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# Attention Sanctuaries

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**Sanctuary Guidelines Working Group**

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# Pillars of Attention Activism

01.

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**EDUCATION**

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02.

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**COALITION**

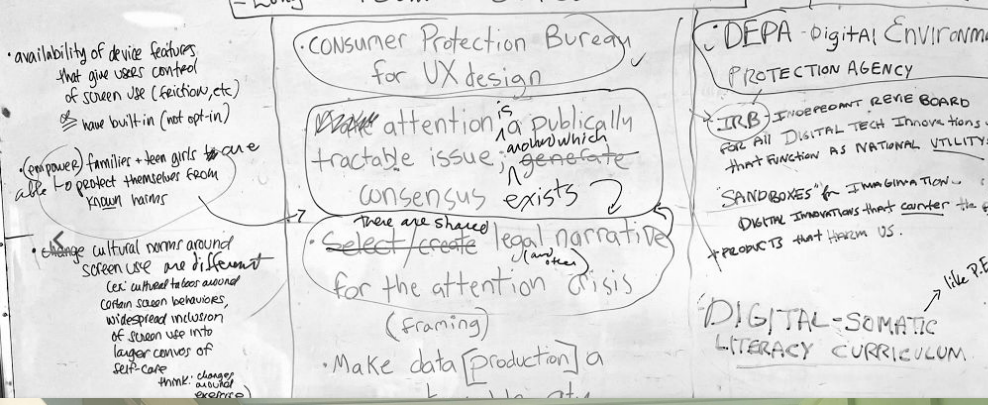
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03.

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**SANCTUARY**

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# Politics of Attention

## VI

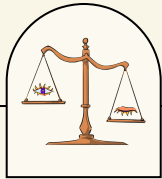
How should our work engage in the policy space?

**MAKE ATTENTION A PUBLICLY TRACTABLE ISSUE WITH WIDESPREAD CONSENSUS**

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# How?



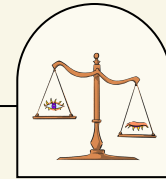
**Create spaces**  
*including...*

“Sanctuaries of Attention”



**Extant Spaces;**  
*with particular attention to...*

Libraries, Museums, Schools



**Classrooms as Sanctuaries**

Sanctuary Guidelines

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# Sanctuary Working Group

A one-page instructional guide with concrete practices to create a "Sanctuary of Attention" in a classroom learning space; and

A two-page instructional guide equipping future readers to produce their own set of guidelines for a range of spaces and environments (social situations, family dinners, professional settings, etc.).

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## Freedom From

Extractive technologies  
Unwanted sensory overstimulation  
Manipulative patterns  
Dark flow  
Dissociative absorption  
Commercial interests

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## Freedom To

Experiment  
Play  
Connect  
Explore  
Shape  
Adapt  
Thrive

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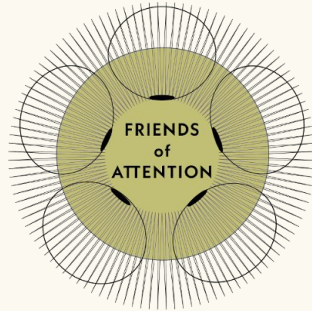
\*\* A very special thank you to Jac Mullen \*\*

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# Now... You!!

Document 1: Classroom Sanctuary Guidelines

Document 2: How to Build Guidelines



# THANK YOU

especially to our wonderful working group of brilliant, talented,  
funny, perfect writers without whom this project would not be  
possible





# First Reflection

*Classroom Sanctuary Guidelines*

# Second Reflection

*How-To Guidelines*