The data body

SIL 503 Week 7 lab sheet, 21 October 2026

Name		**Date**	

The playbook defines a data body as the discrete parts of our whole selves that are collected, stored in databases and other spaces of digitally networked flows, and used to make decisions about us. Draw yours in the box below. There is no right answer and nobody else has to see it.

Three prompts, from the playbook

- What types of data live inside your data body? Write them inside the outline you draw.
- Which systems, agencies or organizations collect or control that information? Write them outside the outline, and draw a line to each piece of data they hold.
- What were you trying to receive when the information was collected? Write those needs under the feet.

The drawing

Source: Our Data Bodies (2019), Digital Defense Playbook, odbproject.org, the Your Data Body activity, pages 39 to 42, and the data-self activity, pages 59 to 63.

Three data types

Pick three pieces of data from your drawing and complete the row for each. Where you do not know, write that you do not know, because the playbook's debrief asks what people notice they cannot say.

Data type	Collector	Method of collection or storage	Could you have refused

The sovereignty question

Almost nothing on the sheet is governed by you. The playbook's debrief asks what it would take to move one item from held about me to governed by us, which is the difference between privacy and sovereignty in a single question.

Which item would you move from held about you to governed by a community, and what would that require?

Who would hold that authority, and what follows when nobody does?