

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.**

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* 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 and creation of more resilient individuals and societies. 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 global 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.

Specifically with regards to this policy submission we aim to address the following problems in the digital technology space:

Addiction: One of the challenges associated with digital devices, gaming, and the internet is addiction. People can become addicted to the internet, gaming, and social media, which can have negative impacts on their mental health and well-being. The policy statement aims to address this challenge by introducing pattern interrupting tools for emotional self-regulation and impulse control.

Violence: Another challenge associated with digital devices and gaming is the potential for exposure to violent content, which can lead to a desensitization to violence and aggressive behavior. The policy statement aims to address this challenge by reducing or eliminating conditioning to violence as a learned behavior.

Core values and principles: The increasing use of digital devices, gaming, and the internet can lead to a shift away from core values and principles such as compassion, inclusivity, and progress towards the SDGs. The policy statement aims to create a right relationship with digital devices, gaming, and the internet, and make way for a digital world that enhances, rather than compromises, these core values and principles.



Well-being: The increasing use of digital devices, gaming, and the internet can also have negative impacts on people's well-being. The policy statement aims to address this challenge by introducing tools for emotional self-regulation and impulse control that can help reduce the negative impacts of digital technology on people's mental health and well-being.

Digital transformation: The policy statement also addresses the challenge of digital transformation and the need for policies that can ensure that the transformation is done in a way that is ethical, inclusive, and sustainable, and that benefits society as a whole.

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

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In short, we collaborate to distribute the work of the HeartMath Institute, which has developed digital gamification that encourages optimal human brain function, impulse control, and regenerative prosocial emotional states such as love, care, appreciation, compassion and empathy through the gamification of emotional self regulation. These optimal states are achieved through feedback of data gathered from infrared sensors that measure Heart Rate Variability Coherence of the user and encourage the user to shift to a state of physiological coherence. This biofeedback can be used in mobile phones, tablets, personal computers, and also stand alone devices and can be accompanied with various gaming visuals, sound cues, and even leader boards. It uses digital gamification to produce the opposite effect of most video games which are violence based and increase violent tendencies in populations (Researchers at Columbia University Medical Center's Functional Magnetic Resonance Imaging (fMRI) Research Center have shown that watching violent programs can cause parts of your brain that suppress aggressive behaviors to become less active. December 10, 2007.) You can view HeartMath's technology here:

<https://www.heartmath.com/tech/>

Some of the associated gaming of this biofeedback can be explored here:

https://help.heartmath.com/v1/en/playing_the_games.html

<https://store.heartmath.com/games/>

Devices can enhance or destroy mental and physical health. Our interventions ensure the former by:

Reducing incidents of violence, aggression, and addiction related to digital devices, gaming, and internet

Enabling individuals to manage their emotions and regulate their behavior during high-stress situations

Reducing addictive compulsive behavior related to digital devices, gaming, and internet.

Developing healthier relationships with technology and reducing negative impacts of technology on mental health.

Creating an emotionally intelligent, resilient society more able to navigate the digital world with greater mindfulness and compassion.

Contributing to progress towards the SDGs by addressing mental health and well-being, reducing violence, and promoting inclusivity.

The HeartMath Institute and The Global Coherence Initiative have designed literal game-changing solutions that will bring about a healthier and more prosperous world for all



through coherence heart rate variability (HRV) self-regulation training, and The Fyera Foundation and HeartAmbassadors assist in distributing these solutions in service to the SDGs. This type of emotional self-regulation training is well-documented, including its efficacy for 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, and aggression. 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. Statistics from HeartMath have shown stress to decrease by 36%, motivation to increase by 15%, emotional competence to increase by 39% and exhaustion to reduce by 49%.

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 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

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



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. *

Require that gaming companies who produce violent games also produce and distribute an equal or greater quota of gaming devices and software that are scientifically validated to encourage prosocial emotional states (such as love, care, appreciation, compassion, generosity) and that also facilitate optimal brain function, impulse control, and human performance. Allocate resources to further investigate the impact of these interventions on human, organizational, social, and global well-being and violence reduction. We recommend evidence-based, scientifically proven, peer-reviewed researched methods/ tools, (such as heart rate variability self-regulation biofeedback) be used.



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

The relevance of this policy recommendation for the G20 nations lies in the fact that emotional self-regulation is a critical aspect of individual and societal well-being, and it has significant impacts on productivity, resilience, and violence reduction. Research has shown that the lack of emotional regulation can lead to negative mental health outcomes, substance abuse, crime, and social inequality. Therefore, integrating emotional self-regulation training and tools into various aspects of society can lead to positive outcomes and support individuals and communities in becoming more resilient, productive, and less violent throughout G20 countries. This enhances quality of life for populations, as well as the financial bottom line for G20 countries through tremendous cost savings, increased productivity, and collective innovative earning power. 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 this heart intelligence, and innovative solution seeking for large populations.



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 is currently a gap in G20 policy regarding the integration of emotional self-regulation training into various aspects of society. Allocating resources to further investigate the impact of such interventions on human, organizational, social, and global well-being and violence reduction also promotes evidence-based policymaking and innovation in the field.

There are various existing G20 policies related to digital challenges. The G20 Digital Economy Ministerial Declaration (2021) focuses on promoting digital transformation that is ethical, inclusive, and sustainable and recognizes the importance of ensuring trust and security in the digital ecosystem. G20 Digital Economy Ministerial Declaration: <http://www.g20.utoronto.ca/2021/210805-digital.html>

The G20 AI Principles (2019) emphasize the importance of developing AI in a way that respects human rights, diversity, and inclusion. The G20 Osaka Leaders' Declaration (2019) also recognizes the importance of promoting the digital economy while addressing challenges such as cybercrime and the digital divide.

The G20 Osaka Leaders' Declaration (2019) <https://legalinstruments.oecd.org/en/instruments/oecd-legal-0449>

In terms of addiction, the G20 Health Ministers' Declaration (2019) acknowledges the negative impacts of excessive use of digital technologies on mental health and highlights the need for prevention and intervention strategies.

Overall, the policy statement on emotional self-regulation and impulse control complements existing G20 policies by addressing the challenges associated with digital devices and digital gaming in particular, and promoting ethical, inclusive, and sustainable digital transformation. The policy statement fills gaps in existing policies by specifically addressing emotional self regulation as a key to achieving these policies and solving for addiction, violence, core values and principles, and well-being, and by introducing pattern interrupting tools for emotional self-regulation and impulse control to help mitigate the negative impacts of digital technology on mental health and well-being and human behavior.



Name of your Organization *

The Fyera Foundation

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www.fyera.org

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