mil/About-Us/The-Bridge/)



# Air Combat Command INTEGRATED RESILIENCE

SUPPORTING OUR TOTAL FORCE AIRMEN AND FAMILIES



## PREVENTION TAKES ACTION

Learn new skills to improve your well-being such as self-care and resilience, healthy relationships, meaningful connections, effective communication. Act in ways to show your family and Airmen that you care and they matter. Proactive behaviors can be small things that create a positive culture in mitigating risks.

## RECOGNIZE SIGNS OF DISTRESS

- Mood changes, such as depression or anxiety
- Irritability, agitation or anger
- Sleep difficulties
- Withdrawing from social activities, family, friends or others
- Lack of interest in activities that were previously enjoyed (hobbies, work, etc.)

## ASK CARE ESCORT

Directly **ASK** the individual if they are having thoughts of death, self-harm, or suicide.

**CARE** about their answers. If they hesitate, or seem uncertain, ask follow-up questions to convey that you care about their well-being.

If the individual is having thoughts of suicide or needs help, **ESCORT** them to a qualified professional or leadership.

## GO SLO

If someone demonstrates signs of distress, consider their access to **LETHAL** means including firearms, medications or other means of fatal methods. Airmen should remember **SLO** – use **SAFES**, **LOCKS** or store mean **OUTSIDE** of the home.

**SMALL STEPS SAVE LIVES.**  
[www.resilience.af.mil](http://www.resilience.af.mil)

HELPING RESOURCE	COMMANDER/ SUPERVISOR	MILITARY & FAMILY READINESS CENTER	MILITARY ONESOURCE/ MILITARY FAMILY LIFE COUNSELOR (MFLC)	CHAPLAIN	CIVILIAN EMPLOYEE ASSISTANCE PROGRAM	MENTAL HEALTH (MH) CLINIC	EMERGENCY ROOM
<b>CONTACT:</b>							
<b>CAN ASSIST:</b>	All	All	Military and Family Members	All (full confidentiality)	Civ/NAF	Military	All
Suicidal Thoughts	✓		✓	✓	✓	✓	✓
Relationship Problems	✓	✓	✓	✓	✓	✓	
Loneliness/Isolation	✓	✓	✓	✓	✓	✓	
Workplace Stress or Problems	✓	✓	✓	✓	✓	✓	
Alcohol/Drugs	Must report to ADAPT			✓	✓	✓	
Fatigue/Sleep	✓		✓	✓	✓	✓	
Anxiety/Panic Depression	✓			✓	✓	✓	
Grief and Loss	✓	✓	✓	✓	✓	✓	
Deployment	✓	✓	✓	✓	✓	✓	
Finances/Budget	✓	✓	✓ (One Source)	✓	✓		
Retirement/Separation	✓	✓	✓	✓	✓	✓	

## ASK. CARE. ESCORT. QUESTIONS THAT CAN SAVE A LIFE

ANSWER QUESTIONS 1 AND 2	IN THE PAST MONTH	
	YES	NO
1. Have you wished you were dead or wished you could go to sleep and not wake up?		
2. Have you actually had any thoughts about killing yourself?		
IF YES TO #2, ANSWER QUESTIONS 3, 4, 5 AND 6. IF NO TO #2, GO DIRECTLY TO QUESTION 6		
3. Have you thought about how you might do this?		
4. Have you had any intention of acting on these thoughts of killing yourself, as opposed to you have the thoughts but you definitely would not act on them?		
5. Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?		
ALWAYS ASK QUESTION 6	IN THE PAST 3 MONTHS	
6. Have you done anything, started to do anything, or prepared to do anything to end your life? <i>Examples: Collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, held a gun but changed your mind, cut yourself, tried to hang yourself, etc.</i>		

ANY **YES** MUST BE TAKEN SERIOUSLY. SEEK HELP FROM A FRIEND, CO-WORKER, CHAPLAIN AND INFORM YOUR SUPERVISOR/OTHER MEMBER IN YOUR CHAIN OF COMMAND AS SOON AS POSSIBLE

- If the answer to 4, 5 or 6 is **YES**, immediately **ESCORT** Wingman to the nearest Chaplain, Mental Health Provider, Unit Leader or Emergency Department.
- **DON'T LEAVE YOUR WINGMAN ALONE** even to go to the bathroom.
- **STAY ENGAGED** until you make a warm hand-off to someone who can help.

**MILITARY CRISIS LINE 1 (800) 273-8255 24/7 - 365**