Workshop and Classroom Guide

The Last Interface: When AI Moves from Our Devices to Our Bodies

Zafrullah Khan, Ed.D.

A facilitation plan for community workshops, adult classrooms, professional lunch-and-learns, and book clubs that want a tighter structure than open discussion. It is written for general audiences. It is not a certification, a product training, or a medical or safety course.

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These materials are for reading, discussion, and teaching. They are not medical advice, a safety protocol, a product manual, or a certification. Imagined scenes and future designs are labeled as such and are not forecasts or product claims. Comfort and everyday wellness are discussed in general terms; anything that looks worth acting on medically belongs with a clinician.

This companion is written so it can be used before, during, or after reading the book. It does not discuss the story's turns. If your group has finished the book and wants to talk about later revelations, use the book itself, not this guide.

The Second Skin is an imagined design, offered as a concept. Names such as Recall Layer and Consent Layer are the names used in the book. Second Skin is a descriptive phrase, not a product name.

Downloads and updates: www.ai021.ai/book

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Who this is for

Facilitators who can hold a careful conversation and keep time. No engineering background is required. The sessions work with people who have only read the opening chapters, and with people who have finished the book, as long as later plot turns are left in the book itself.

Aims

1. State, in plain language, why the interface between people and machines has become a problem of translation and attention.
2. Distinguish the three layers used in the book—Second Skin, Recall Layer, and Consent Layer—and the job of each.
3. Apply the five questions to a device the participant already owns.
4. Practice the honesty tags: Build Now, Emulate Now, Invent Later.
5. Leave with a clear personal answer to who should hold the switch, without needing any later plot point from the book.

House rules

• No one has to share health, family, or workplace details. Use made-up or public examples if that is more comfortable.

• This is not a product demo, a medical class, or a certification.

• Keep the spoiler rule: this guide does not discuss the book's later turns, and facilitators should not 'fill them in.'

• When the discussion touches the body, stay with comfort, attention, permission, and everyday wellness. Clinical questions go to a clinician.

• Label imagined scenes and future designs as imagined. Do not present them as available products or as forecasts.

Materials

Printed or shared copies of this guide, the reader’s guide, the five questions, and the “From Pocket to Skin” timeline (letter size is enough). A board or shared note for lists. Participants keep a device they already own in the room, for the five-questions exercise. Optional: the chapter key-ideas sheet and the glossary.

Four sessions of ninety minutes

The default plan is four sessions, each ninety minutes, following the book’s path without rushing the later parts. A sixty-minute single session is at the end, for conferences and lunch-and-learns.

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Session 1 · 90 minutes

After the Smartphone

Reading in view: Prologue, Introduction, Part One (Chapters 1–3)

Aim. See the interface problem in ordinary life, and meet the book as a relationship with rules.

Opening. (10 min) Each person names one reach for a device from the past day and what they were actually trying to do: remember, decide, connect, check, or something else.

Core. (35 min) Walk the three-layer idea at a high level (skin senses, memory retrieves, consent decides). Read or hear the five questions. In pairs, apply all five to a phone, watch, or ring already in the room.

Activity. (25 min) The full-day test, in miniature: sketch tomorrow as 12 hours. Mark every likely reach. Circle the three most common reasons. For each, ask which principle would have spared that reach.

Close. (20 min) Share one principle you would refuse to give up. Assign optional reading: Introduction and Chapters 1–3, plus the timeline poster.

Facilitator notes for this session

Session 2 · 90 minutes

A Layer You Can Take Off

Reading in view: Parts Two and Three (Chapters 4–10)

Aim. Treat a wearable computer as clothing first, and keep signal, inference, and intent apart.

Opening. (10 min) What wearable do you already trust on your skin, and why?

Core. (30 min) Sort a short list of claims into Build Now, Emulate Now, and Invent Later. The facilitator should use only everyday examples (a sensor patch, a haptic wristband, a phone in a pocket standing in for an operating layer). No parts lists, voltages, or assembly steps.

Activity. (30 min) Signal / inference / intent clinic: the facilitator offers three short, made-up situations (a warm back, a quicker stride, a late-night still moment). Groups must say what was measured, what was guessed, and what, if anything, the person had asked for.

Close. (20 min) Draft a one-line grant you would be willing to give a comfort feature, including when it expires.

Facilitator notes for this session

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Session 3 · 90 minutes

Permission, Data, and Proof

Reading in view: Parts Four to Seven (Chapters 11–25)

Aim. Practice saying yes, no, and enough, including in workplaces and in public.

Opening. (10 min) When did a system last act for you without showing its intent first?

Core. (30 min) The handshake, deletion receipts, and the vendor-exit test, in plain language. Then: when the payer is not the wearer, what would a real voluntary alternative look like?

Activity. (30 min) Write a four-line deletion receipt and a four-line exit checklist for a service the group already uses. Keep it generic. No need to name employers.

Close. (20 min) List three things a system should simply never do, no matter who asks.

Facilitator notes for this session

Session 4 · 90 minutes

Bodies, Robots, and the Switch

Reading in view: Parts Eight to Twelve (Chapters 26–40) and the Epilogue

Aim. Hold the body, shared machines, and authority in one conversation, and leave with a personal test.

Opening. (10 min) A false alarm or a false reassurance: which would trouble you more, and why?

Core. (30 min) Comfort is not protection: say out loud why a collar airflow zone is not a respirator. Then: a request to a robot, a stale command, and a stop the nearest person can reach.

Activity. (30 min) Who holds the switch? Each person writes two lists: abilities they would be willing to gain, and authority they would refuse to give up. Pair-share only what they choose.

Close. (20 min) Return to the five questions and to the opening reach-for-a-device exercise. What has changed? Optional: the Visual Atlas, when available, for readers who want the drawings at a larger scale.

Facilitator notes for this session

Who Holds the Switch? A 60-minute session

Use this when you have one hour and a mixed audience that may not have read the book.

- (5 min) Welcome, aims, spoiler and claims rules.
- (10 min) One recent reach for a device, and what it was for.
- (15 min) The five questions, applied in pairs to a device already in the room.

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• (15 min) Three layers in one imagined moment: the skin measures, memory retrieves with a source, consent acts only inside a grant and then tells you. Comfort only; no clinical claims.

• (10 min) Personal close: one ability you might want, one authority you would keep. The full-day test as optional homework.

• (5 min) Where to read more, and the free downloads at www.ai021.ai/book.

Facilitator notes for the 60-minute session

Questions before you build, fund, or wear it

A short list you can hand out at the end of any session. It is a thinking tool, not a compliance checklist and not a protocol.

1. What did it sense, and how do you know?
2. What is it inferring, and is that inference yours to accept or reject?
3. Who asked it to act, and can that permission expire?
4. Can you check what happened, in words you can read?
5. How do you turn it off, or take it off, without help?
6. If the network drops, what still works, and what is honestly paused?
7. If you leave the vendor, what leaves with you?
8. Who else could be in the frame, and how would they know?

After the session

Point people to the free downloads at www.ai021.ai/book: the reader's guide, the glossary, the key-ideas sheet, the thirteen principles, and the "From Pocket to Skin" poster. The book itself is the place for the full argument and the story. A color Visual Atlas is planned as a separate companion volume; this pack does not replace it.

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