

Submission to the Standing Committee on Social Affairs, Science, and Technology

Submitted by:

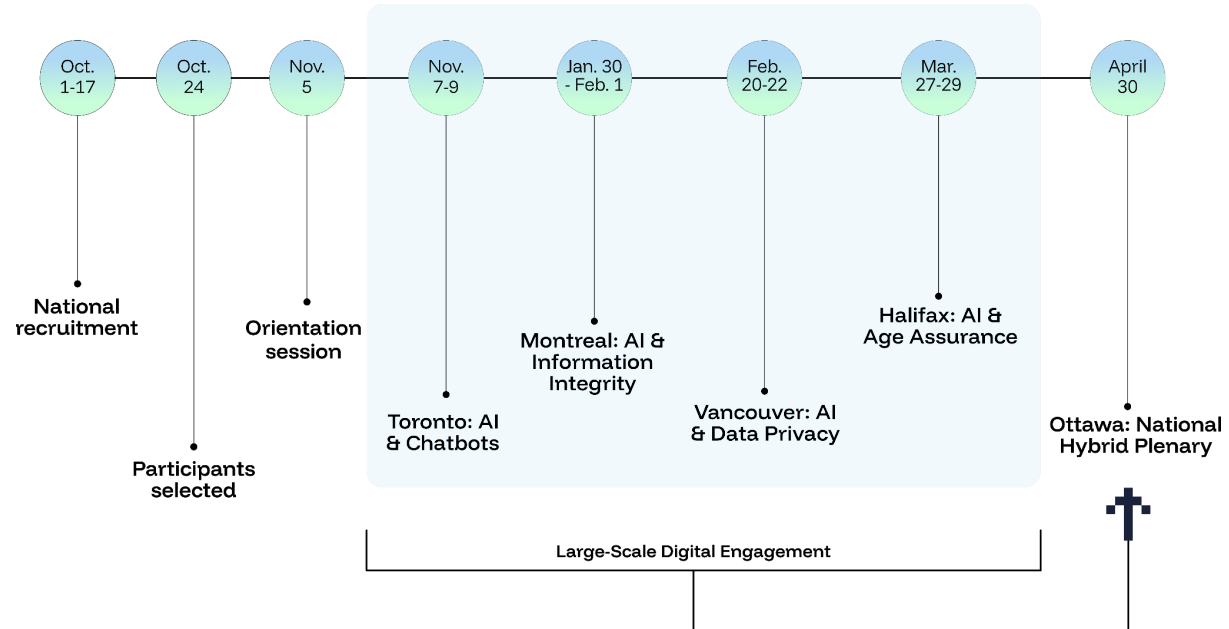
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Gen(Z)AI: Canada's National Youth Assembly on Artificial Intelligence

This submission summarizes the findings of Gen(Z)AI: Canada's national youth assembly on artificial intelligence. From November 2025 to April 2026, Gen(Z)AI engaged one hundred Canadian youth aged seventeen to twenty-three in-person, along with thousands more digitally, to understand their views on AI and support their development of actionable policy recommendations for forthcoming AI and online harms legislation.

Process and Methodology

Gen(Z)AI was built on the premise that the legitimacy of AI and online harms governance depends, in part, on the meaningful inclusion of those most affected by it. In-person participants were selected to participate in Gen(Z)AI through a civic lottery to reflect Canada's demographic and regional diversity. They convened across four regional forums in Toronto, Montreal, Vancouver, and Halifax, each focused on a distinct policy domain at the intersection of AI and online harms.



All forums followed a three-stage process, beginning with a virtual learning session that brought all participants together to establish a shared evidentiary foundation. Experts from across disciplines presented on the relevant policy landscape and engaged directly with participants, ensuring that deliberation was founded in accessible, balanced information.

This was followed by two days of in-person deliberation, which formed the core of the Gen(Z)AI process. Participants worked in small, facilitated groups designed to foster genuine exchange, moving from personal experience to the articulation of shared values, and from there to the identification of key policy challenges. These discussions culminated in the co-development of concrete policy recommendations, refined through plenary debate and finalized through a consensus-based voting process.

The final stage extended the reach of the process beyond the in-person assembly. Recommendations were published on a national digital engagement platform, where thousands of young Canadians were able to rank priorities, endorse or challenge proposals, and suggest refinements. This “layered deliberation” model was designed to balance in-depth participation with scale: to preserve the rigour of in-person dialogue while broadening participation across the country.

Findings

Across all four forums, participants described the risks associated with AI and online harms as a result of systemic issues embedded in the design of digital environments and reinforced by the economic incentives that sustain them.

One of the most consistent findings concerned the failure of existing transparency mechanisms. Participants described a digital ecosystem in which consent is formally present but functionally meaningless. Privacy policies, terms of service, and disclosure prompts are experienced as overwhelming and inaccessible, producing what many described as “disclosure fatigue.” In practice, this creates a situation where users agree to conditions they do not understand and cannot realistically contest.

Closely tied to this is the extent to which responsibility for navigating the harms of AI and social media systems has been displaced onto individuals. Participants repeatedly emphasized the unreasonable expectations placed on users, particularly young users, to identify misinformation, manage their own data privacy, and regulate their engagement with systems deliberately designed to capture and retain attention. This was not framed by participants as a failure of individual behaviour, but as a structural misalignment: harms generated at the system level are being managed at the individual level, where the capacity to respond is necessarily limited.

Participants also identified engagement maximization as a central organizing logic of the digital environment. Whether in the context of AI chatbots or social media platforms, they described systems engineered to sustain interaction, often through emotionally responsive or reinforcing design features. These systems were understood as products shaped by commercial incentives that prioritize time-on-platform over user well-being.

Underlying these concerns is a broader absence of accountability. Participants described a governance landscape in which companies face few enforceable obligations to prevent harm, limited requirements to report it, and minimal consequences when harms occur. Existing reporting mechanisms were viewed as opaque and ineffective, offering little assurance that concerns are addressed or that systems are improved in response.

Policy Recommendations

Taken together, these findings point to a fundamental challenge for Canadian policymakers. The current approach to digital governance, which is fragmented across domains including privacy, online harms, and AI regulation, does not reflect how these systems are experienced in practice. For participants, AI systems, platform design, data practices, and the circulation of harmful content are not separate issues, but components of a single, integrated environment.

The policy recommendations emerging from Gen(Z)AI reflect this understanding. Participants consistently called for a shift away from reactive, content-focused regulation toward a model grounded in safety by design. This includes the introduction of enforceable standards governing how systems are built and deployed, rather than relying solely on mechanisms to address harms after they occur.

Central to this approach is the need for independent oversight. Participants advocated for the establishment of a regulatory body with the authority to audit systems, enforce compliance, and provide meaningful avenues for redress. They also emphasized the importance of transparency not as disclosure alone, but as the legibility of systems in real time to ensure that users understand when they are interacting with AI and how those systems operate.

Conclusion

Gen(Z)AI offers both a set of policy recommendations and a model for how those recommendations can be developed. It demonstrates that meaningful public engagement, when designed with care, can produce insights that are both democratically legitimate and practically actionable.

At a moment when Canada is reconsidering its approach to digital governance, the perspectives captured through this process provide a critical reminder: the effectiveness of policy will depend not only on its technical design, but on its responsiveness to the lived realities of those it is intended to protect.

The Gen(Z)AI participants' policy recommendations are outlined in detail in Appendix 1, and are available publicly in the Gen(Z)AI Final Report, accessible [here in English](#) and [here in French](#). These recommendations were made in response to a series of issue statements surfaced by the participants, many of which are captured in the Gen(Z)AI documentary, [which is available publicly here](#). The transcript of this documentary is available in English in Appendix 2, and in French in Appendix 3.

Appendix 1: Gen(Z)AI Policy Recommendations

Gen(Z)AI participants developed five recommendations addressing the **AI chatbot governance challenge**:

1. Mandate that AI platforms address the addictive design of AI chatbots by requiring measures such as content filters and optional data cache deletion, and explicitly providing users with the ability to determine levels of responsiveness and conversationality.
2. Mandate accessible flagging capacity for users, require platforms to regularly report these instances, in a timely fashion, to an independent body with enforcement capacity, and make such reports accessible to the Canadian public.
3. Mandate that social media platforms and search engines have explicitly and easy-to-navigate opt-out options for integrated AI technologies, and compel platforms to provide users with explanations, in plain- and age-appropriate language, of the implications of opting in or out of AI integration.
4. Establish a funding program to support organizations offering critical AI literacy programming and resources to Canadians, including public consultations and deliberative engagements on AI's impacts that involve intergenerational and diverse groups of Canadians.
5. Establish a new, independent government body to enforce AI safety standards, conduct systems evaluations, algorithm audits, and risk assessments, and intake user complaints, including by offering dispute resolution and other resource mechanisms.

Gen(Z)AI participants developed five recommendations addressing challenges at the intersection of **AI and information integrity**:

1. Mandate that digital platforms explicitly label AI-generated content and give users the functionality to omit this content.
2. Give people copyright over their own features and likeness, and create an online regulator to enforce the removal of non-consensual AI-generated material, including Child Sexual Abuse Material (CSAM).
3. Mandate that platforms monitor, flag, and transparently share information, with both the public and government, about the spread of mis- and dis-information, especially during high risk moments, including elections and public health crises.
4. Require that platforms introduce standards for AI-recommendation systems and data profiling processes to limit the spread of harmful content and known and suspected bot activity, and promote local content.
5. Mandate that platforms implement an independent third-party authentication mechanism for content posted from news and other public service organizations to promote and prioritize credible and reliable content.

Gen(Z)AI participants developed three recommendations addressing challenges related to **AI and data privacy**:

1. Mandate that platforms and AI companies implement meaningful and informed consent mechanisms to users, including by publishing a version of their terms and conditions that uses plain-language and is accessible by default.
2. Impose privacy-by-default standards for all AI systems.
3. Develop enforceable data privacy standards that require that platforms and AI companies:
 - a. Prevent purpose-creep by strictly limiting data handling to clearly-defined and user consented purposes;
 - b. Provide accessible options to delete user data upon request; and,

- c. Be subject to harsher legal consequences for the mishandling of users' sensitive data, including, but not limited to, health, financial and identity-related information.

Gen(Z)AI participants developed four recommendations related to **AI and age assurance**:

1. Create a standardized age-verification system to restrict users' access to generative AI platforms through the creation of an anonymized digital token system, with associated programs and accessible resources to inform the public about its implementation.
2. Mandate, in cases where age assurance is used, that companies adhere to stronger regulation, enforced by a Regulator, surrounding the use of sensitive age assurance data, including by:
 - a. Imposing time-limited storage;
 - b. Imposing safety audits on platforms and third-party data collectors; and,
 - c. Requiring leakage protection in models and training.
3. Mandate that any AI platforms accessible to children, including in educational contexts, implement safety-by-design protocols to safeguard their use and promote learning and skills development.
4. Introduce measures to minimize young users' exposure to harmful design features and content across digital platforms, including by:
 - a. Increasing transparency measures, by requiring digital safety and compliance reporting;
 - b. Requiring that AI generated media content be identified through digital watermarking technology; and
 - c. Reducing sycophancy and positive reinforcement in AI chatbots.

Appendix 2: Gen(Z)AI Documentary Transcript (English)

Speaker 1 [00:00:12] I remember we were in a class and someone comes up to me and says look at this it can do all your homework for you.

Speaker 2 [00:00:19] It looked like it was alive, right? It almost did. Seems like, you know, something you'd see in a movie, honestly. And it-

Speaker 3 [00:00:23] really change the game.

Speaker 4 [00:00:38] It basically became like the best study tool that a high schooler could ever imagine.

Speaker 5 [00:00:42] I could be taking two hours to write a paper, or it could be a quick 10 minutes, hey, um, Chachi PT, can you do this for me?

Speaker 6 [00:00:49] Some of my classmates will run assignments through an LLM before they even read it.

Speaker 7 [00:00:54] I think it was when I started using it to program, that was kind of my holy shit moment.

Speaker 8 [00:01:02] Like, oh, it's actually thinking. You seem crazy. That it could just do that. I was very in awe of the possibility. What excites me most about AI, I'd say, is what we can do.

Speaker 9 [00:01:13] Can do to better humanity with it. So I think of the machine learning algorithms that hospitals are trialing right now, where they're training AI models to improve cancer detection and cancer treatment and all these things like that.

Speaker 10 [00:01:26] The scientific advances we can make thanks to AI are unimaginable.

Speaker 7 [00:01:30] As a computer scientist and as like a sociologist, I... Really believe in the promise of AI. I think it'll

Speaker 5 [00:01:35] let humans think more and do more in other ways that wouldn't have been possible if AI wasn't there.

Speaker 3 [00:01:41] And it kind of felt like we were living in the future, but as the months progressed, it became very evident that we were not ready for this jump in technology whatsoever.

Speaker 11 [00:02:08] We want the machines to do the dishes so we can do art, but instead it's the opposite.

Speaker 8 [00:02:13] The companies that are making this technology might not have our best interests in mind. I'm worried because I'm...

Speaker 12 [00:02:19] I'm not really sure if it will really help the next generation.

Speaker 13 [00:02:26] I'm 23 years old and I'm starting to get quite concerned with the amount of companies that are already seeking to replace a lot of their workforce.

Speaker 14 [00:02:35] If there is no entry-level workforce because it's being replaced by these automatic systems, how does that impact the future? And how do you move up if you can't get a foot in the door?

Speaker 8 [00:02:51] It's looking like it's going to affect everybody, and we're all going to be unable to discern what is truth.

Speaker 15 [00:02:56] And what is not. AI isn't just generating information, it's generating information that's almost impossible to discern from other human writing.

Speaker 3 [00:03:04] If nobody can come to an agreement about collective reality then it is hard to imagine how we can move forward.

Speaker 4 [00:03:15] I think there's a huge risk of cognitive offloading.

Speaker 9 [00:03:18] What makes me really scared is how is it impacting the critical thinking of high schoolers, of elementary school kids, of kids who have gone their entire education with these tools being readily available.

Speaker 14 [00:03:31] I've been using this to help with so much of my work and I just feel like my brain is melting.

Speaker 16 [00:03:43] What worries me the most about AI is the loss of all gentleness. That society would become a little controlled by the algorithms, that everything would be predicted, everything would have been predicted by machines.

Speaker 7 [00:03:56] I think what scares me the most about AI is the path it could go down if it remains unchecked. And that's kind of a lot of what we're seeing.

Speaker 12 [00:04:09] I think the government should listen to what young people say about artificial intelligence because we are the future. We are not just the future, but we are this generation of artificial intelligence.

Speaker 4 [00:04:25] For Gen Z AI, it actually has a really simple question at its heart, which is how do we bring more people into the decision making process around technology governance?

Speaker 17 [00:04:34] I think we often find in traditional media that young people are cast as being apathetic or not being civically engaged. But processes like this show us that young people crave the opportunity to have their voices heard, to be part of the policy-making process. And it's amazing to see it in action.

Speaker 4 [00:04:54] It's an assembly in four parts happening in four different cities across the country. Toronto, Vancouver, Montreal, and Halifax. In each of these cities, we bring together 25 youth, 17 to 23, to deliberate in person around specific issues.

Speaker 17 [00:05:09] So we take the demographics of each of the provinces that we're traveling to for the project and we try to replicate those demographics.

Speaker 6 [00:05:18] In the room. It's one thing to be like, wow, okay, I know that there's a lot of issues with how, you know, AI today exists. And then it's another thing to like really open up that door and, okay what are the issues, but also like how can we change that?

Speaker 13 [00:05:33] Just the fact that there is a space for us all to have these conversations tells me that okay there are groups of people and policymakers that truly do believe in consulting with younger people and that's important.

Speaker 4 [00:05:45] In between each forum, we're working with Make.org, which is a civic technology company, to broadcast the recommendations made in person to thousands more youth of the same age group across the country. We will have gotten input from not only the hundred in person, but also thousands of youth across the country.

Speaker 18 [00:06:01] I think what I've seen from everyone that I've spoken to today is that there are a lot of ideas that are out there, it's just a matter of getting those incorporated going forward.

Speaker 4 [00:06:10] I think there's a temptation to ask youth for their experiences, consider them as stakeholders but not experts. And I think processes like this remind you that experience, lived experience, is expertise.

Speaker 7 [00:06:22] AI has been talked about as this tool for innovation, as this geopolitical lever to be used in this race. And a lot of this terminology kind of takes away from the lived experiences of young people and of anyone using these products.

Speaker 10 [00:06:37] I think that young people should be involved in this process because, very simply, we are in the first line.

Speaker 15 [00:06:43] If government doesn't listen to young people and youth, they're missing an entire demographic of individuals who are going to be making these decisions, who are gonna be in places of power in the future.

Speaker 7 [00:06:57] It's great for that. It allows us to speak for ourselves, for our generation.

Speaker 14 [00:07:03] The reality is we have the most future ahead of us, and if there's no planet, if there is no workforce, then we have no future.

Speaker 8 [00:07:26] I want AI to be responsible. Developed safely.

Speaker 13 [00:07:29] Regulated and used responsibly. I want AI to be empowering. Safe. Limited

Speaker 14 [00:07:36] inclusive. Regulated and secure and I would like the companies creating these things to be held accountable for the impact.

Speaker 19 [00:07:51] You

Speaker 8 [00:08:06] I think with AI, we're kind of at this crossroad where, well, if we're able to have an opinion about it now, we may influence how our future looks like.

Speaker 1 [00:08:17] Somebody should have a say.

Speaker 16 [00:08:18] It's dangerous if you don't do things right or if you're not listening to the voices of young people. But it's really the future, in the end.

Speaker 5 [00:08:26] So let's do something and let's do it now.

Speaker 15 [00:08:30] Consider the recommendations that we are putting forward, because we have talked about it, we have deliberated, we have sweat and probably cried about it. It's important to us that we see what we've done here today enacted in some form or way.

Appendix 3: Gen(Z)AI Documentary Transcript (French)

Intervenant 1 [00:00:12] Je me souviens, on était en cours et quelqu'un est venu me voir en disant : « Regarde ça, ça peut faire tous tes devoirs à ta place ! »

Intervenant 2 [00:00:19] On aurait dit que c'était vivant, pas vrai ? Presque. Franchement, on aurait dit un truc de film. Et ça...

Intervenant 3 [00:00:23] a vraiment tout changé.

Intervenant 4 [00:00:38] C'est devenu le meilleur outil d'étude qu'un lycéen puisse imaginer.

Intervenant 5 [00:00:42] Je pouvais passer deux heures à rédiger un devoir, ou alors en dix minutes, je pouvais dire : « Hé, euh, Chachi PT, tu peux faire ça pour moi ? »

Intervenant 6 [00:00:49] Certains de mes camarades de classe font analyser leurs devoirs par un assistant juridique avant même de les lire.

Intervenant 7 [00:00:54] Je crois que c'est quand j'ai commencé à l'utiliser pour programmer que j'ai eu une véritable révélation.

Intervenant 8 [00:01:02] Genre, oh, elle pense vraiment ! C'est dingue ! Qu'elle puisse faire ça, c'est incroyable. J'étais vraiment impressionné par les possibilités. Ce qui me passionne le plus avec l'IA, c'est ce qu'on peut faire.

Intervenant 9 [00:01:13] Pour améliorer l'humanité. Je pense notamment aux algorithmes d'apprentissage automatique que les hôpitaux testent en ce moment, où ils entraînent des modèles d'IA pour améliorer le dépistage et le traitement du cancer, et tout ça.

Intervenant 10 [00:01:26] Les progrès scientifiques que nous pouvons réaliser grâce à l'IA sont inimaginables.

Intervenant 7 [00:01:30] En tant qu'informaticien et sociologue, je crois vraiment au potentiel de l'IA. Je pense que ça va.

Intervenant 5 [00:01:35] permettre aux humains de penser et d'agir davantage, d'une manière qui aurait été impossible sans l'IA.

Intervenant 3 [00:01:41] On avait l'impression de vivre dans le futur, mais au fil des mois, il est devenu évident que nous n'étions absolument pas prêts pour ce bond technologique.

Intervenant 11 [00:02:08] On voudrait que les machines fassent la vaisselle pour pouvoir se consacrer à l'art, mais c'est tout le contraire.

Intervenant 8 [00:02:13] Les entreprises qui développent cette technologie n'ont peut-être pas nos intérêts à cœur. Je suis inquiet parce que je...

Intervenant 12 [00:02:19] Je ne suis pas vraiment sûr que cela soit vraiment utile à la prochaine génération.

Intervenant 13 [00:02:26] J'ai 23 ans et je commence à être assez inquiet du nombre d'entreprises qui cherchent déjà à remplacer une grande partie de leurs effectifs.

Intervenant 14 [00:02:35] Si les postes de débutant disparaissent à cause de ces systèmes automatisés, quel impact cela aura-t-il sur l'avenir ? Et comment progresser si l'on ne peut même pas se faire embaucher ?

Intervenant 8 [00:02:51] On dirait que cela va toucher tout le monde, et nous serons tous incapables de discerner la vérité.

Intervenant 15 [00:02:56] Et ce qui ne l'est pas. L'IA ne se contente pas de générer des informations, elle génère des informations presque impossibles à distinguer des écrits humains.

Intervenant 3 [00:03:04] Si personne ne parvient à un consensus sur la réalité collective, il est difficile d'imaginer comment nous pourrions avancer.

Intervenant 4 [00:03:15] Je pense qu'il y a un risque énorme de décharge cognitive.

Intervenant 9 [00:03:18] Ce qui m'inquiète vraiment, c'est l'impact sur la pensée critique des lycéens, des écoliers, des enfants qui ont suivi toute leur scolarité avec ces outils facilement accessibles.

Intervenant 14 [00:03:31] J'utilise tellement ces outils dans mon travail et j'ai l'impression que mon cerveau est en train de fondre.

Intervenant 16 [00:03:43] Ce qui m'inquiète le plus avec l'IA, c'est la perte de toute humanité. Que la société soit en quelque sorte contrôlée par les algorithmes, que tout soit prédit, que tout ait été prédit par des machines.

Intervenant 7 [00:03:56] Je crois que ce qui m'effraie le plus avec l'IA, c'est la voie qu'elle pourrait emprunter si elle n'est pas contrôlée. Et c'est un peu ce à quoi nous assistons déjà.

Intervenant 12 [00:04:09] Je pense que le gouvernement devrait écouter ce que les jeunes ont à dire sur l'intelligence artificielle, car nous sommes l'avenir. Nous ne sommes pas seulement l'avenir, nous sommes cette génération de l'intelligence artificielle.

Intervenant 4 [00:04:25] Pour la génération Z et l'IA, la question centrale est en réalité très simple : comment impliquer davantage de personnes dans le processus décisionnel relatif à la gouvernance technologique ?

Intervenant 17 [00:04:34] On constate souvent dans les médias traditionnels que les jeunes sont dépeints comme apathiques ou désengagés civiquement. Mais des initiatives comme

celle-ci nous montrent que les jeunes aspirent à faire entendre leur voix, à participer à l'élaboration des politiques. Et c'est formidable de le voir à l'œuvre.

Intervenant 4 [00:04:54] Il s'agit d'une assemblée en quatre parties qui se déroule dans quatre villes différentes du pays : Toronto, Vancouver, Montréal et Halifax. Dans chacune de ces villes, nous réunissons 25 jeunes, âgés de 17 à 23 ans, pour débattre en personne de problématiques spécifiques.

Intervenant 17 [00:05:09] Nous analysons les données démographiques de chacune des provinces où nous nous rendons pour ce projet et nous essayons de les reproduire.

Intervenant 6 [00:05:18] Dans la salle. C'est une chose de se dire : « Waouh, d'accord, je sais qu'il y a beaucoup de problèmes avec l'IA telle qu'elle existe aujourd'hui. » Mais c'en est une autre d'ouvrir vraiment le dialogue et de se demander : « Quels sont ces problèmes ? » et « Comment pouvons-nous y remédier ? »

Intervenant 13 [00:05:33] Le simple fait qu'il existe un espace où nous pouvons tous avoir ces conversations me prouve qu'il y a des groupes de personnes et des décideurs politiques qui croient réellement à la consultation des jeunes, et c'est important.

Intervenant 4 [00:05:45] Entre chaque forum, nous collaborons avec Make.org, une entreprise de technologie civique, pour diffuser les recommandations formulées en présentiel à des milliers d'autres jeunes du même groupe d'âge à travers le pays. Nous aurons ainsi recueilli les avis non seulement des centaines de participants présents physiquement, mais aussi de milliers de jeunes dans tout le pays.

Intervenant 18 [00:06:01] Ce que j'ai constaté chez tous mes interlocuteurs aujourd'hui, c'est qu'il existe une multitude d'idées ; il s'agit simplement de les intégrer progressivement.

Intervenant 4 [00:06:10] Je pense qu'il y a une tentation de solliciter l'avis des jeunes sur leur expérience, de les considérer comme des parties prenantes, mais pas comme des experts. Or, je pense que des démarches comme celle-ci nous rappellent que l'expérience, l'expérience vécue, est une véritable expertise.

Intervenant 7 [00:06:22] On a souvent présenté l'IA comme un outil d'innovation, un levier géopolitique à utiliser dans cette course. Et une grande partie de cette terminologie tend à occulter l'expérience vécue des jeunes et de tous ceux qui utilisent ces produits.

Intervenant 10 [00:06:37] Je pense que les jeunes devraient être impliqués dans ce processus car, tout simplement, nous sommes en première ligne.

Intervenant 15 [00:06:43] Si les gouvernements n'écoutent pas les jeunes, ils passent à côté de toute une catégorie de personnes qui prendront ces décisions et occuperont des postes de pouvoir à l'avenir.

Intervenant 7 [00:06:57] C'est formidable. Cela nous permet de parler en notre nom, au nom de notre génération.

Intervenant 14 [00:07:03] La réalité, c'est que l'avenir est devant nous, et s'il n'y a plus de planète, plus de main-d'œuvre, alors il n'y a plus d'avenir.

Intervenant 8 [00:07:26] Je souhaite une IA responsable. Développée en toute sécurité.

Intervenant 13 [00:07:29] Réglementée et utilisée de manière responsable. Je souhaite une IA qui soit émancipatrice. Sûre. Limitée.

Intervenant 14 [00:07:36] inclusive. Réglementée et sécurisée, et je souhaite que les entreprises qui créent ces technologies soient tenues responsables de leur impact.

Intervenant 19 [00:07:51] Vous

Intervenant 8 [00:08:06] Je pense qu'avec l'IA, nous sommes à un tournant décisif. Si nous pouvons nous exprimer dès maintenant, nous pourrions influencer notre avenir.

Intervenant 1 [00:08:17] Il faut que quelqu'un ait son mot à dire.

Intervenant 16 [00:08:18] C'est dangereux de ne pas faire les choses correctement ou de ne pas écouter la voix des jeunes. Mais au final, c'est bien l'avenir qui est en jeu.

Intervenant 5 [00:08:26] Alors agissons, et agissons maintenant.

Intervenant 15 [00:08:30] Tenez compte des recommandations que nous formulons. Nous en avons longuement discuté, délibéré et même, et sans doute, pleuré. Il est important pour nous de voir ce que nous avons fait aujourd'hui se concrétiser d'une manière ou d'une autre.