

Hi

**Hannes
Gassert**

**Aufmerk-
samkeit**

Zeit

Polarisierung

Manipulation

Sucht

**Oberfläch-
lichkeit**

Depression

Upgrades für Maschinen

**Downgrades
für die
Menschheit**

Downgrade unserer

Aufmerksamkeit

Beziehungen

Gemeinschaft

Differenziertheit

Kritikfähigkeit

Gesundheit

Selbstbewusstsein

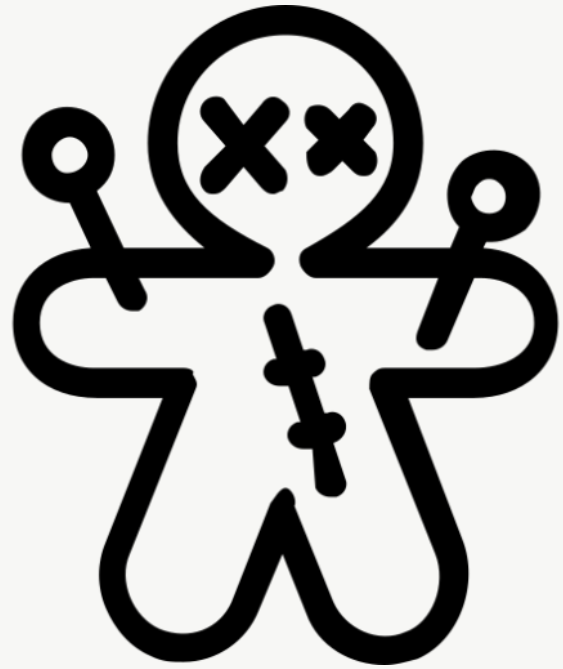
Souveränität

Gemeinsamkeit

Achtsamkeit

Kapazität

Menschlichkeit



Gehirne aus der Steinzeit

Institutionen aus dem Mittelalter

Technologien aus der Zukunft

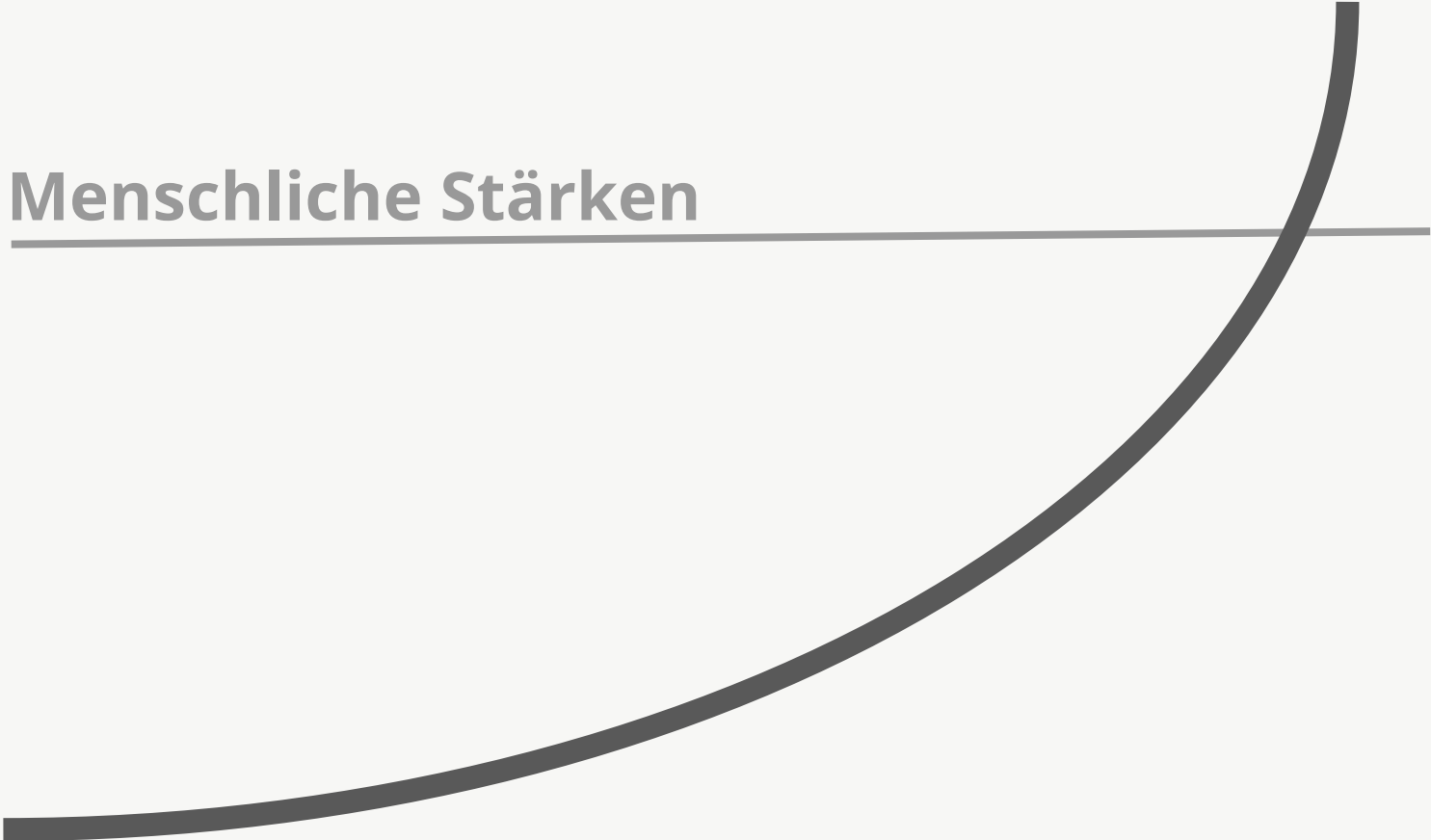
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Menschliche Stärken

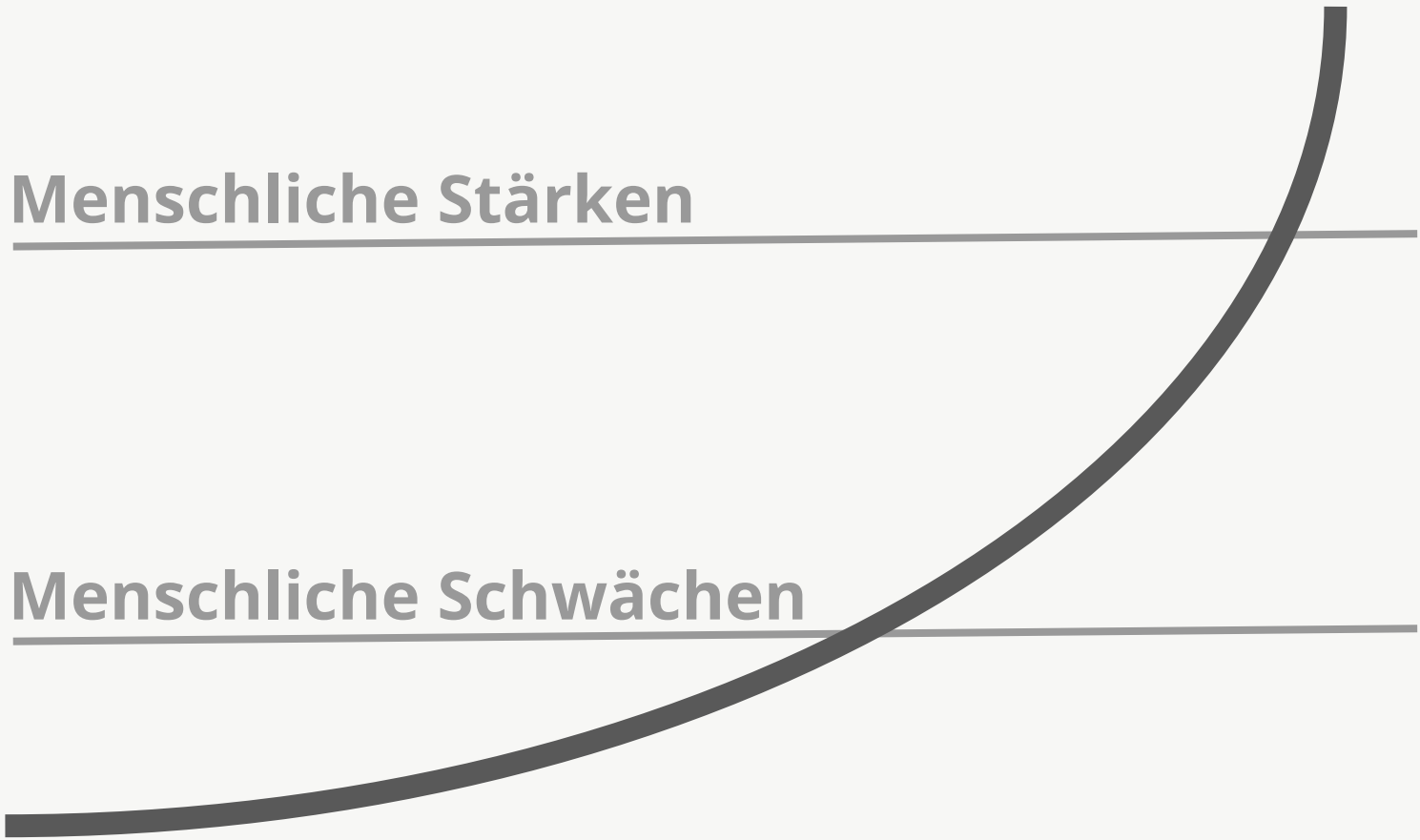
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Menschliche Stärken

Menschliche Schwächen



Gehirne aus der Steinzeit

Institutionen aus dem Mittelalter

Technologien aus der Zukunft

Achtung für unsere
Gehirne aus der Steinzeit

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Einen besonnenen Umgang mit
Technologien aus der Zukunft

Was tun?

Moderator*
innen

Ethik- Training

**Enthaltsam-
keit**

**Eigenverant-
wortung**

**Nicht blind
kopieren**

Nicht füttern

**Alternativen
nutzen**

**Alternativen
bauen**

**Ein Interface ist human, wenn es
menschlichen Bedürfnissen entspricht**

***und rücksichtsvoll umgeht mit menschlichen
Schwächen.***

Humane Design Guide

Use this worksheet to identify opportunities for Humane Technology.







Product or feature:

Value proposition:

Measure of success:

What are Human Sensitivities?

Human Sensitivites are instincts that are often vulnerable to new technologies.

Human Sensitivity	We are inhibited when	What inhibits	We are supported when	Opportunity to improve
Emotional What we feel in our body and in our physical health.	We are stressed, low on sleep, afraid or emotionally exhausted.	<ul style="list-style-type: none"> Artificial scarcity Urgency signalling Constant monitoring Optimizing for screentime 	Design engenders calm, balance, safety, pauses and supports circadian rhythms.	 High Low
Attention How and where we focus our attention.	Attention is physiologically drawn, overwhelmed or fragmented.	<ul style="list-style-type: none"> Constant context switching Many undifferentiated choices Fearful information No stopping cues (e.g. infinite scroll) Unnecessary movement 	Enabled to bring more focus and mindfulness.	
Sensemaking How we integrate what we sense with what we know.	Information is fear-based, out of context, confusing, or manipulative.	<ul style="list-style-type: none"> Facts out of context Over-personalized filters Equating virality with credibility Deceptive authority (ads vs. content) 	Enabled to consider, learn, express and feel grounded.	
Decisionmaking How we align our actions with our intentions.	Intentions and agency are not solicited nor supported.	<ul style="list-style-type: none"> Avatars to convey authority Stalking ads and messages Push content models Serving preference over intent 	Enabled to gain agency, purpose, and mobilization of intent.	
Social Reasoning How we understand and navigate our personal relationships.	Status, relationships and self-image are manipulated.	<ul style="list-style-type: none"> Quantified social status Viral sharing Implied obligation Enabling impersonation 	Enabled to connect more safely and authentically with others.	
Group Dynamics How we navigate larger groups, status, and shared understanding.	Excluded, divided and mobilized through fear.	<ul style="list-style-type: none"> Suppressing views and nuance Enabling ad hominem or hate speech Enabling viral outrage Lack of agreed-upon norms 	Enabled to develop a sense of belonging and cooperation.	



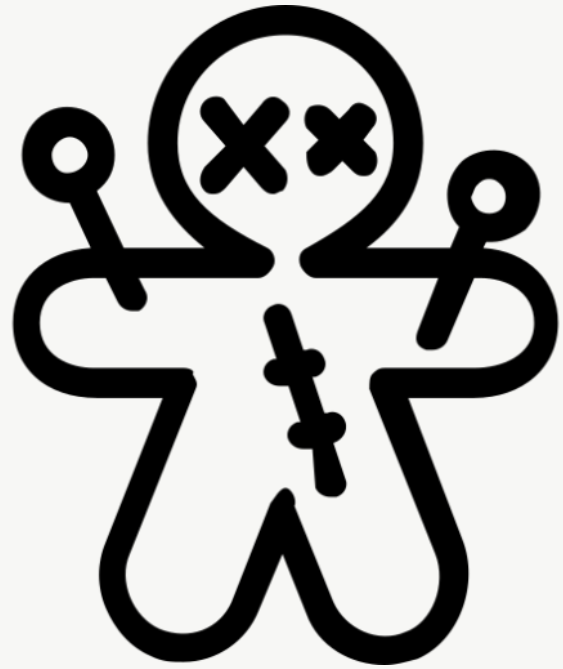
THE

*Ethical
Design*

HANDBOOK

Trine Falbe Kim Andersen Martin Michael Frederiksen

Regulierung



**Menschlich-
keit**

Team Human

Merci

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