

# Policy recommendations for Technology, Security and Transparency (TST), a C20 working group

Please submit your policy recommendations for any of the following topics. You may submit multiple times if needed.

The following sub-themes are not meant to be exhaustive. We are interested in all aspects of technology, security, and transparency.

## Technology for Empowerment

- Small business and worker rights
- Assistive technologies
- Access to devices and internet connectivity
- Open source initiatives
- Internet governance
- Intellectual property rights

## AI and Data for Society

- Trustworthy AI



- Security of AI
- Data Protection
- Ethics and Human-centered values
- Fairness and bias
- Human values and rights
- Education efforts to help citizens gain discernment in their data interactions

### **Transparency, Trust, and Disinformation**

- Use of blockchain technologies
- Transparency and good governance
- Disinformation and fake news
- Deepfakes
- Lack of transparency with advertisements in social media
- Search engine monopolization
- Digital Rights


### **Security, Safety, and Resilience**


- Cybersecurity protection for the most vulnerable (civilians, CSO, etc.)
- Cybersecurity
- Addiction to the internet and misuse of technology

#### NOTE:

You may submit multiple times; please **only submit one policy recommendation per submission.**

sheva@fyera.com [Switch account](#)

 Draft saved

 Not shared

\* Indicates required question



Please select the theme you would like to submit your policy recommendation for \*

- Technology for Empowerment
- Security, Safety, and Resilience
- Transparency, Trust, and Disinformation
- AI and Data for Society



Please provide a short description of the problems being addressed by your organization \*

We bring the evidenced based science of heart and higher brain intelligence as accessed through deliberately choosing love and emotional self regulation to the manifestation of the UN Sustainable Development Goals. Everyday, individuals face a challenge that requires them to acquire resilience, and solution-seeking skills which turns a negative outlook on the situation into one that is processed with growth mindset. Our world is facing a series of challenges and we need to shift the way we react to these challenges which inevitably will change the way we design solution. When we are in a chronic state of stress or "survival mode," more than 1400 biochemical changes impact our physiology, including the part of the brain that perceives life events and reacts to them in a sub-optimal and biased way. Shifting large populations from a stressed survival mindset to a thriving and interconnected state is essential to overcoming pervasive challenges such as gender inequity and creating global well-being. Only 12% of the United Nations Sustainable Development Goals are on track thus, we need to plan a course of action that invites new perspectives and scientific research. We are faced with numerous cycles of gender disparity. These cycles perpetuate and are passed down from one generation to the next, reinforcing existing gender bias and discrimination which is being reflected in technology like regenerative artificial intelligence and behind the scenes of who is designing the technology.



Please provide a brief overview of your organizations implementation and solution to the above problems



The best practice we would like to highlight here, is the well researched and widely piloted heart rate variability self regulation for emotional self regulation techniques and technologies from HeartMath.

Emotional self-regulation tools from HeartMath which include biofeedback technology using the cloud, mobile phones, computers, and apps, have been applied by millions of people across 100+ countries, in diverse cultures and environments, and in various sectors including education, government, military, healthcare, first responders, CSOs/NGOs, athletics, food chain suppliers, financial institutions, et al. The approach demonstrates positive outcomes where these devices can be used to enhance mental, physical and emotional health and well being for individuals as well as societies. This creates both cost savings and greater quality of life including reductions in violence and increases in prosocial behaviors and cognitive capacity, as evidenced by numerous case studies. 168 organizations in 7 countries involving 14,266 people (89% female) showed:

- ↓ stressful emotions such as anxiety, depression, anger: 40-60%
- ↑ emotional well being (peace, happiness, motivation): 30-50%
- ↑ cognitive function: 50%-60% higher test scores in high school students (even more pronounced benefits and changes in female students)

For more extensive research on this best practice please see HeartMath's complete research library at <https://www.heartmath.org/research/research-library/>

For visual graphs of these results click here:

[https://docs.google.com/document/d/1KMfDh4xflkjieThWJHOY7dpUUAhTNfIn1a3i2\\_vZ3K4/edi](https://docs.google.com/document/d/1KMfDh4xflkjieThWJHOY7dpUUAhTNfIn1a3i2_vZ3K4/edi)

The HeartMath Institute and The Global Coherence Initiative have designed game-changing solutions and the Fyera Foundation and HeartAmbassadors assist in distributing those solutions in global service to bring about a healthier and more prosperous world for all through coherence heart rate variability (HRV) self-regulation training. Emotional self-regulation training is well-documented, including their efficacy for overcoming implicit bias, treatment of pain, hypertension, metabolic syndrome, autonomic dysfunction, traumatic brain injury (TBI), cardiovascular disease, asthma, neurodegenerative disease, as well as mental and emotional health concerns including PTSD, anxiety and depression. Emotional self-regulation tools result in



scientifically proven health, performance, and social benefits including optimizing brain function, enhancing impulse control, reducing violence, increasing self and situational awareness, self esteem, and increasing prosocial, environmentally sustainable behaviors. This intervention has been implemented at organizations like The World Bank, Stanford Health Care, The United Nations, Royal Bank of Canada, Intel, Cisco, among others.

What are some key policy recommendations we can offer to contribute towards the subtheme of your choice? These should be actionable, timely, and flexible to account for unique contexts. \*

Make emotional self-regulation tools a labour requirement in tech workspaces and education to promote inclusivity. Prioritise training to close gender and socioeconomic opportunity gaps. Remove barriers to entry and education for female tech talent through the establishment of advisory boards of marginalised communities and youth to develop inclusive policies and increase funding. Require AI leaders to train systems to recognize and reject bias.



Please explain the relevance of the recommendation to the G20 Nations. If you \*  
are not sure, simply do your best.





From the G20 Leaders' Declaration 2022:

"We commit to implement the G20 Roadmap Towards and Beyond the Brisbane Goal, foster financial inclusion and access to digital technologies, including to address the unequal distribution in paid and unpaid care and domestic work, with a focus on closing the gender pay gap. We commit to the elimination of gender-based violence, the enhancement of social, health, care and educational services, and the overcoming of gender stereotypes. We will continue to advance women's and girls' equal access to inclusive and quality education, including participation in STEM education, women entrepreneurship through MSMEs, and women's and girls' access in leadership positions. We will promote quality of life for women in rural areas and women with disabilities."

Our recommended policy will help G20 countries achieve this declaration in practical terms and remove an often overlooked barrier to meeting these goals: the role of human emotions.

A report by the McKinsey Global Institute found that advancing gender equality could add \$12 trillion to global GDP by 2025. Additionally, a study by the World Economic Forum (WEF) estimated that closing the gender gap in economic participation and opportunity could add \$28 trillion to the global economy by 2025.

In terms of the technology industry specifically, a study by the National Center for Women & Information Technology (NCWIT) found that companies with gender-diverse teams are more innovative and have higher financial returns than those without. The study also found that the lack of women in the technology workforce could cost the US economy up to \$3 trillion in lost GDP by 2025.

It's important to note that gender equity is not only a matter of economic benefit but also a fundamental human right. The underrepresentation of women in the technology industry can perpetuate gender biases and limit the potential of half the population, resulting in broader societal implications beyond economic cost.

Humanity can embrace the G20 mandate of "One Earth, One Family, and One Future" by cultivating love, compassion, care, appreciation, empathy, and understanding of and regard for our fundamental interconnectedness with one another and all life. Emotional self-regulation education is the key to unlocking heart intelligence for large populations, and reduce discrimination against women, girls which can open opportunities for



solution/solving seeking.

Please describe the gaps in current policy that your recommendations fills. If possible, please provide links to the existing policy you are referring to. \*



There are several gaps in current policies related to the development and use of AI and technology that your policy recommendations can help fill. Here are some examples:

**Lack of focus on emotional self-regulation:** While there are some policies and guidelines that address issues of bias and discrimination in technology, there is often little emphasis on the role of emotional self-regulation in reducing bias and promoting inclusivity. Your policy recommendation to make emotional self-regulation tools a labor requirement in technology workspaces can help fill this gap by ensuring that individuals working in technology are equipped with the skills to manage their emotions and biases in a constructive way.

**Limited representation of marginalised communities in decision-making:** Many policies related to AI and technology development are created by individuals who may not have a deep understanding of the experiences and perspectives of marginalised communities. Your recommendation to establish advisory boards composed of marginalised communities and youth can help fill this gap by ensuring that those most affected by technology have a voice in the policy-making process.

**Insufficient emphasis on closing opportunity and accessibility gaps:** While there are efforts to increase diversity in the technology workforce, there is often little emphasis on addressing the underlying systemic barriers that prevent marginalised communities from accessing education and job opportunities in technology. Your policy recommendation to prioritise emotional self-regulation training to close opportunity and accessibility gaps can help fill this gap by ensuring that individuals from all backgrounds have the support they need to succeed in technology.

**Lack of accountability for addressing bias in AI:** While there is growing recognition of the need to address bias in AI, there is often little accountability for ensuring that AI systems are designed and deployed in a fair and unbiased way. Your policy recommendation to require leaders pioneering AI to train it to recognize and reject bias can help fill this gap by establishing clear expectations and guidelines for AI development and use.

Here are some relevant existing policies:

The EU's "Ethics Guidelines for Trustworthy AI": This policy provides a framework for



developing AI that is human-centric, transparent, and accountable. However, it also does not specifically address the issue of emotional self-regulation or the need for greater representation of marginalized communities in decision-making.

There are several policies at the national and international level that address some of the issues raised, but there is no specific G20 policy that addresses all of them comprehensively. For example, the G20 Digital Economy Ministerial Declaration in 2019 recognized the importance of promoting digital skills and inclusion, and called for efforts to close the digital gender gap. The 2018 G20 Leaders' Declaration also included a commitment to promote women's economic empowerment and participation in the workforce.

At the national level, many countries have policies and initiatives aimed at increasing diversity in the technology workforce and promoting inclusive AI development. For example, Canada has a Women in Technology Strategy, while the UK has a Gender Equality in Tech (GET) Cities program.

However, there is still much work to be done to ensure that policies and initiatives address the full range of issues related to bias and inclusivity in technology. These policies could help fill some of the gaps in existing policies and initiatives by prioritizing emotional self-regulation training, increasing representation of marginalized communities in decision-making, and requiring AI leaders to train systems to recognize and reject bias.

<http://www.g20.utoronto.ca/2019/2019-g20-trade.html>

<http://www.g20.utoronto.ca/2018/2018-leaders-declaration.html>

Name of your Organization \*

The Fyera Foundation and You Are The Change



Contact Information \*

Support@heartambassadors.com and sarahsy

Website \*

www.fyera.org and <https://sarahsyed34.wix>

Submit

Clear form

Never submit passwords through Google Forms.

This form was created outside of your domain. [Report Abuse](#) - [Terms of Service](#) - [Privacy Policy](#).

Google Forms

