

AI Guardian: Intelligent Social Media Assistant for Responsible Content Consumption

Abstract:

AI Guardian is an advanced **AI-driven social media assistant** designed to help users consume content responsibly while mitigating the negative psychological effects of excessive and unfiltered content consumption. The system passively monitors **text, images, videos, and audio** in real time, using **machine learning models** to detect harmful or distressing content. By analyzing **user behavior, sentiment, and engagement patterns**, AI Guardian identifies prolonged doomscrolling, toxic interactions, and excessive screen time. Through **AI-powered interventions**, such as smart nudges, content redirection, and personalized recommendations, the system promotes **mental well-being and healthier content consumption habits**. AI Guardian also provides **detailed user reports** on content exposure trends, helping individuals gain deeper insights into their social media habits. The assistant leverages **natural language processing (NLP), computer vision, sentiment analysis, and behavioral tracking** to create a highly adaptive experience that improves over time. Designed with a strong focus on **privacy and ethical AI**, the system ensures secure data handling and **customizable user preferences**. AI Guardian represents a step toward **responsible AI systems**, offering a proactive solution to digital well-being challenges and ensuring a healthier online experience for **Gen Z, millennials, and younger audiences**.

Keywords: AI-driven social media assistant, responsible content consumption, digital well-being, real-time toxicity detection, mental health protection, AI-powered interventions, doomscrolling prevention, user behavior analysis, machine learning, ethical AI, sentiment analysis, computer vision, NLP, social media addiction prevention.