CFMUN

Human Rights

Topic A: “Regulating AI Relationships: Love in the Time of Coding”.

Welcoming letter

Estimate delegates,

Welcome, it is an honor and a privilege to receive you at the Human Rights Committee in this twelfth edition of the Colegio Fontanar Model of the United Nations (CFMUN).

We are so excited to see you work as a team through these three days to develop solutions but most importantly to enjoy. We hope you have a great experience at this event, and we are just as excited as you are. Remember not to be afraid, it is all part of the process and we are all here to learn. Remember if you need something you can count on us. We hope your time in this committee is as meaningful as it is enjoyable,

Sincerely

Ana María Viesca & Ana Sofía Domínguez

Moderator & Chair of Human Rights

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I. Committee Background

The Human Rights Committee is the body of independent experts that monitors the implementation of the International Covenant on Civil and Political Rights by its States parties. The Committee's work promotes the enjoyment of civil and political rights, resulting in numerous changes in law, policy and practice. As such, it has improved the lives of individuals in all parts of the world. It continues to strive to ensure that all the civil and political rights guaranteed by the Covenant can be enjoyed in full and without discrimination, by all people.

All States Parties must report on the measures they have adopted relating to the rights described in the Covenant, and on the progress the State has made in the enjoyment of civil and political rights.

II. Introduction to the Topic

In recent years, interactive AI (like ChatGPT) has advanced so much that it can now hold long conversations, express emotions, even comfort and give personalized advice in each type of situation. This has left people to start forming strong bonds or intimate connections with AI, and for that reason, people have tried to explain why it is bad to "form personal relationships" with AI. Things that could encourage the relationships with AI would be: social robots programmed to make the users feel affection, companionship and comprehension. That would be the first “step” for people to begin feeling affection towards AI, and that's why it is necessary to know how to control it and recognize that it is just code, something without real feelings. Relationships with AI are emotional or “romantic” bonds that a person forms with an AI device. This mainly began with chatbots such as “virtual partners” or personalized social robots that showed “affection and care,” which

became an issue because, although these relationships can bring benefits, they also pose a significant risk. Some benefits include companionship and emotional support for people who feel lonely. However, these same relationships can create dependence, reduce the desire for human relationships, and increase isolation. Some people begin to depend on AI to tell them what to do, and in some psychological cases, the user can confuse reality and create their own world based on what the AI tells them. Without their own judgment, they may believe everything AI says is correct. States and organizations are beginning to ask whether AI should be allowed to simulate romantic or affectionate emotions toward users, and whether minors should use AI in ways similar to a psychologist or “romantic companion.”

III. Evolution of the Topic

Since the 1990s people were already starting to feel affection for virtual objects programmed with reactions, like Tamagotchis (virtual pets), which were just virtual pets, but people began to feel affection and responsibility for their "pets" so much that they began to neglect their own lives to take care of their "pet." After Tamagotchis came interactive robots, with which people started to express personal feelings with their "friends," and from those moments it became clear that the simulation of "life" could emotionally influence people, and people could come to feel emotional dependence on technology. The first people who started using this type of technology were children, which is why concern grew—what if they could start confusing reality with a game that is meant to be real? In other countries like Japan, South Korea, and others, another type of artificial intelligence or 'companion' began to be implemented, such as AIBO (robot dog) or Fubis, which were toys

programmed for physical, emotional, and visual interaction with a person. But that started due to the high isolation of people, and that is one of the main reasons why they began forming very strong bonds with them, which started to generate concern because it was thought that they could replace human company.

But now that humans have AI more developed than before, it is capable of responding as if it had its own feelings, and you might even come to think that it understands you better than humans do. But No, rather, AI responds based on what you tell it, like ChatGPT. However, some people actually believe that it understands them and think they can be completely honest with AI. But if you start sharing personal data, it's no longer okay, because it would be like living in a lie created by yourself. Sooner or later, you will have to accept the reality that it is just artificial intelligence (AI).

IV. Relevant Events

A. Panorama

The rise of emotionally responsive AI (such as companion chatbots and social robots) has generated growing global concern. These systems can simulate empathy, affection, and personalized attention, leading some users to develop emotional or romantic attachments. Several incidents involving minors, socially isolated individuals, and users experiencing emotional dependency have prompted governments and experts to question the psychological risks and lack of regulation surrounding these technologies. As AI becomes more immersive and human-like, concerns about data privacy, manipulation, and confusion between artificial and real relationships have intensified, pushing states and international bodies to consider stronger safeguards and ethical standards.

B. Points of view

- **United States:** Since the dawn of artificial intelligence, the United States has been home to the largest chatbot assistant companies and is the scene of state and federal legislative and regulatory initiatives targeting companion chatbots. The United States prioritizes protecting consumers of these AI services, especially children and adolescents, and aims to maintain leadership and innovation while balancing corporate responsibility with market freedom.
- **China:** China has been an active regulator of generative AI and human-like services. With the aim of protecting consumers from AI, China has developed specific policies on content generation and virtual services. China has sought to maintain social control and security through significant policies and laws. The promotion of a national AI industry is also an important

initiative of the delegation and seeks to prevent content that is contrary to public policy.

- **European Union:** The European Union enacted the AI Act, the most advanced regulatory framework that applies a risk-based approach and protects fundamental rights. The EU has a risk-based approach, user protection, and harmonization of the single market.
- **Japan:** Japan has great cultural and technological relevance in this area, having carried out extensive academic and policy work on social and companion robots. Japan seeks to promote the socially beneficial use of robots/affective computing (health, elderly care), protect against emotional dependence, and address ethical dilemma.
- **South Korea:** South Korea has implemented recent and dynamic regulatory legislation (AI Basic/Framework Acts) with a focus on governance, security, and corporate

responsibility. Its purpose is to promote industrial growth and AI exports, as well as to ensure compliance with standards and protect user rights, especially young people, given high digital penetration.

V. UN and External Actions

A. UN Actions

The United Nations has increasingly addressed the emotional and psychological risks posed by human–AI interaction. Through frameworks such as the UNESCO Recommendation on the Ethics of Artificial Intelligence, the UN emphasizes transparency, child protection, and preventing manipulative AI behaviors. The Human Rights Council and various Special Rapporteurs have raised concerns about AI systems that simulate affection or influence vulnerable users, urging stronger safeguards for minors and clearer disclosure requirements. UN bodies also promote human-in-the-loop oversight, ethical design standards, and international cooperation to prevent emotional dependency, misuse of personal data, and violations of dignity and autonomy.

B. External Actions

International organizations, research institutions, and regulatory coalitions have begun developing guidelines to limit emotional manipulation by AI systems. Many emphasize transparency, psychological safety testing, and restrictions on AI that imitates human emotion too realistically. Global digital-ethics groups advocate for age-verification mechanisms, data-protection standards, and design rules that prevent dependency, especially among minors or socially isolated individuals. Recent initiatives promote public awareness campaigns, mental-health protections, and accountability requirements for companies releasing emotionally immersive AI tools. Collectively, these external efforts aim to reduce harm while preserving the benefits of socially supportive technologies.

VI. Conclusion

The emotional bonds that users (especially teenagers) form with AI are becoming a global challenge. While AI can provide support, it also poses risks of dependency, distorted reality, and privacy issues. Stronger regulation, ethical development, and education are necessary to foster safe and responsible interactions.

VII. Committee Focus

Addressing emotional attachment to AI

1. How do recurring patterns of human emotional attachment to AI systems contribute to psychological vulnerabilities, and which societal, technological, or individual factors allow these feelings to persist or intensify the relation?
2. Adolescence faces one of the greatest risks of forming unhealthy emotional bonds with AI, and why?
3. What responsibilities do AI developers, tech companies, and governments hold under ethical frameworks and emerging regulations to prevent harm caused by emotional dependence on AI, and how has corporate inaction or insufficient regulation affected user well-being?
4. How can immersive AI systems, including virtual companions, chatbots, and emotionally responsive robots, exacerbate

feelings of love or attachment, potentially impacting social relationships, mental health, or personal decision-making?

- What mechanisms can international organizations, including human rights or digital ethics bodies, employ to support ethical AI design, monitor harmful emotional consequences, and provide guidance to affected users?
- Which interventions (educational programs, AI design limitations, public awareness campaigns, or mental health support initiatives) have proven effective in helping individuals manage or prevent unhealthy emotional attachment to AI, and to what extent?
- What human-centered strategies can states, companies, and civil society adopt to foster safe, responsible, and psychologically healthy interactions with AI while mitigating risks of emotional exploitation or dependency?

VII. Participation List

- Arab Republic of Egypt
- Bolivarian Republic of Venezuela
- Commonwealth of Australia
- Dominion of Canada
- Federal Democratic Republic of Ethiopia
- Federal Republic of Germany
- Federal Republic of Nigeria
- Federative Republic of Brazil
- French Republic
- Islamic Republic of Pakistan
- Italian Republic
- Japan
- Kingdom of the Netherlands
- Kingdom of Saudi Arabia
- People's Republic of Bangladesh
- People's Republic of China
- Republic of Cameroon
- Republic of Ghana
- Republic of India
- Republic of Indonesia
- Republic of Kenya

- Republic of Kenya
- Republic of Korea
- Republic of the Philippines
- Republic of Singapore
- Republic of South Africa
- Russian Federation
- State of Israel
- United Kingdom of Great Britain and Northern Ireland
- United Mexican States
- United States of America

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