

Humane Tech

Realigning technology with humanity's best interests.

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Based on Ideas and Talks from the [Center for Humane Technology](#)

What is your most valuable resource?

Time?

Money?

Skills?

Physical
Strength?

What is your most valuable
resource?

Your
Attention

Your Attention

'For the moment, what we attend to is reality.'

- William James, 1890, British Philosopher

What we pay attention to, and
how we pay attention, shapes
our reality.

The Problem

These objects have a lot in common



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Photo by [Benoit Dare](#) on [Unsplash](#)

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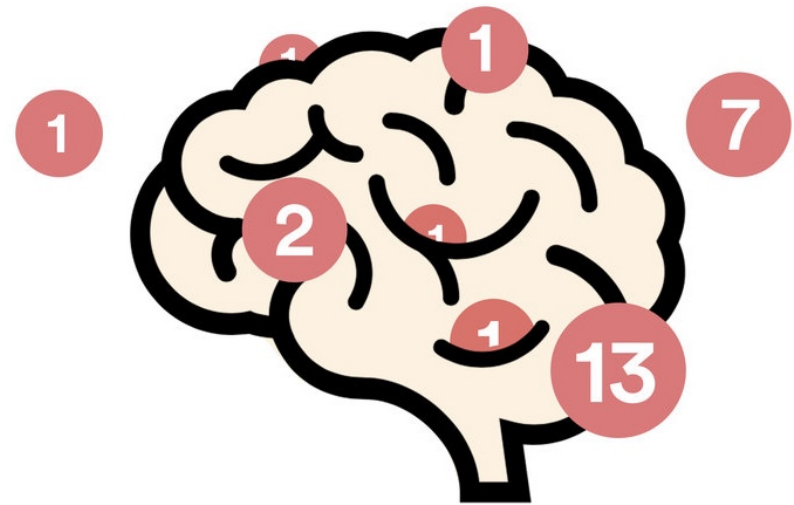
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Why it's different this time

Technology has been there before

Some parameters changed:

- 24hours 7days a week – your smartphone
- Personalized
 - Precise, personalized profile
- Predict your interest
 - To keep your scrolling
- Social Control
 - Fear of missing out



Examples

Facebook

- Outrageous newsfeed (vs. calm newsfeed)

YouTube or Netflix

- Autoplay next video
 - > 70% of watch time from the recommendation system
- Most recommended videos keywords:
 - *get schooled, shreds, debunks, dismantles, debates, rips confronts, destroys, hates, demolishes, obliterates*

Instagram

- Perfect life and everybody is constantly on holidays
- Stories: Things disappear after 24h

Who can go lower?

Race for our attention.

Why?

Our attention is the payment.

- Ad Revenue

What and who is affected?

- Your Mental Health



- Your Attention Span



- Our Children



- Social Relationships



- Democracy



Evidence and Studies:

<https://ledger.humanetech.com/>

Free is the most expensive business model we've ever created.

Why it's important

It's sitting underneath all the other problems.

AGI

Factory
Farming

Climate
Change

you name it

Your Mental Health

You

Way Forward

You are persuadable

- Ever caught yourself just unintentionally scrolling down a feed?
- Ever had a phantom vibration?
- Ever picked up your phone and forgot what you wanted to do?
- Do you really think Facebook is eavesdropping via your microphone?

Spread the word

- Talk about it
- Acknowledge it yourself
 - Empathize with others and share this problem
- Others will acknowledge it then
 - Point to their screentime
 - (They'll get it)
 - Last time they didn't use their phone for a day/week?
- People/Engineers (like us) are designing these systems
 - Make the wellbeing a priority

Tractability

Human downgrading is like the global climate change of culture.

Like climate change it can be catastrophic.

But, it's only about 1,000 people who need to change what they're doing

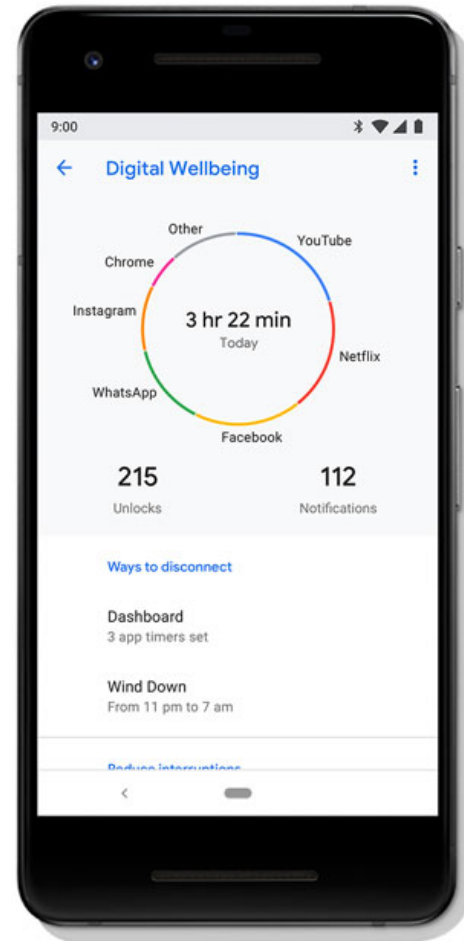
Take Control

Assistants

- Screen Time (iOS)



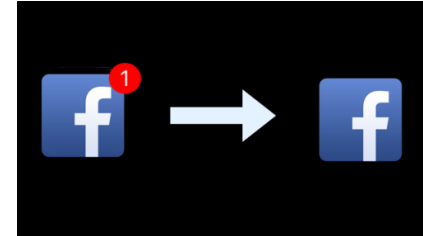
- Digital Wellbeing (Android)



Take Control

- Turn off all notifications except from people.

- Turn your screen on greyscale

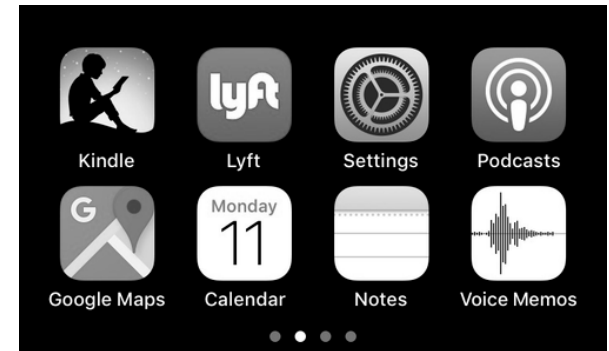


- Remove Apps from the home screen

- Instead always search for them

- Set time restrictions

- Keep the phone out of the bed



Technology is Downgrading Humanity

- Let's Reverse That Trend Now

Resources

Center for Humane Technology

- <http://humanetech.com/take-control/>
- <https://humanetech.com/problem/>
- <http://humanetech.com/wp-content/uploads/2019/06/Technology-is-Downgrading-Humanity-Let%E2%80%99s-Reverse-That-Trend-Now-1.pdf>

Ledger of Harms:

- <https://ledger.humanetech.com/>

Apple Screentime:

- <https://support.apple.com/en-us/HT208982>

Google Wellbeing:

- <https://wellbeing.google/>

How Technology is Hijacking Your Mind:

- <https://medium.com/thrive-global/how-technology-hijacks-peoples-minds-from-a-magician-and-google-s-design-ethicist-56d62ef5edf3>