



Unconference Critique Digitale Report- Oct. 21-22, 2021

Digital Selfcare Tools and Utilities

Panel A5- Basel

21.10.21, 12h00 - 13h30

Panel suggested by: Jennifer Rabe

Reporter: Delphine Kessler

Discussion leader and core topic presentation:

This panel was led by Jennifer Rabe, who started the discussion with a more personal approach to daily struggles in the digital environment. Jennifer Rabe also presented her project 'Twinkle' (which is not public yet), which is inspired by people who are emotionally or physically overwhelmed by digital tools. The idea is that people can identify themselves with different personas and get individual tips and help according to the corresponding characteristics. This could encompass apps that help declutter your smartphone or information given about privacy and security in a digital environment.

Main arguments in the discussion:

Different issues with the 'digital world' were raised by the panel participants. For example, how the amount of possibilities and the volume of information encountered in the World Wide Web can be overwhelming, or how it is difficult to filter out the important information among all the noise. Other examples concerned social media and how the use of it can influence the attention span or cause addiction.

Proposed solutions:

This panel provided an insight into the struggles encountered in a digital world and the necessity for (digital) selfcare tools to address them. Such tools might on a personal level be the non-use of specific digital spaces (e.g. social media, social media, see panel from Valérian Geffroy) and tools or the use of low-tech instead of high-tech. More generally, such tools could be in the form of apps or just general information available for the public to help deal with common issues in the digital space.