Workshop Outline

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6:30-6:40
Arrival
	● Participants enter
	  ○ Tea, stickers at front for dotmocracy with big sheets containing themes from last time
	
	    ■ What issues related to AI & Tech are you following (in the news, your research, your work, etc)?
	    ■ What do you see as promising actions campaigns, policies, topics or legislation that you think are important for others to know about?
	    ■
	    ■ Are there actions would you like the community of Beacon to engage with?
	
	L or G greet, hand out stickers, explain dotmocracy

6:40-6:50
Intros
	● Group seated for intros
	  ○ L welcome and prompt: Name + What is something you appreciate about the community of Beacon? OR What AI/Tech related issues would you like Beacon to engage with, on a community - level? OR What do you hope to walk away with this evening?
	  ○ End intros with G/L intros

6:50-6:55
Goals &
Agenda
	● G introduce workshop topic: overcoming overwhelm by creating possibilities of action in our households, our communities, and the broader world. Offer a model of action that can work for many purposes
	  ○ Holding these workshops offline for a reason - rebuild our muscle of in-person organizing - safer, more human, heart centered. Joy in the face of fear, anxiety, collapse (Macy)
	  ○ Tressie McMillan Cottom quote: *"When people try to sell you on the idea that the future is already settled, it is because it is deeply unsettled. The promise of a post-human AI future is really just a collective anxiety that very wealthy, powerful people have about how well they will be able to control us. If they can get us to accept that the future's already settled, that the end for humans is already here, then we will create that for them. My most daring idea is to refuse. Refusing is actually the more hopeful, expansive vision of the future than the one that is telling us that the future is already settled and decided. Just say no."* - IMO this is a statement NOT about AI in general or potential, but about a particular version of our AI future controlled by a few wealthy elites. How do we say no, but also say yes to what we do want - with and without technology?
	● L workshop overview

6:55-7:00 Meditation	● G - Device Meditation

7:00-7:10 Reflection & Themes	● L - What We Heard last time Present themes from last time, collect feedback ○ New Sheets Prepped

7:10-7:20
Model for
Right Action
	● G - Present Ripple Model
	    ○ We are all drawn to different kinds of action - what we feel as most crucial, where we feel confident and skilled, what feels achievable to us
	    ○ Starting with ourselves at the center - if we are grounded in our bodies and minds, we can take Right Action. Thich Nhat Hanh: "*If you don't have the qualities of stability, peace, and freedom inside of you, then no matter what you do, you cannot help the world*."
	    ○ If we drop ourselves, solid and stable as rocks, into the pool of the world, our actions ripple outward - first toward our households and families, then outward towards our communities - geographic and otherwise; then finally out into the world, which also presses inward on us and creates the conditions we work within.
	    ○ What kinds of actions to manage tech's influence belong in each of these ripples, these concentric circles? What questions do you have about each?
	    ○ **Participants free write 1 minute, then tack to poster board.**
	    ○ Draw arrow of alignment among the ripples - how we align our values and principles with our actions in the world: To discover and believe in our power, not our powerlessness, we can align across the different ways we organize and take action

7:20-7:35
Breakouts
	● L - set up breakouts
	    ○ Participants hold up hands for which "circle" they are drawn to
	    ○ Each group receives handouts with a few questions and examples
	    ○ Breakout prompt:
	        ■ What short- or longer-term actions could we contemplate taking?
	        ■ Come back with 3-5
	        ■ Identify note-taker/reporter

7:35-7:45 Reportback	● L & G - Bring group back together, facilitate reportback
7:45-7:55 Closing activity	● Hand out paper feedback form while people are standing ● Closing activity: Stand in a big circle. Close your eyes and imagine it is 3 years from now and we have had incredible success in this effort. What have we been able to accomplish in that time? What does Beacon look like now? How are things going for your kids? - Go-around to share.
7:55-8:00	● Preview 3rd workshop - Collectively create principles/values statement

Circles Breakout

- What short- or longer-term actions might we take together?
- Try to come up with 2-5 ideas
- Identify note-taker/reporter
- Email for a PDF of this handout with links (greta@presentmoment.tech)
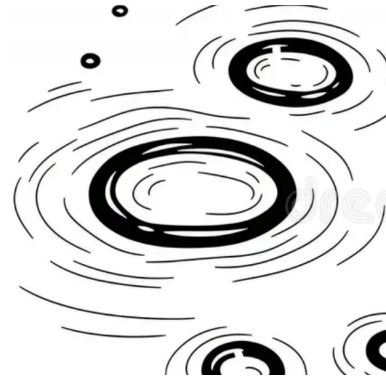
Self Circle

How might each one of us practice creating a healthy relationship with technology that supports our own stability, ease, and clarity when working with our kids and community on these issues?

Household Circle

What works for managing AI/tech in our households and with our kids? How can we support each other in this? Where can we find joy amid the stresses and worries? Examples:
- Share ideas/templates for engaging kids offline, connecting as humans, limits and boundaries
- Offer/host live activities; become the unstructured offline teen hangout

Community Circle*

How might we work with local institutions that serve our kids? Could we address the incursion of giant data centers in Dutchess County/NY State? How else can we take action with our local community?

- Beacon City School District's AI Task Force (see: Lynwood Unified School District's AI Task Force resources; Schools Beyond Screen's resources)
- Proposed ConEd hyperscale AI data center in East Fishkill (see: AI Now's North Star Data Center Policy Toolkit; Washington Post, *The data center rebellion is here, and it's reshaping the political landscape;* AM New York, *Wave of Big Tech's AI Data Centers Coming for New York*)
- Events or hands-on learning opportunities around creative and positive potentials of AI

* While we all have non-local communities, we'll focus on Beacon & surrounding areas tonight

External Circle

How might we follow and understand what's happening in policy, government, industry, research? What bills are in Congress, how could we hold big tech accountable and push it towards the best AI futures? How might we inform our neighbors working in the inner circles?
- Understanding key issues in research, policy, and discourse on kids & tech: Addiction, consent, sexualization, cognitive decline, radicalization, data and privacy, mental health, etc.
- Research & Policy Organizations: Center for Democracy and Technology, Electronic Frontier Foundation, Common Sense Media, Fight for the Future, MediaJustice, ACLU, AI Now, Data & Society, Snap, Aura, Brookings Institution, The Rithm Project, Tech Safe Learning Coalition

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Media Resources
Tressie McMillan Cottom - https://www.youtube.com/watch?v=UwwnjdXMhco
MediaJustice - WTF: The Rise of the Tech Broligarchy series - https://www.youtube.com/@MediaJustice
Video Clips | Discover & Learn Today — Schools Beyond Screens
3 Habits of the Tech-Intentional™ Family - The Screentime Consultant

Device Meditation

Breathe in, notice you are breathing in; breathe out, notice you are breathing out.

Pick up your phone and hold it in your hand while it is turned off.

As you **breathe in**, notice any emotions - like stress, excitement, anxiety, or curiosity, that come up as you hold it. Remember and notice the feelings that have come up with everything you have heard, read, and seen on your device this week. These feelings might include grief, fear, anxiety. They could also include anticipation, hope, or compassion.

With your next **out breath**, release those feelings and allow yourself to find calm.

Listen to your in breath, listen to your outbreath, as you continue to release stress, fear, and anxiety.

Establish yourself in your mindful breathing and in your body.
My dear body, I know you are there and I am so happy.

Now, notice your spine. Pretend there is a string hanging from the ceiling, attached to the top of your head. Allow your spine to hang from that point. Feel your spine, straight and strong without being rigid. Release any tension from your shoulders and allow them to hang down.

Remember to breathe. Now, put one hand on your belly or your heart. Feel the softness and vulnerability there.

Think about how the strength of your spine protects and takes care of everything that is soft and vulnerable in you. You are safe right now, and you can hold the softness within yoursel with your strong spinef. Allow yourself to feel any grief or sadness that is coming up, and embrace it.

Breathe in: remember the phone in your hand, and get in touch with all the elements that have come together to make it available to us - elements of the earth, minerals, the stars. The miners, the factories, the coders writing millions of lines of code. In touch with the elements and aspects of the device, **breathe out.**

Breathing in, think about how you consume and share information on your phone and consider the idea of mindful consumption and skillful use. **Breathing out**, touch gratitude for the miracle of coming back to your body and your breathing.

With the next outbreath, put the phone down and turn your attention back to the room.

Feedback - Growing Up in the Age of AI Part 2: Action Circles

What is your email?

May we contact you to talk about your thoughts on the workshop? Y/N

Please share your rose and thorn from the workshop. (Rose: something you enjoyed or find useful. Thorn: something that didn't work for you.)

Anything else you would like to share?