


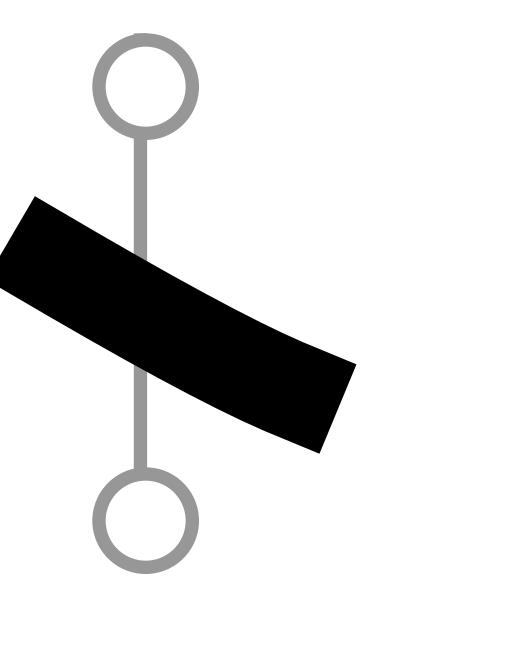
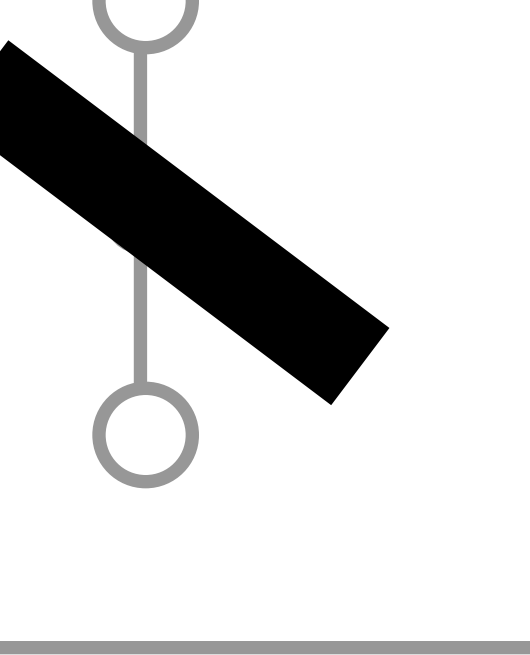
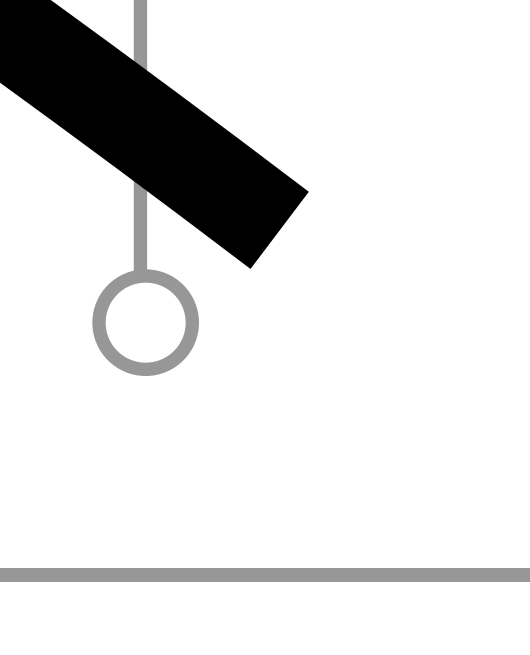
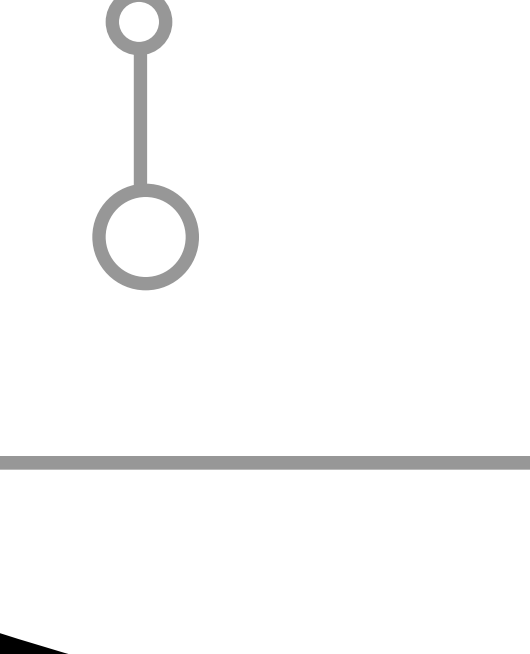
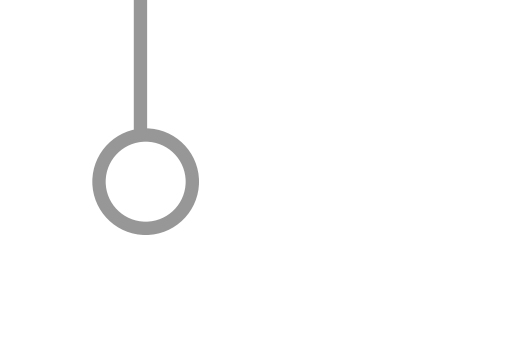
Humane Design Guide

Use this worksheet to identify opportunities for Humane Technology.

Product or feature:	Blue light filter screen protector
Value proposition:	Reduce my headaches by wearing my blue light glasses
Measure of success:	Reduction of headaches leading to overall better mental health

What are Human Sensitivities?

Human Sensitivities 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 5
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.	 4
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.	 2
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.	 2
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.	 5
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.	 5

Now rank the sensitivities 1-6 based on what you now see as the largest opportunities for Humane Design. Then use the second sheet to develop an action statement. ↑

Humane Design Guide

Now develop an action statement for Humane Technology using your evaluation and prioritization from the previous sheet.

1. In what ways does your product/feature currently engage Human Sensitivities?

- Which sensitivities are engaged with which feature?
- How is the value proposition delivered?
- Which specific elements might warrant redesign?
- Are the success criteria in tension with any sensitivities?

1. The bluelight causes headaches and eyestrain and loss of sleep so it affects all sensitivities.
2. Bluelight causes headaches and blocking it can make them better.
3. I think the screen a screen protector that blocks bluelight would help.
4. The success criteria are not in tension with any sensitivities.

2. How might your product/feature support or elevate human sensitivities?

- Where are humans naturally brilliant at manifesting the value proposition?
- How might a design element change to better support that brilliance?
- With social sensitivities, could the design encourage people to meet the goal in real life?
- Do any success criteria need to shift to support human sensitivities?

1. If they just wear bluelight glasses they would help but a lot of people think they are uncomfortable.
2. Using the bluelight protector would make it so they don't even have to think about using it.
3. It can really help with emotional and social sensitivities because less headaches will help mental health.
4. No success criteria needs to shift to support human sensitivities.

3. Action Statement

- What is one thing you want to learn more about?
- What would you like to discuss with your team?
- What would you like to design or prototype?
- Are there any new design principles you might employ?

Use extra space for text, diagram, wireframes...

1. I want to learn more about the science of bluelight and how it's blocked.
2. I would like to talk about how to we make a screen protector that can make it and make sure its used.
3. I would like to prototype a design for a screen protector that blocks bluelight.
4. It would block bluelight unlike a normal screen.