

Congresswoman Sarah McBride Joins Sanjay Puri to Talk Federal Regulation on The RegulatingAI Podcast

Congresswoman McBride's message is clear: the future of AI must be guided by democratic values, balanced governance, & a commitment to people—not just progress.

WASHINGTON, DC, UNITED STATES,
November 24, 2025 /

EINPresswire.com/ -- In a recent

[RegulatingAI](#) Podcast conversation hosted by [Sanjay Puri](#), [Congresswoman Sarah McBride](#)

offered one of the most grounded and forward-looking perspectives on how the U.S. should shape the future of AI. Their discussion tackled some of the most urgent questions in AI

governance—from regulation and innovation to workforce impact and global competition.

“

As we pursue innovation in AI we should always be looking at it as often as possible as a complement to human workers and human skill and human talent, not as a replacement.”

*Congresswoman Sarah
McBride (Delaware)*

Finding the “Goldilocks” Approach to AI Regulation
Congresswoman McBride emphasized the need for a regulatory framework that is protective yet innovation-friendly. In her words, the U.S. must pursue a “Goldilocks solution”—rules strong enough to provide guardrails but not so restrictive that they slow down American competitiveness.

She stressed that AI governance must remain human-

centered, a departure from what she viewed as previous policies that prioritized corporate interests over people. McBride also made a strong case for federal leadership, noting that a patchwork of state regulations can harm small businesses and emerging innovators. Still, she acknowledged that states like Delaware should retain the ability to act when federal action falls short.

Supporting Small Businesses and Strengthening Research Institutions

A major theme in the discussion was the challenge small businesses face when adopting AI.



RegulatingAI Podcast

McBride highlighted how AI integration is capital-intensive, often placing smaller players at a disadvantage. She believes the U.S. government should use its spending power and funding programs to level the playing field.

Institutions like NIST and the National Science Foundation are critical to this mission. McBride underscored the need to protect and fully fund these agencies, as they fuel research, innovation, and public-good technology. She also sees significant potential for bipartisan cooperation, especially in healthcare, education, and regulatory safeguards.



AI Leadership as a Global Democratic Imperative

According to McBride, AI isn't just a technological competition—it's a values competition. She framed AI leadership as central to the global struggle between democracy and authoritarianism. If democratic nations lead, AI can be built around privacy, fairness, and accountability. If authoritarian regimes set the standards, AI risks becoming a tool of surveillance and control.

McBride also pointed to the EU as a "laboratory of democracy" in AI, offering a place for the U.S. to learn—adopting what works and discarding overly burdensome rules.

AI and the Workforce: Complement, Not Replace

McBride called for a realistic and people-first understanding of AI's impact on jobs. AI should enhance human abilities, especially in high-stakes decisions, not replace workers entirely. But she also warned of widening inequality and the potential displacement of white-collar roles.

This shift, she argued, demands serious policy conversations—from strengthening the social safety net to exploring Universal Basic Income (UBI) and portable benefits.

AI in Government: Smarter Services With Human Oversight

AI offers major opportunities to make government more efficient by reducing delays and clearing backlogs. However, McBride drew a clear line: AI must never make high-stakes decisions alone. Areas like criminal justice, immigration, or public benefits require human judgment to avoid bias and harmful outcomes.

The Delaware Model: Innovation Through Collaboration

Finally, McBride highlighted how Delaware's small size gives it a unique advantage. Leaders can easily bring together businesses, consumers, and innovators to shape policy and create

regulatory sandboxes that encourage responsible experimentation.

Upasana Das

Knowledge Networks

[email us here](#)

Visit us on social media:

[LinkedIn](#)

[Instagram](#)

[Facebook](#)

[YouTube](#)

[X](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/869908859>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2025 Newsmatics Inc. All Right Reserved.