



Instytut Cyfrowego
Obywatelstwa

Digital citizenship, digital health literacy and equity

W POSZUKIWANIU PRZESKROLOWANEGO CZASU.

How to mitigate social changes caused by the rapid development of new technologies

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Warsaw, 1 June 2026

Democratisation of information in times
of multicrises

AI and a sense of powerlessness

Humans versus big tech

Navigating a world of overabundance





Three dimensions of digital citizenship as areas of intervention

01

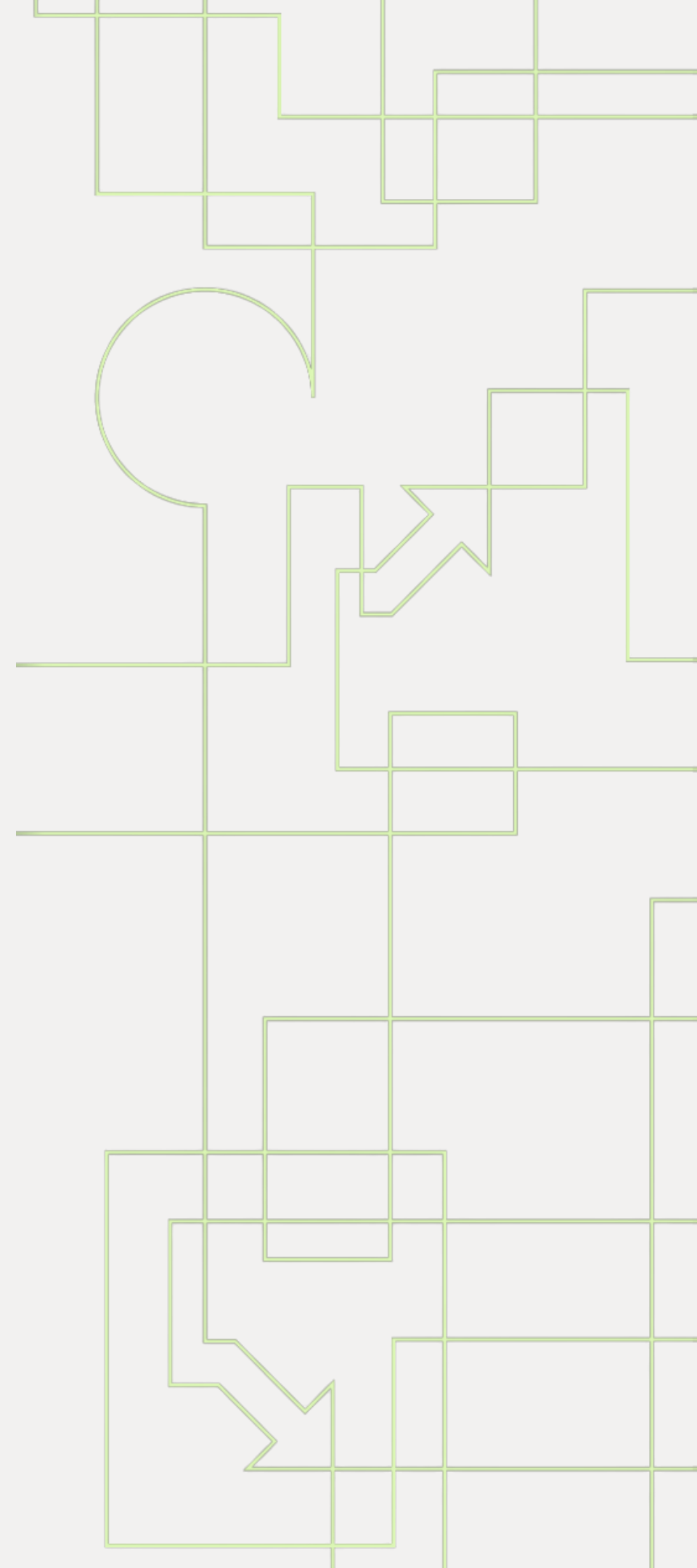
Individual: Conscious Personal Use
Digital hygiene, informed choices, consumer pressure

02

Social: Conscious Society
Formal and informal education

03

Systemic: Systemic Solutions and Responsible Economy
Legislation and effective enforcement, changes in education,
responsible digitalization





We create a new school of thinking.
We aim at changing social norms.

we conduct **research** with academia and experts

we translate our finding into **teaching**

we influence **systemic changes**

we introduce the topic to the **public discourse**



digital hygiene

health protective behaviours related to the use of
information and communication technologies, especially
internet and screen devices

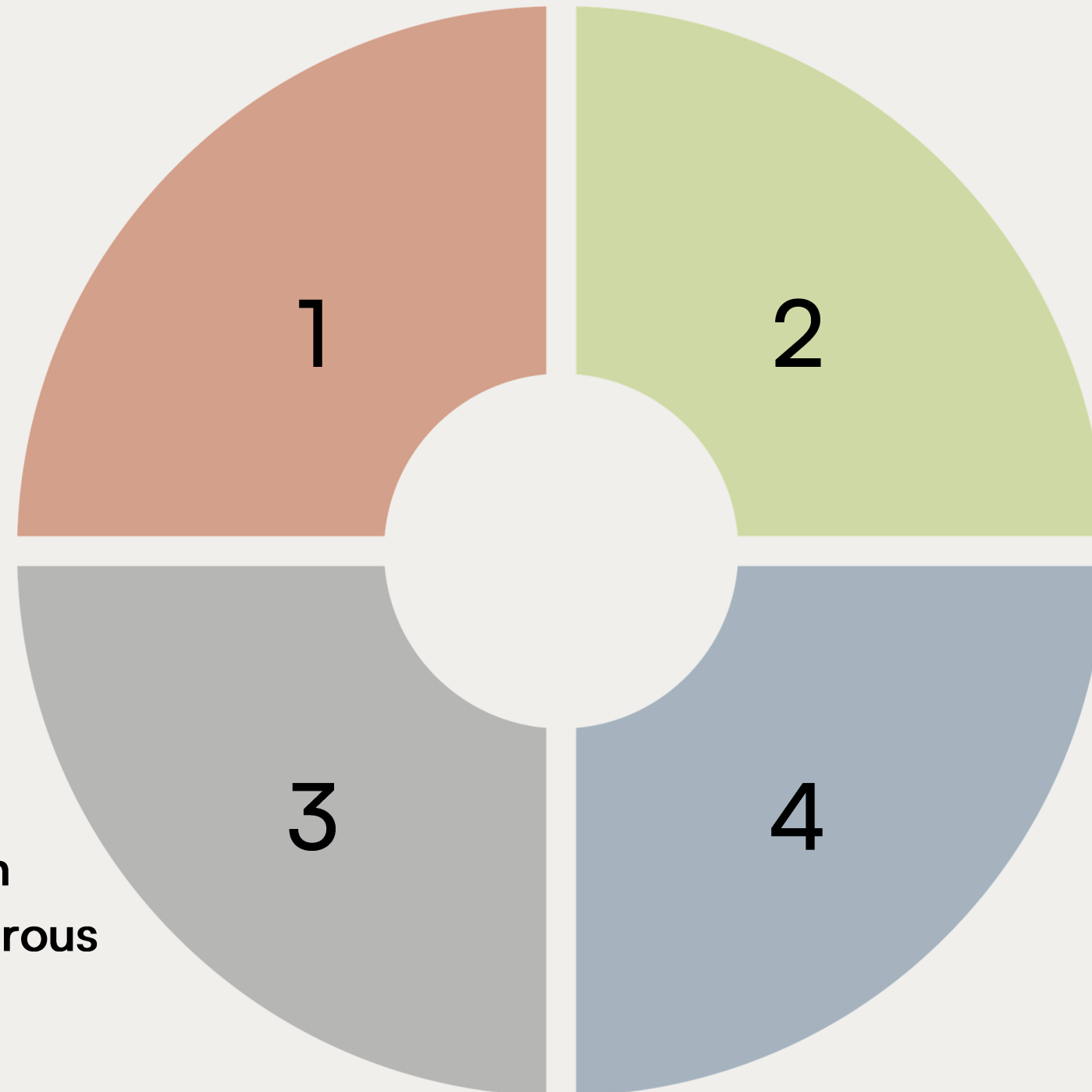
→ Four areas of digital hygiene

Setting boundaries and control

- control over the screen time
- limiting contact with the screens
- concentrating on current activities

Creating and receiving content

- creating content responsibly
- content selection and verification
- reacting to disturbing and dangerous content



Safe use

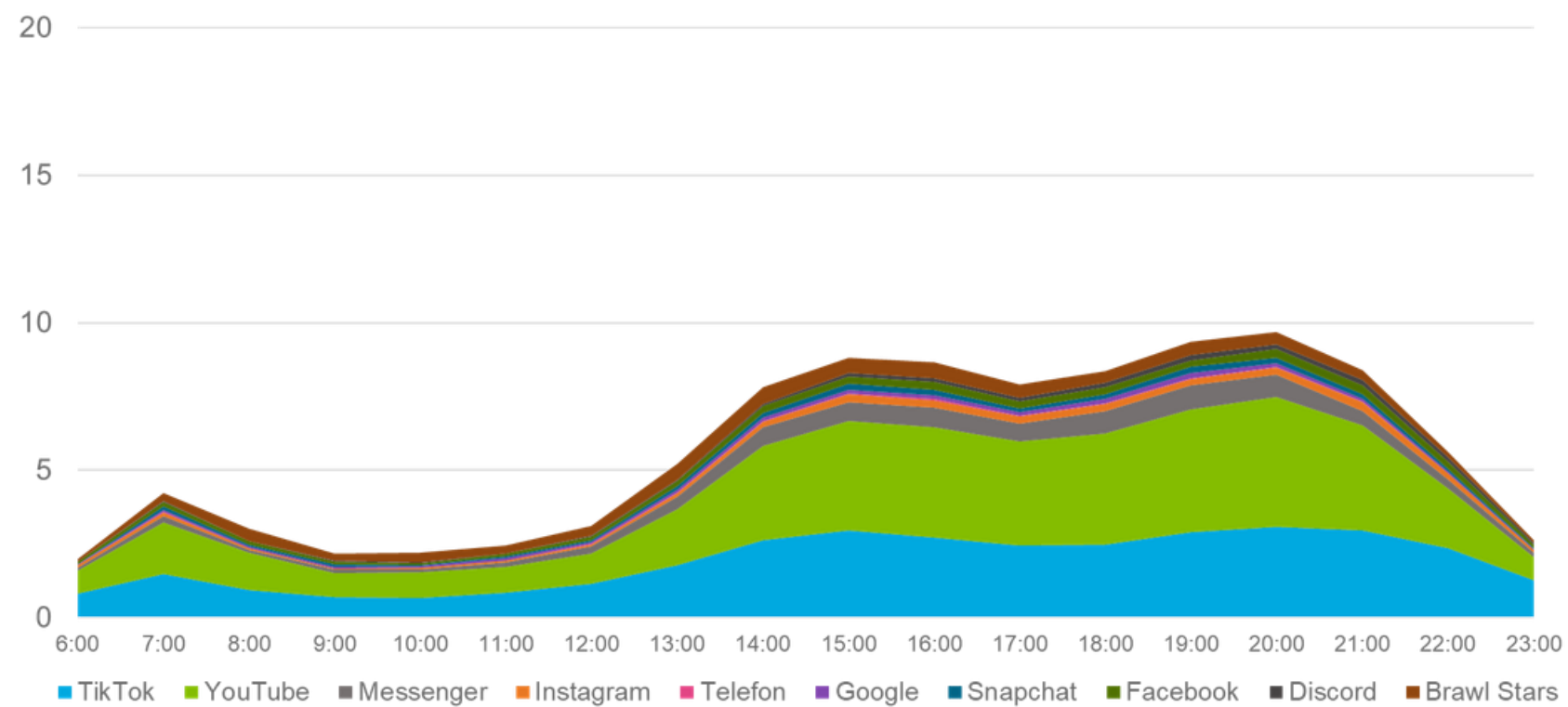
- sharing personal data
- protection against malware and data theft

Other behaviours

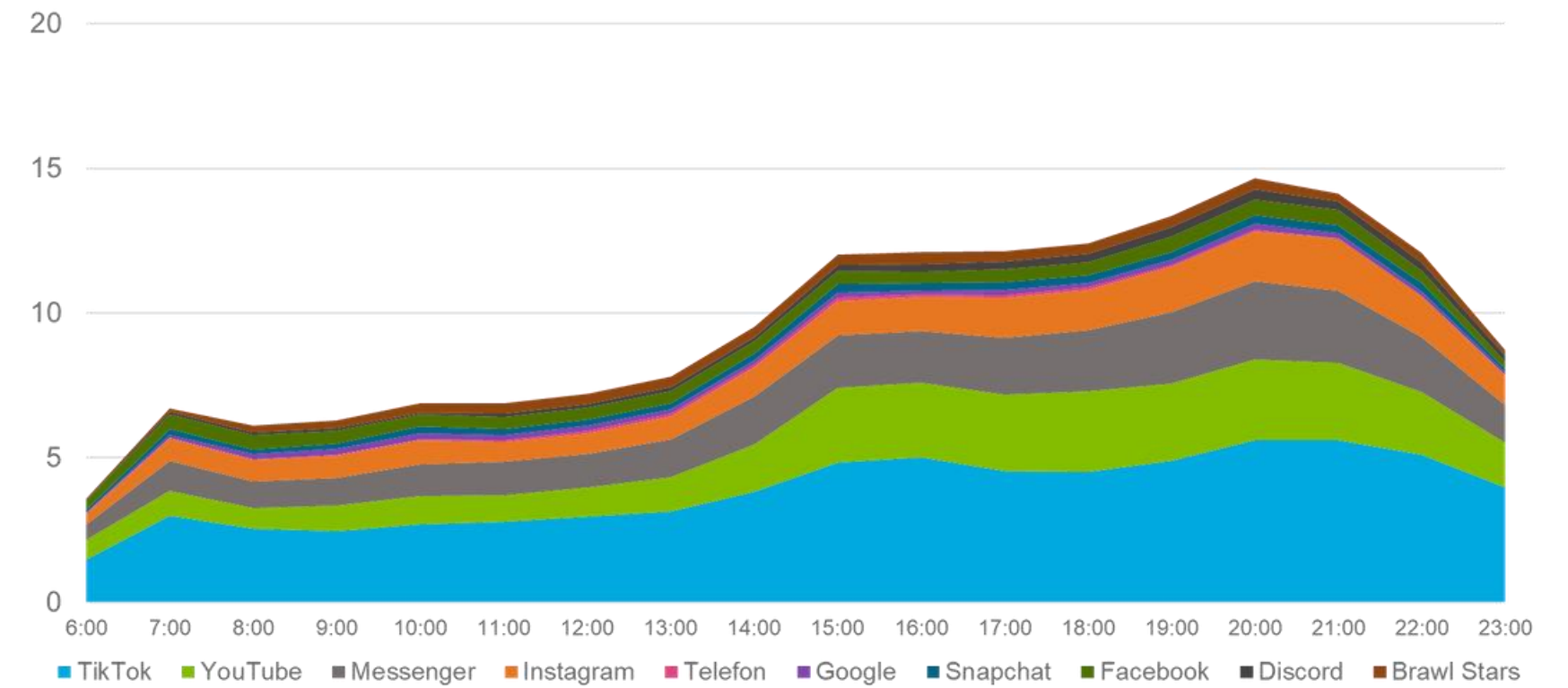
- quality of sleep
- mindful eating
- protection against infections
- body position and physical activity
- hearing protection
- building good relationships
- handling stress and emotions
- being safe on the road

When young people use smartphones

Average usage time of the most popular apps by hour (calculated among all individuals in the given age group), expressed in minutes



7-12
years



13-18
years

School has a crucial role in reducing inequalities





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