

# NARRATIVE REPORT



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# Digital citizenship for health: Empowering young people to co-create tools and innovate solutions

Report of the study session held by Digital Transformations for Health Lab (DTH-Lab) in partnership with Youth Health Organization (YHO) and in cooperation with the European Youth Centre of the Council of Europe at European Youth Centre Budapest, 17-21 February 2025.

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# EXECUTIVE SUMMARY

We know that technology impacts the health and well-being of young people both positively and negatively as well as within and beyond the healthcare system. Young people use digital technologies that shape their health and well-being but often lack the skills, resources and opportunities to participate in governance structures.

The Lancet and Financial Times Commission on [Governing Health Futures 2030: Growing up in a digital world](#) found that (1) public participation is crucial for citizens to co-design the future of health governance and (2) the interconnection between digital literacy, health literacy and broader democratic and civic literacy & skills are undeniable and co-dependent in a digital age.

In translating these findings into action, Digital Transformations for Health Lab's (DTH-Lab) work on digital citizenship for health (DC4H) equips young people with the necessary skills and capacity in the digital, health and civic spaces to shape inclusive and equitable health policies in a digital age. By extending the notions of citizenship and digital citizenship to the health domain, DC4H provides a frame through which to pursue governance approaches that increase health equity, enfranchise communities and advance public participation in health and well-being, particularly among young people.

In support of the European year of digital citizenship education, 2025, DTH-Lab in partnership with Youth Health Organization (YHO) and Young World Federation Public Health Association (YWFPHA) conducted an assessment phase on young people's perception of digital citizenship for health throughout 2024 and early 2025. This programme of work included intergenerational dialogues, online surveys, research, spaces for co-creation and strengthened partnerships with youth organisations.

Building on these findings with youth, DTH-Lab in partnership with YHO and in cooperation with the Council of Europe Youth Department held a study session on **Digital Citizenship for Health: Empowering young people to co-create and innovate solutions** at the European Youth Centre Budapest. This study session was the culmination of a year-long effort of assessing the relevancy and need for youth to become digital citizens for health and also a turning point in our work.

Through a five day long convening of young people under the age of 30 from across the Council of Europe member states, youth partook in knowledge sharing, skill building and co-creation spaces. Two main outputs of the study session included a Statement on Digital Citizenship for Health: Perspectives of young people and a pitch for an idea to create a DC4H platform.

The key findings from the study session included:

- 1**  
Youth want a value based approach to health grounded in the principles of human rights, health equity, democracy and inclusion.
- 2**  
Youth want access to interdisciplinary education, literacy and professional skills within digital, health and civic spaces to support their active citizenship.
- 3**  
Young people want to be partners with active participation in shaping health policies, digital spaces and advocating.
- 4**  
It's lonely growing up in a digital world – youth want to be part of and build communities built for youth in all their diversities, including those hard to reach. Youth need more opportunities to connect with other like minded youth in person and to be supported to participate as active citizens on and offline. Digital spaces are not the same as physical spaces.
- 5**  
As AI advances, youth are convinced it should never replace the power of human connection, our ability to empathize with one another and our shared values.

With similar values and principles, the Lab welcomes future collaborations with the CoE in improving the inclusion of young people in designing health policies built for all.

This study session provided core insights and recommendations for DTH-Lab's work on digital citizenship for health. The knowledge generated and community built by participants sharing their cultures, experiences and needs/wants as young people will have lasting impact on the young people who participated in the study session and the next phase of work for the DTH-Lab in co-creating solutions with youth and policy makers alike.

# INTRODUCTION

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## Presentation of the organisation

### Digital Transformations for Health Lab (DTH-Lab)

#### Who we are

DTH-Lab is a global consortium of partners based in Europe, Africa and Asia working to drive implementation of The Lancet and Financial Times Commission on Governing Health Futures 2030's recommendations for value-based digital transformations for health co-created with young people. DTH-Lab works across generations, sectors and geographies to achieve its vision that by 2030 digital transformations of health are led by Health for All values and enable systems to deliver equitable benefits for the health, well-being and safety of young people and their communities.

#### What we do

DTH-Lab works through a multidisciplinary approach that combines shifting public and political agendas, driving innovations in policy and practice, strengthening youth leadership and delivering cutting edge research. DTH-Lab brings youth together with policymakers, technology companies and other stakeholders to drive change in four areas:



### 01 Digital first health systems

We partner with young people in co-creating digital first health systems that are responsive to their health needs and prevent health inequalities from widening



### 02 Digital and data governance

We advocate for the governance of digital transformations, including AI, to be driven by public purpose, based on solidarity and support universal health coverage (UHC)



### 03 Digital determinants of health

We spearhead global efforts to explore public health responses and policy action to address the direct and indirect ways digital transformations influence health equity with a particular focus on digital harms to children



### 04 Digital citizenship for health

We innovate health policy solutions by equipping young people with the necessary skills and capacity in the digital, health and civic spaces to influence positive health futures

## International Youth Health Organization (YHO)

YHO is an international network of over 45 youth-led organisations that work on all topics related to youth health. YHO started as an informal network in the mid-2000s but was formally established in 2011 as Alcohol Policy Youth Network before expanding its scope of work a few years later and renaming itself into YHO, the organisation it is today. YHO is one of the leading organisations that empowers young people through building the capacity, teaching, training, connecting and financially supporting youth from different backgrounds to actively participate in prevention programmes, research, policy and leadership in health. It also provides a strong platform for youth to engage in co-creating evidence-based and effective policies to assure health-promoting environments for young people where their rights are respected and their needs are recognised and addressed.

## Programme of work



Throughout 2024 and in support of the upcoming European year of digital citizenship education, 2025, DTH-Lab in partnership with YHO and another youth led partner, Young World Federation Public Health Association (YWFPHA) conducted an assessment phase of digital citizenship for health with young people. As part of DTH-Lab's broader programme of work on creating a generation of empowered digital citizens for health, the assessment phase included intergenerational dialogues, online surveys, research, spaces for co-creation and strengthened partnerships with youth organisations. This assessment phase highlighted the existing gap in what youth want including improved capacity, literacy and knowledge in the health, digital and civic spaces and their ability to shape health policies.

In this report, you will find key insights from the study session on Digital Citizenship for Health: Empowering young people to co-create and innovate solutions, organised by DTH-Lab in partnership with the YHO and in cooperation with the Council of Europe (CoE) Youth Department. We present a brief background on why this study session is relevant, the thematic focus areas of the study session, key findings and a way forward.

# BACKGROUND

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## The need for this study session

Digital transformations are impacting all areas of life, including health and well-being. However, meaningful youth engagement is a significant gap within the digital transformation. Young people use digital technologies that shape their health and well-being but often lack the skills, resources, and opportunities to participate in governance structures or critically engage with digital ecosystems.

**Through individual use of digital technologies, to the broader digital influence on social, commercial and environmental determinants of health, our everyday life is deeply intertwined with the digital space.** For most countries, the potential of digitalisation to advance health and well-being is not being realised due to digital divides, power imbalances within the digital health ecosystem, persistent gender and societal inequalities and a lack of capacity and civic participation in governance structures.

The Lancet and Financial Times Commission on Governing health futures 2030: Growing up in a digital world report<sup>1</sup> found **that enfranchised communities and public participation are crucial for citizens to co-design the future of health governance and improve the health and well-being for generations to come.**

Youth empowerment is an integral aspect of DTH-Lab, with youth not only seen as beneficiaries but as partners in co-creating health futures. As demonstrated by its extensive work in involving young people who are growing up in a digital world as key agents of change, DTH-Lab ensures its work is relevant to young people's health priorities and promotes sustainable and equitable solutions for governing health futures with and for young people.

As showcased by the Youth Statement and Call for Action<sup>2</sup>; the youth-authored partnering document to Commission report<sup>3</sup> youth want to see three main concerns addressed to improve the future of health governance including: (1) human rights-based approach to digital transformations of health; (2) strong and inclusive health governance; and (3) improved digital skills, education and innovation.

## Digital citizenship for health (DC4H)

As part of DTH-Lab's wider programme of activities, this study session supports the European year of Digital Citizenship Education, 2025, a key theme and focus of the Council of Europe.

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<sup>1</sup> <https://www.thelancet.com/commissions/governing-health-futures-2030>

<sup>2</sup> <https://www.governinghealthfutures2030.org/wp-content/uploads/2021/12/Youth-Statement-and-CfA.pdf>

<sup>3</sup> <https://www.thelancet.com/commissions/governing-health-futures-2030>

**Bringing together digital, health and civic literacy, digital citizenship for health (DC4H) provides a frame through which to pursue governance approaches that increase health equity, enfranchise communities and advance public participation in health and well-being, particularly among young people.**

Enfranchised communities and public participation are crucial for citizens to co-design the future of health governance, and this is particularly true for young people. However, young people are frustrated about the lack of control that they have over their data and the limited opportunities available to shape, design or monitor digital technology to ensure it meets their health and well-being needs.

**If young people are empowered to co-design and engage with digital, health and civic systems that promote human rights they need to co-create outcomes that increase public participation and advance digital citizenship for health.**

Digital citizenship for health can play a crucial role in addressing the lack of empowerment experienced by young people in relation to digital transformations of health and to realise their rights both on and offline.

### **Study session aims and objectives**

**This study session aimed to empower participants to be engaged and active citizens with the necessary skills and knowledge to advocate for policies grounded in a human rights-based approach to health and to be informed and engaged digital citizens for health.**

**The objectives of the study session successfully achieved were:**

- To share and exchange the diverse realities of young people growing up in a digital world through intercultural dialogue.
- To develop a common understanding of key concepts and definitions underpinning digital citizenship for health for the improved well-being of young people.
- To explore young people's concerns and barriers and to identify gaps in skills, resources and capacity for young people to become active digital health citizens.
- To empower young people to meaningfully participate in civic spaces and governance structures and influence policy change.
- Ideate and co-create solutions and identify processes needed to improve digital citizenship for health in the scope of the 2025 European Year of Digital Citizenship Education.

## Preparation

The preparatory meeting was held at the European Youth Centre Budapest (EYCB) from 4 to 5 December 2024. A highlight of the meeting was the opportunity to meet with Theodoros Roussopoulos, President of the Parliamentary Assembly of the Council of Europe, at the European Youth Centre. During his visit, the trainers team highlighted the significance of the study session as a crucial platform to bridge gaps of the digital transformation and equip young people with the necessary skills, resources and opportunities to actively shape their health, well-being and engage in governance structures within digital ecosystems.



The preparatory meeting provided space for the training team to get acquainted with one another. Since the trainer's team was composed of several organizations – a unique and collaborative feature of this study session – it was the first encounter for the majority of the trainer's team. This in-person convening also allowed for the trainers, 4 of 5 of whom had never been to a European Youth Centre to become familiar with the 'house'. This familiarisation process supported the trainers in considering different methods and spaces they could use in coordinating the study session.

Several organisational aspects were resolved during the preparatory meeting, including the study session timeline, the division of tasks and a standing weekly meeting until the study session. Additionally, a shared understanding of the main topic was established amongst the group. Policy briefs, reports and other research initiatives were shared and discussed, leading to revised study session objectives and a strengthened programme.

Council of Europe resources were a great starting point, including the Manual for Facilitators and Compass: Manual for Human Rights Education with Young People. The group expanded their understanding of the principles and methods of non-formal education. Furthermore, intercultural learning and participatory approaches were also well established amongst the group.



The expertise and guidance from the Educational Advisor were invaluable throughout this process. He fostered positive group dynamics and reflection and instilled a forward thinking approach to driving a successful study session. He promoted adherence to the Council of Europe quality standards and supported the team in programme development.

The group addressed several logistical and thematic issues by creating a strategic way forward that would not have been possible in an online setting. From December until February, when the study session took place, the trainers' team, Educational Advisor and the Trainee of the EYCB met virtually weekly to share updates on programme planning and address any issues or concerns. Without the initial in-person, preparatory meeting, it would have been challenging to establish the trust within the group to rely on each trainer to contribute meaningfully.

Following the initial in-person preparatory meeting, several online platforms helped facilitate the group's communication and virtual collaboration. A Miro board was created to share different methods for each session to not duplicate methods and to ensure that each session's objectives would be met through the most appropriate method. A shared Google Drive kept the group organised and promoted collaboration on session plans.



Lastly, an Excel table with session plans, material, speaker updates, and other important information was the group's dashboard. These organisational aspects of the trainer's team, supervised by the course director, improved efficiency and subdued concerns related to equal contributions from all members of the group.

The day before the study session, the trainer's team met for a final prep meeting. As a group, trainers reviewed session plans, discussed outstanding issues related to session format, set up the meeting room and prepared handouts that would be needed for the following day. This preparatory process also took place at the end of each day after the closing session. The trainers team would meet to discuss the day, review session plans, print outstanding material and prepare as a team for the next day.

## Profile of the participants and selection criteria

Due to the thematic intersection of the study session, it was important that participants were not all from the health field but from a range of disciplines, including computer sciences, business and policy backgrounds. The desired group profile was meant to represent the diverse views of youth similar to the general youth population.

The profile of the participants included:

- under 30 years old
- from a member state of the Council of Europe
- committed to actively participating in the study session

An open call for applications was shared via the #MyHealthFutures youth network of DTH-Lab as well as the partner networks of YHO and the Young World Federation Public Health Association (YWFPHA). Eighty-two applications were received.



The fundamental principles of gender balance and non-discrimination were upheld in the selection process. The selection of participants was made by the trainer's team. Particular attention was paid to:

1. **Gender balance** – given that 65% of applicants were female, this percentage was maintained in the participants selected. In general, there are more women in the health workforce than men.
2. **Country representation** – diverse country representation including residents of Council of Europe member states but also nationals from Africa, the Middle East and South America were included.

Each applicant was graded by two trainers. The training team held a virtual meeting to make a final decision based on the scores given to each applicant. Twenty-five applications were selected and ten alternates were chosen. Two applications failed to complete their registration form so two alternates were selected. Only one person failed to show up for the study session.

## Number of participants by country of residence



The participants mostly came from health backgrounds, under the age of 30 and based within the countries of the Council of Europe, with many having migrated from non-member states (including Egypt, Ethiopia, Eritrea, Iraq and Lebanon). A few participants came from different backgrounds including law, computer sciences, engineering and business. It was the first time the majority of participants had joined a study session at the CoE, with only two participants joining a study session previously at the European Youth Centre Budapest (EYCB) or European Youth Centre Strasbourg (EYCS).<sup>4</sup> Twenty-five participants were invited and twenty-four attended.



### Supporting young people to join

DTH-Lab has a proven track record of convening young people in all regions of the world. We are cognisant of the diverse financial situations of young people and therefore always try to cover associated costs to participate – may it be physically and virtually. The grant from the Council of Europe covers participant expenses including accommodation, meals and travel. The CoE initiated a new process in 2025 that allowed for pre-paid travel tickets, removing the initial burden for many young people to commit to events. They also now provide a lump travel sum to all participants to travel to and from the airport. DTH-Lab recognises and supports these efforts from the Council of Europe to improve inclusive youth engagement.

We would like to acknowledge our funders, Fondation Botnar, for our ability to cover the participation costs for all 25 participants. This is not the case for the majority of project-based funding. This ensured that youth participants had nearly zero costs associated with this convening. This did not impact the accountability of participants to join nor their commitment to actively engage during the study session, arguably, by covering these costs a more diverse group of participants were convened.

<sup>4</sup> Learn more about the Council of Europe's European Youth Centres <https://www.coe.int/en/web/youth/mission-and-mandate>

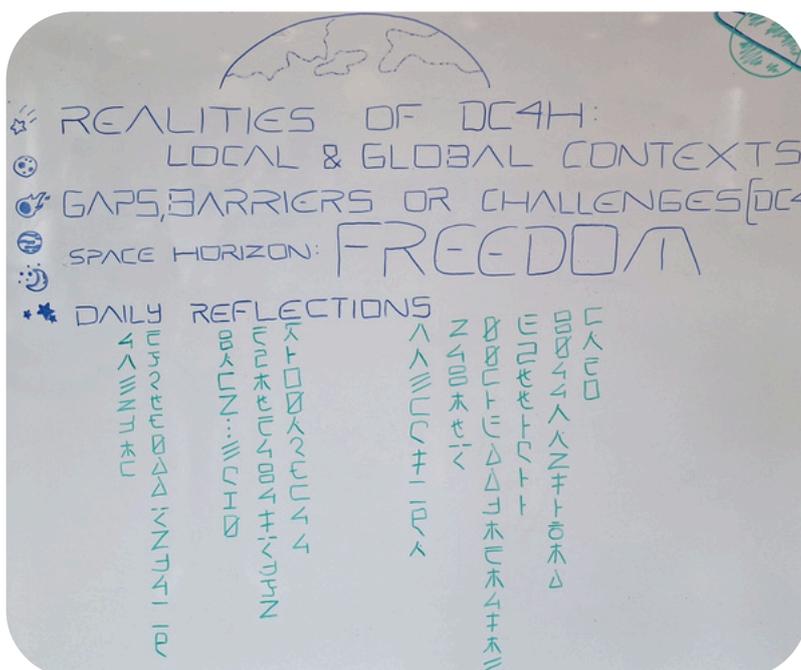
# PROGRAMME – INPUTS AND DISCUSSIONS

## Weekly overview

The first day of the study session aimed to establish group dynamics, trust and curiosity about the thematic focus of the study session’s core themes, including the digital transformation of health and the digital determinants of health. Building on day one’s overview, day two focused on developing the fundamental concepts and strengthening skills needed to apply digital citizenship for health. **Through diverse speakers and engaging activities, participants gained knowledge on human rights and health equity; digital, health and civic literacy; and, digital citizenship and active participation.** Sessions throughout the week utilised non-formal education and an array of different methods, such as foresight, roleplaying, plenary discussions, individual reflections, vision boards, presentations and group exercises. Throughout the third and fourth day participants formed groups to lead foresight thinking and imagination for what young people will need and want in 2045. Co-creation spaces, including statement writing and innovation spaces (mini-hackathon), occupied the majority of sessions near the end of the week.

This study session took place over five days, included 18 sessions and focused on four key programmatic aspects:

1. team building
2. knowledge sharing
3. skill development
4. co-creation



## Programmatic focus 1: Team building

The study session theme, 'Expedition: Uncharted,' was a great way to spark excitement within the group. The theme also provided a framing for the study session that encouraged participants to challenge, reflect and critically consider the relevance of digital citizenship for health. To welcome participants to the official start of the study session, the Course Director provided an opening statement to energise the group to be bold during the week-long gathering. The Executive Director of the EYCB welcomed the group to Budapest and provided a background of the Council of Europe and the role of the Youth Department. A welcoming video remark by the Executive Director of DTH-Lab thanked the participants for their commitment to active engagement and participation in the study session. It also outlined some of the main objectives for the Lab in having this study session in cooperation with the Council of Europe.



**Barlent Molnar,**  
Executive Director, EYCB

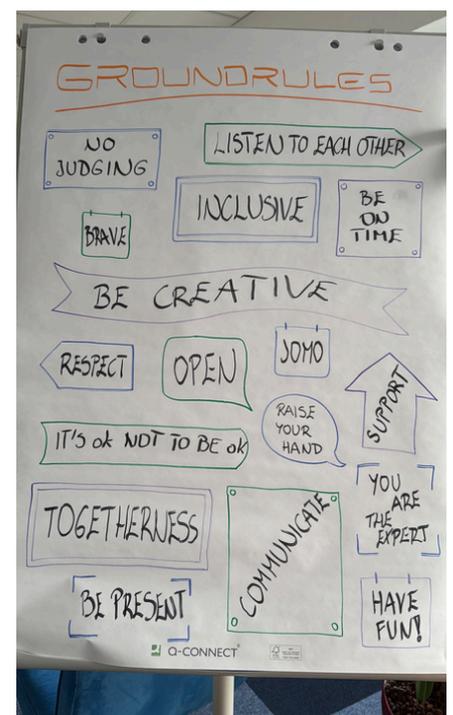


**Aferdita Bytyqi,**  
Executive Director, DTH-Lab

Some ground rules of the study session included being creative, open, on time, brave, inclusive, present and respectful. These rules were developed by the group through an open consultation with the group identifying what is important to them in creating a safe space. Other rules that foreshadowed group dynamics were 'togetherness', 'it is okay to not be okay', 'joy of missing out' and 'you are the 'expert'.

By providing space for the participants to establish their own ground rules we were able to hold each other more accountable when issues arose that might jeopardise these shared rules later in the week.

A series of teambuilding activities supported the participants in getting to know each other which formed a safe space of expression and trust within the group. It was an immeasurable process that assisted all of the group activities that followed.



Lastly, through sporadic energizers throughout the week and optional evening activities such as a welcome reception, intercultural night, board games, movie night and a farewell gathering we were able to build a strong sense of community within the group that supported the level of participation and subsequent quality of outputs from the study session.



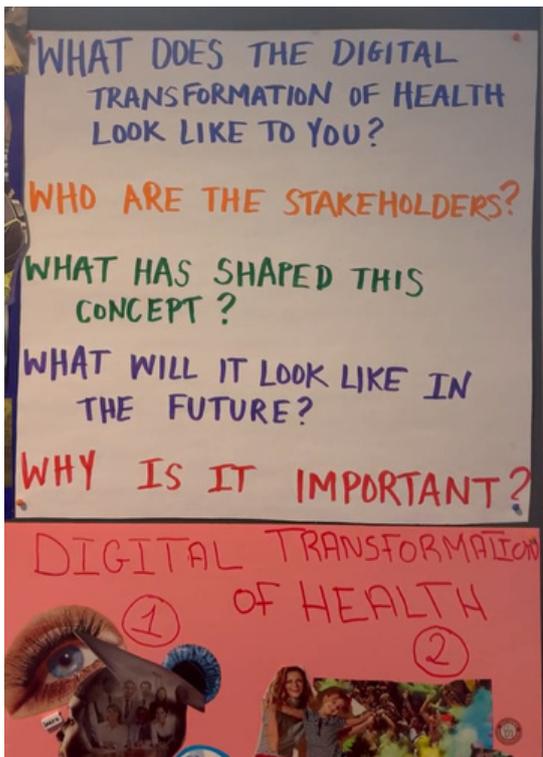
## Programmatic focus 2: Knowledge sharing

### Digital transformations for health & digital determinants of health (DDoH)

Participants were asked to make vision/mood boards of the study session. This was intentionally done at the start of the week to do an initial assessment of the group's understanding of digital transformation of health before any intervention from speakers or trainers. Three groups received a poster board, newspapers, magazines and other craft materials to use in creating a vision board that answered the following questions:

- What does the digital transformation of health look like to you?
- Who are the stakeholders?
- What has shaped this concept?
- What will it look like in the future?
- Why is it important?

A strong mix of digital, health and civic photographs were used to illustrate each group's responses. Groups presented their board and participants offered reflections and comments.



Louise Holly, Policy and Research Coordinator of DTH-Lab and David Novillo Ortiz, Regional Adviser, Data and Digital Health Division World Health Organization Regional Office for Europe, joined virtually to present some of the key fundamental elements of understanding the digital transformation of health as a broader application than digital health solutions.

In 2021, the Lancet and Financial Times Commission identified four action areas to shape health futures in a digital world: recognising digital technologies as determinants of health, building trust in the digital health ecosystem, promoting data solidarity, investing in digitally transformed health systems. These actions aim to address health inequalities, protect individual rights, and prioritise public good in the context of digital health. The Commission argued that policymakers, technology companies, and other stakeholders can no longer ignore the ways that digital transformations—or exclusion from them—are impacting health and well-being both directly, and indirectly through their influence on other determinants of health. Among its recommendations, the Commission called for action to expand knowledge of, and address the digital determinants of health (DDoH).

DDoH has gained traction since the establishment of DTH-Lab and is being referred to in a growing number of influential publications. However, further clarification and alignment is required around the direct and indirect ways digital technologies are affecting the health and well-being of young people and how to address them from the ground up and from the top down.

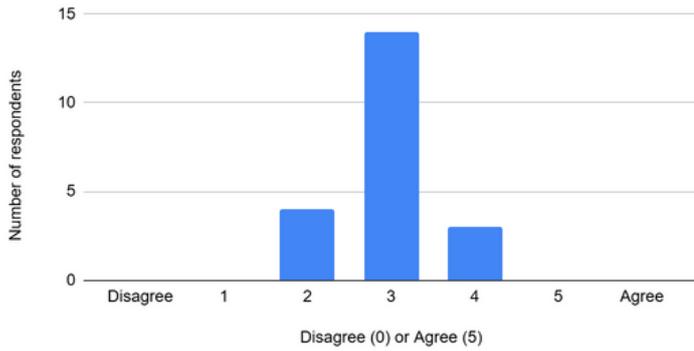
This discussion provided a starting place for the study session that showcased the importance of going beyond digital in healthcare systems but to the broader digital transformation of health and how the digital determinants are affecting everyday life and, in turn, public health.

Key considerations made in the discussions were:

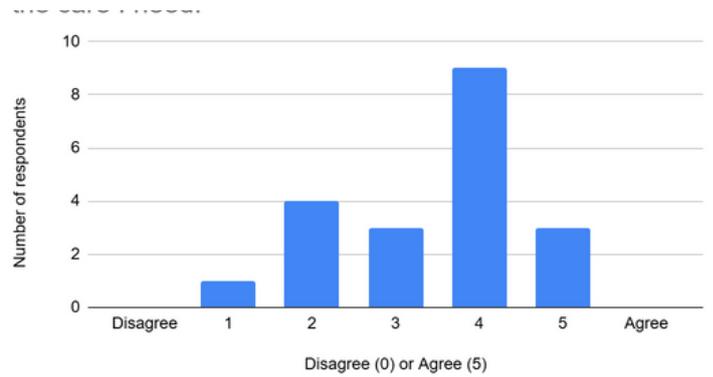
- The current landscape of key players and strategies
- How a value-based approach to health that accounts for solidarity, democracy, inclusion, equity and human rights must be enacted
- Health in everyday life is beyond health systems as presented in 1986 in the Ottawa charter

Following the technical presentations and open discussion, participants were invited to join a 'Where do I stand' activity. In this activity, participants were given the option to vote on a scale of 1 disagree to 5 agree. The conclusions are presented below.

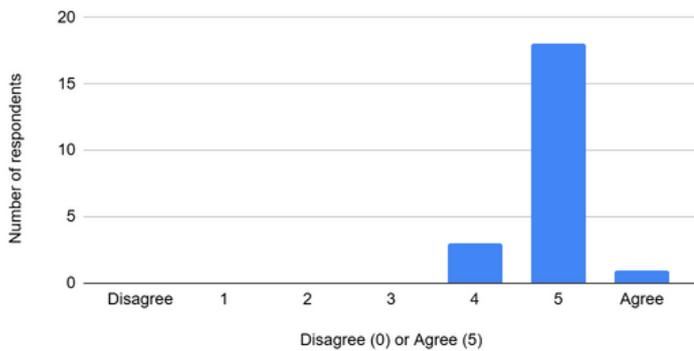
**Questions 1:** Websites and digital platforms are helpful sources of health information and advice.



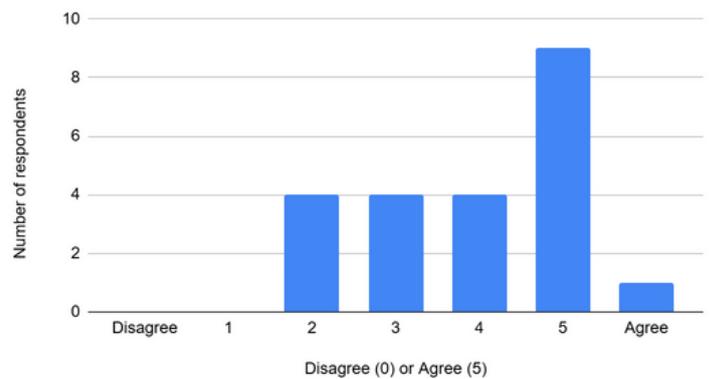
**Questions 2:** Digital health services make it easier for me to get the care I need.



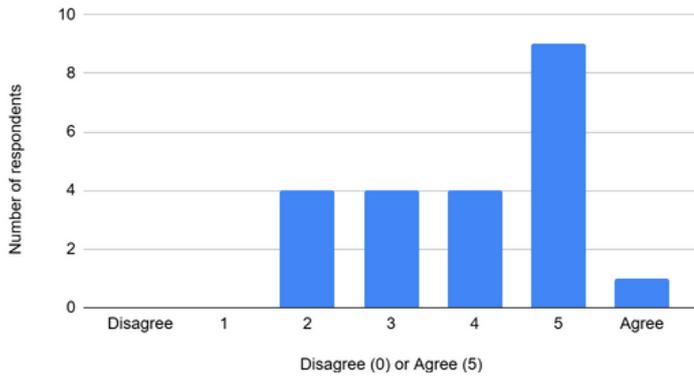
**Questions 3:** Young people spend too much time on digital devices.



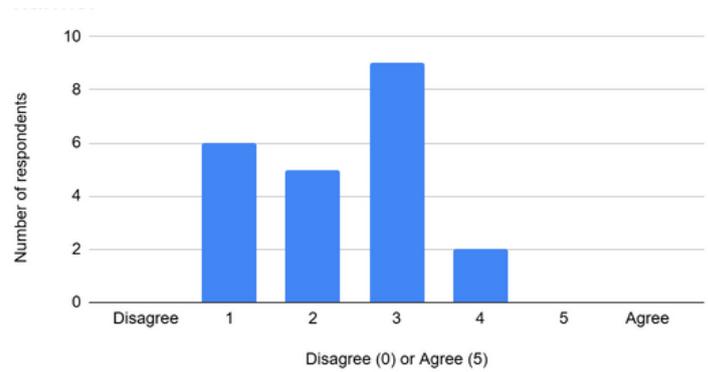
**Questions 4:** Schools should ban phones during school hours.



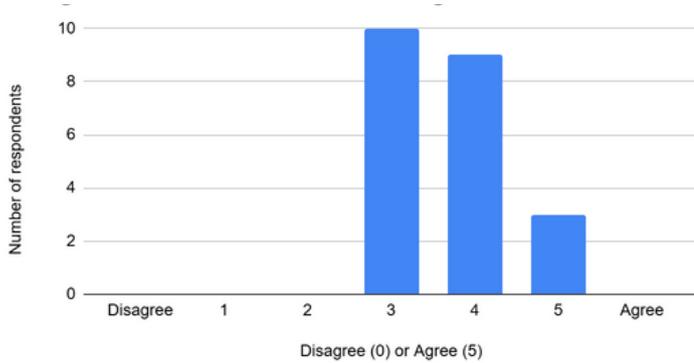
**Questions 5:** Children should not use social media under the age of 18.



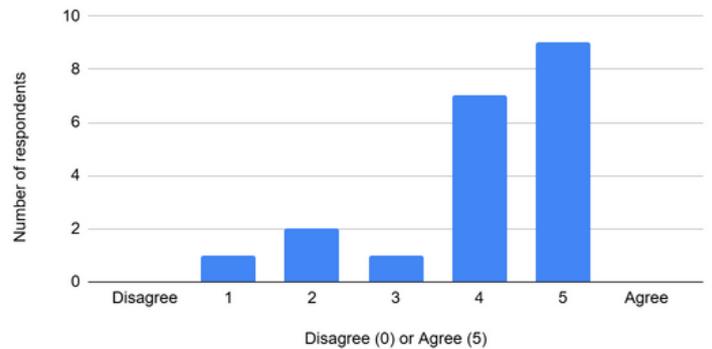
**Questions 6:** The benefits of social media outweigh the potential harms.



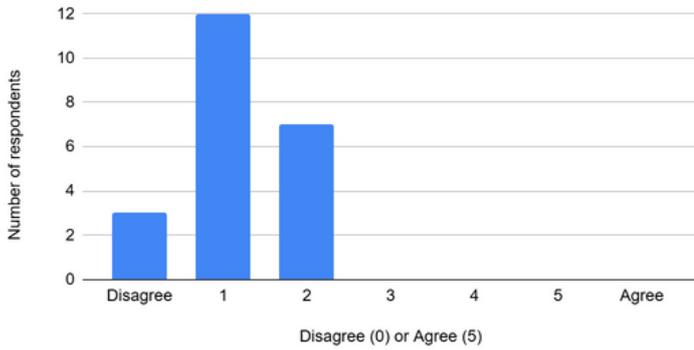
**Questions 7:** Children and young people do not know how to safeguard their health and well-being online.



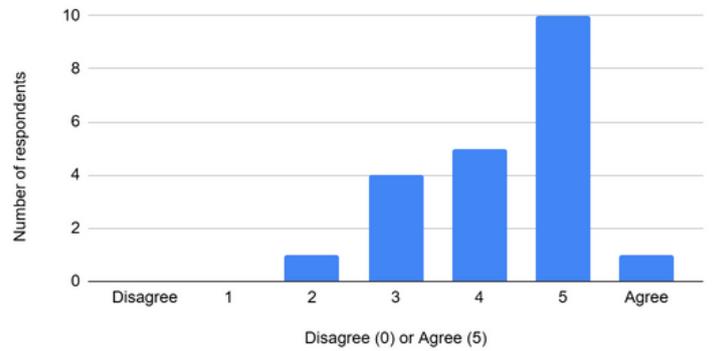
**Questions 8:** Schools should ban phones during school hours.



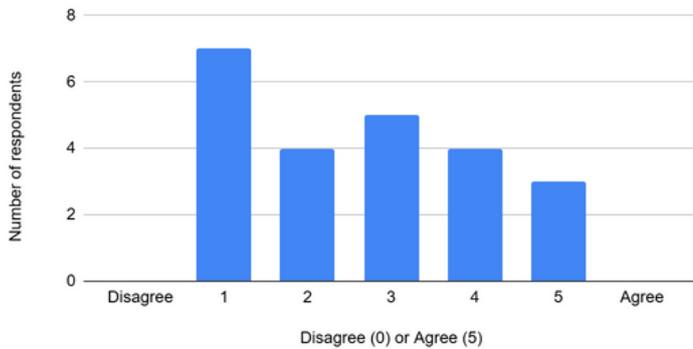
**Questions 9:** I feel like my data is protected or used in appropriate ways on platforms I am a part of.



**Questions 10:** I have noticed an increase in how AI is affecting my daily life.



**Questions 11:** I would trust an AI chatbot to advise me on important health issues.



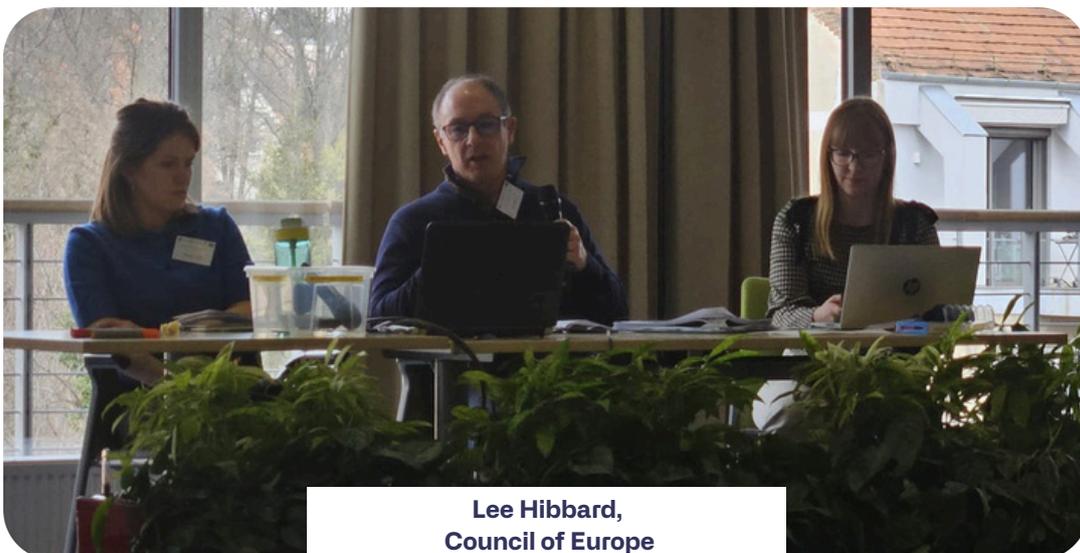
## Human rights and health equity

Participants were introduced to human rights principles and their application to health as a human right. The discussion highlighted the need for participants to think critically about health equity in the digital transformation and allowed for participants to explore what health equity means to them and how it is connected to human rights. In this introductory session the goal was to bring everyone to a common understanding and share some examples from the Council of Europe, including the European Convention on Human Rights. By means of a privilege walk, participants considered the difficulties many people face in access and equity in and out of healthcare systems. Since a large majority of participants come from the medical or public health background this session provided a much needed overview of how considering a human rights-based approach to health is essential in achieving health equity.



## Digital, health and civic literacy

The Lancet and Financial Times Commission report on Governing health futures 2030: Growing up in a digital world highlights the interconnections between digital literacy, health literacy and broader democratic and civic literacy skills, arguing that none of these skill sets can be expressed effectively without the other in a digital age.<sup>5</sup> Bringing these three areas together, digital citizenship for health provides a frame through which to pursue governance approaches that increase health equity, enfranchise communities and advance public participation in health and well-being, particularly among young people.



**Lee Hibbard,  
Council of Europe**

<sup>5</sup> <https://www.thelancet.com/commissions/governing-health-futures-2030>

Lee Hibbard from the Human Rights and Biomedicine Division of the Council of Europe shared insights including:

- An overview of digital, health and civic literacy and why the intersectionality of the three areas are important when empowering young people.
- Current trends and context specific geopolitics that relate to the intersection of digital, health and civic spaces.
- The growing importance of incorporating AI literacy due to the changing landscape and global power dynamics at play.
- Upcoming opportunities for participants to become more engaged with the work of the Council of Europe.

He shared several recent publications from the Council of Europe relevant for our discussions on digital, health and civic literacy, including the Guide to Health Literacy. He also highlighted the timeliness of this discussion given the upcoming action plan of the CoE, which aims to move forward recommendations of involving young people in all aspects of the CoE - directives from the Reykjavik Declaration from 2023.

The group concluded that the three different forms of literacy are complementary and interconnected.

**DTH-Lab welcomes moving this work forward in partnership with CoE in hopes of creating digital citizens for health who connect the needs and wants of young people to sound and inclusive policies for health.**



## Digital citizenship

Sandra Cortesi, Professor at the Technical University of Munich, Faculty of Medicine, provided an exceptional overview of digital citizenship. As a leading expert in the field of digital citizenship, she shared what it means to have better digital access and what we learn is oftentimes the most important aspect of learning compared to how, where or with whom we learn. That the attitudes, behaviours and values we have shape our knowledge which in turn shapes our skills. Skills that include practical social and cognitive skills.



**Sandra Cortesi**  
**Professor, Technical University of Munich Faculty of Medicine**

She shared her work from Harvard Youth and Media's Digital Citizenship + Resource Platform and the extremely insightful mapping that was carried out on assessing the skills needed for young people to become digital citizens and what 45 governments and organisations currently have in place.



## Programmatic focus 3: Skill building

Skill building was an important aspect of the study session. Youth gained skills in safely using social media and other digital platforms, how to advocate with evidence based key messages and with whom to target for positive change.

Ilona Kickbusch, DTH-Lab Director and Sandra Cortesi led an interactive press conference on the Realities of digital citizenship for health - Local and global contexts. Participants were able to apply their knowledge and understanding gained during the previous sessions to role play as 'journalists' from the field who were tasked with writing a hot article. In doing so, participants learned how to engage effectively with key global digital and health experts by shaping questions. Furthermore, in a space where participants were also the experts, youth improved their skills in public speaking and how to critically reflect and formulate calculated responses to difficult questions.

Since the study session had several forward thinking or foresight workshops, participants analysed current geopolitical situations but also how policies created today need to be framed for situations that can happen in the future.

Unsurprisingly, due to the background of a majority of the participants in health, they knew more about how to engage with public health and healthcare systems than they did about digital and civic spaces. **So despite the younger generation being more tech savvy than older generations, there is still an existing gap across disciplines when it comes to participating in these different spaces.**

Lastly, youth were provided skills in supporting policy development specifically in the area of advocacy and campaigning. The participants learned about the impact of different advocacy actions and how they can adapt the methods to the situation in order to achieve the desired effect. Additionally, they learned how to use different tools to engage and multiply advocacy actions



## Programmatic focus 4: Co-creation

A large portion of the study session included co-creation spaces, a core aspect of DTH-Lab's work with young people.

Co-creation began early on in designing the session with the trainers and course director responsible for designing and executing the study session with an array of methodologies. As young people themselves, the trainers were able to design sessions that accounted for the needs and wants of young people when considering different approaches to use in each session.

### Gaps, barriers or challenges for DC4H

Sandra Cortesi, Professor at the Technical University of Munich, Faculty of Medicine, provided an exceptional overview of digital citizenship. As a leading expert in the field of digital citizenship, she shared what it means to have better digital access and what we learn is oftentimes the most important aspect of learning compared to how, where or with whom we learn. That the attitudes, behaviours and values we have shape our knowledge which in turn shapes our skills. Skills that include practical social and cognitive skills.

During this co-creation space we focused on foresight thinking. In one particular session the group was divided into three different scenarios of a possible future in 2045.

- **Scenario 1: ASPIRATIONAL** – A generation of empowered digital citizens for health exists. Young people participate and co-create policy solutions that improve their health and well-being in a digital age. Digital environments are safe and health-promoting for young people.
- **Scenario 2: BASELINE**– Scenario based on the current path of events. We are in the same place as we are in 2025 (little to no progress has been made) in empowering young people to co-create policy solutions that improve their health and well-being. Young people are exposed to a range of digital harms.
- **Scenario 3: CHALLENGING** – Scenario based on regression. We have gone backwards and further from achieving a generation of empowered young people co-creating policy solutions that aim to improve their health and well-being in a digital age. The online world is a dangerous place for young people.



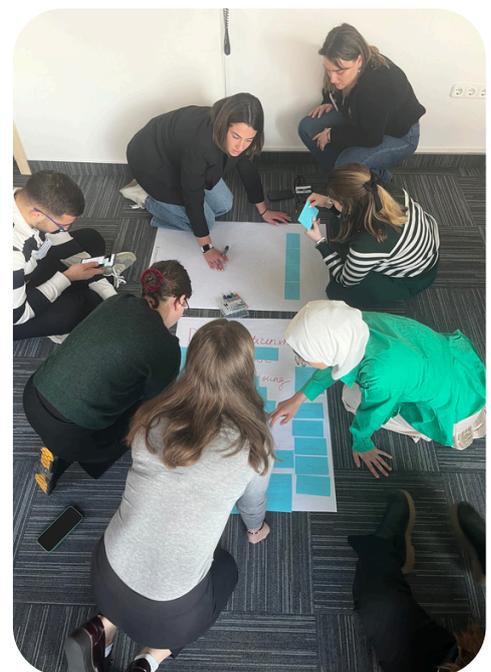




## Co-creating solutions

In a four-part or 6 hour long session, the group was divided into two separate groups: statement writing or platform creation. There were four main overarching themes that the participants were exposed to as a group:

- Exploring Tools and Techniques for Policy Change
- Navigating Ecosystems & Stakeholders
- Developing a Narrative & Framing the Process
- On the Road to DCE - Action for Change



In this mini hackathon ‘innovation space’ the participants who were in the platform creation space came up with an idea for a possible platform (webpage) that will be the first step in building a space that supports young people in becoming digital citizens for health.

Their challenge was to generate ideas for the digital platform (webpage) that could empower more young people to meaningfully participate in civic spaces and governance structures to influence policy changes for health.

Their goal was to pitch a solution from these ideas that builds on the lessons presented in the study session, is relevant for stakeholders and includes young people as key agents of change. You can find the co-creation guide that supported participants throughout the co-creation spaces in Annex 6.

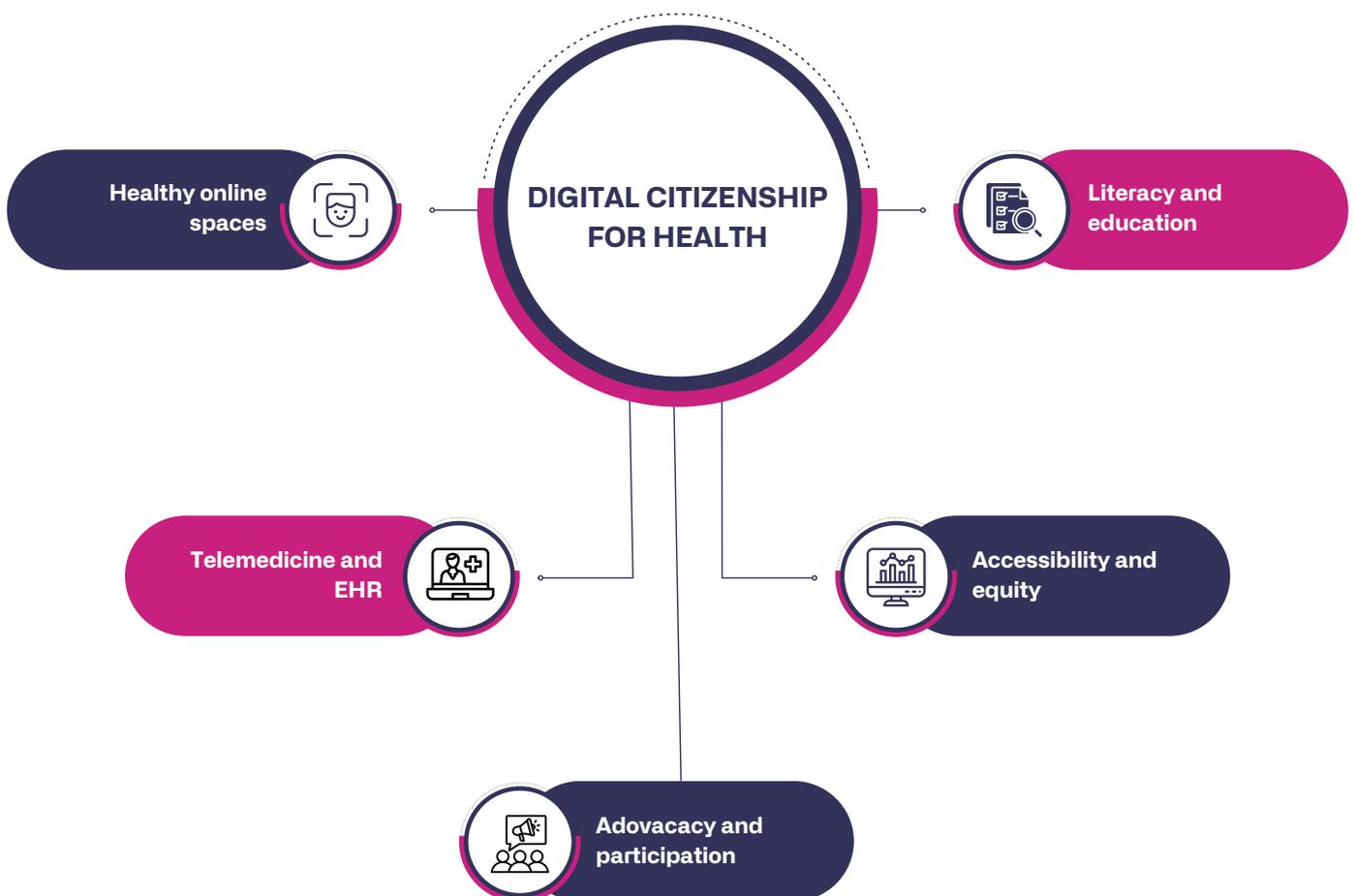
# RESULTS AND CONCLUSIONS

## Main findings

Digital citizenship for health (DC4H) is not yet mainstream with youth nor policy makers and more research and advocacy with young people is needed. Throughout the study session several different themes were considered by the group, including digital transformations for health, digital determinants of health, human rights and health equity, digital citizenship, literacy and civic engagement.

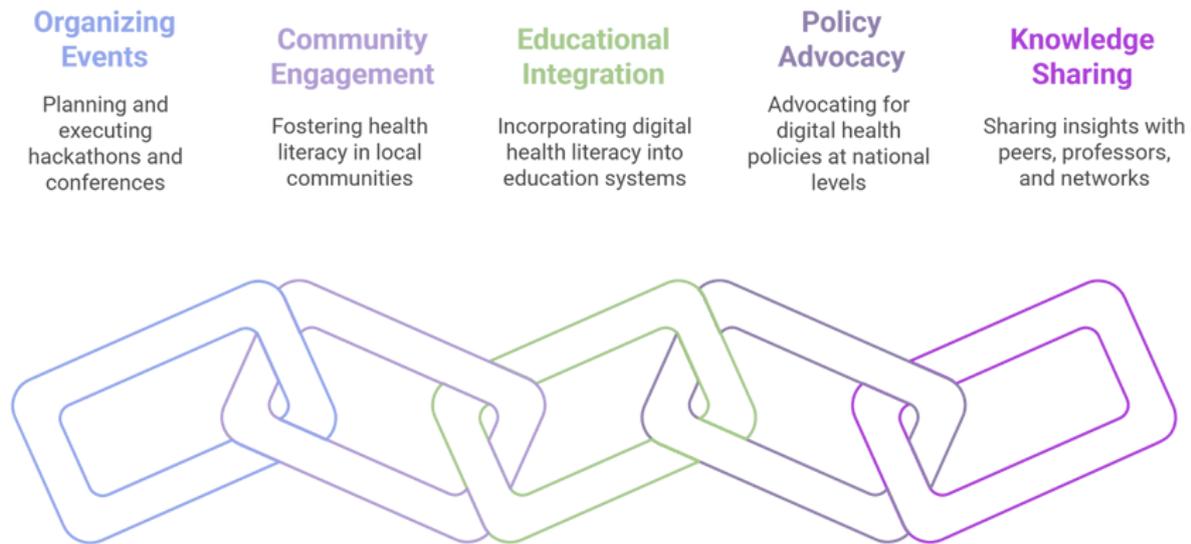
A key question raised to the group was, “what does digital citizenship mean to you?” Responses to this question were collected throughout the week-long convening. The group was polled on day two, three and five in order to see if the responses collected changed as the study session progressed.

Early in the week, the group had a more digital health focus, including telemedicine, electronic health records and other digital solutions in healthcare settings. However, by the end of the week, responses focused more on participation, advocacy, policy, leadership, literacy, education and trust within three intertwined digital, civic and health spaces.



**By the end of the study session, 100% of participants who responded to the evaluation form agreed digital citizenship for health is relevant to young people but they want more knowledge and skills in meaningfully engaging with these three spaces.**

There were five main ways youth said they will use the learning from the week when they return home.



#### Four key findings from the study session:

1. Youth want access to interdisciplinary education, literacy and professional skills within digital, health and civic spaces to support their active citizenship.
2. Young people want to be partners with active participation in shaping health policies, digital spaces and advocating.
3. It's lonely growing up in a digital world – youth want to be part of and build communities built for youth in all their diversities, including those hard to reach. Youth need more opportunities to connect with other like minded youth in person and to be supported to participate as active citizens on and offline. Digital spaces are not the same as physical spaces.
4. As AI advances, youth are convinced it should never replace the power of human connection, our ability to empathize with one another and our shared values.

#### Youth statement

In addition to the general findings from the study session, **the main concerns that stakeholders need to address in creating** a generation of empowered youth as engaged digital citizens for health were represented in the draft statement on 'Digital citizenship for health: Perspectives from youth'<sup>6</sup> including:

1. Accessibility and inclusivity
2. Literacy and education
3. Digital well-being and online communities
4. Trust
5. Reliable health data and data privacy

The youth statement includes a call for action which includes several recommendations and key actions stakeholders should take in moving forward.

<sup>6</sup> Forthcoming statement not yet available online

## DC4H platform

There were several key recommendations from participants in designing a digital citizenship for health platform that aims to (1) connect policymakers to youth changemakers to co-create strong and inclusive health policies and (2) improve the capacity, knowledge and skills of young people to help shape health futures.



The two ideas pitched as possible platform solutions in empowering youth as digital citizens for health included proposals to improve youth capacity and advocacy in digital, health and civic spaces.

### Youth want a shared space to:

1. be part of a community of shared values and goals who work together collectively to improve the health and well-being of all
2. influence health policy
3. directly connect with decision makers at different governance levels
4. be regarded as key partners needed in creating solutions built for all

According to the participants, the platform should be fun and include gamification elements, awards and recognition of learning and engaging. The platform should consider the diversity of youth including their experiences, fears and hopes if it aims to remain relevant to youth for years to come.

**So, policy makers and institutions alike need to commit to and invest in the DC4H platform. The platform will need partners like the Council of Europe if it is to reach the level of desired impact, remain relevant to youth and policy makers alike and be sustainable.**

It is clear this study session is just a starting point in creating a generation of empowered young people who are active digital citizens for health with the knowledge, skills and opportunities to shape policies that influence their health and well-being.

## Contributions of the study session to the CoE youth priorities

The European Year of Digital Citizenship Education was at the core of the study session. The main outputs during the study session, including the youth statement and platform ideation pitches, built upon the theme of the European Year of Digital Citizenship Education, 2025 from the Council of Europe. Additional thematic areas like human rights (for, through and by human rights), democracy and youth as multipliers to their youth networks were all incorporated as well.

The study session was organised in the framework of the Youth for Democracy programme to support the priorities of revitalising pluralistic democracy and young people's access to rights.

**In revitalising a pluralistic democracy, a key objective is to promote more inclusive and representative governance processes. However, this objective cannot be fully realised unless its citizens have the skills, tools and capacity to contribute. Within the digital age, digital literacy, health literacy and broader democratic and civic literacy skills are so interconnected that no one skill set can be expressed effectively without the other.**

DC4H brings digital, health and civic spaces together to improve the literacy, skills and opportunities for young people to actively engage and shape their health futures. By actively pursuing governance approaches that increase inclusivity and public participation and lead to well-informed enfranchised citizens, the study session aligned with the programme Youth for Democracy of the Council of Europe.

Human rights were introduced through the session on health equity and were incorporated into participants' co-creation initiatives and the statement on digital citizenship for health. Through the use of non-formal education, the study session's methods incorporated a human rights-based approach throughout the week-long event. **This study session also raised awareness among participants about the digital transformation of health as a human right and the importance of its enforcement.** The participants explored which human rights are impacted in connection to health in different virtual situations and environments. Young peoples' access to rights was a key aspect of this study session by learning about ways to protect their rights and well-being on and offline.

A core theme of the programme centered around citizenship and active participation of young people in civic, digital and health spaces. This focus on democracy, citizenship and civic engagement grew in significance as the week progressed with participants defining digital citizenship for health as relevant to young people today and in the future. Participants learned about the impact of digital citizen education as a tool to contribute to revitalising a pluralistic democracy.

Another central theme was inclusion – with participants highlighting the need to include youth in all their diversities including those hard to reach. Furthermore, the European Year of Digital Citizenship Education was a pillar of the study session with frequent mention of the efforts of CoE and the endorsement of DTH-Lab.



## Evaluation

Twenty participants completed the evaluation form available via a google form. The group was asked to complete the form in the closing session. Four participants had already left at that time due to a flight or a conflicting exam/meeting. The main results were overall positive and can be found in Annex 5. Participants would like to see more 'hard knowledge' at the next event and more time for co-creation.

- 95% (19 out of 20) of the participants stated their experience was positive or very positive. One participant said it was average.
- 95% said the programme and methods were fully or mostly appropriate to facilitate learning.
- 95% increased their knowledge and understanding of democracy and youth participation.
- 90% increased their knowledge young people's access to rights, human rights education and education for democratic citizenship.
- 95% improved their understanding of the Council of Europe and the relevance of its work.

# RECOMMENDATIONS AND FOLLOW-UP ACTIVITIES

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## DTH-Lab and CoE

**This was the first encounter DTH-Lab has had with the Council of Europe (CoE) and it surpassed all of our original expectations.** This encounter enabled DTH-Lab to view human rights, democracy and the rule of law through the lens of CoE. DTH-Lab hopes to continue to collaborate with the Council of Europe particularly on digital citizenship for health, AI, and education with and for young people to improve their health and well-being. DTH-Lab has a global network of over 1200 young people and several partnerships with youth-led organisations at the regional level that they can convene to help support the goals and objectives of the Council of Europe. **With similar values and principles, the Lab welcomes future collaborations with the CoE in improving the inclusion of young people in designing health policies built for all.**

The study session was the culmination of year long efforts in support of the European year of digital citizenship education, 2025. Throughout 2024 and early 2025, this programme of work included intergenerational dialogues, online surveys, research, spaces for co-creation and strengthened partnerships with youth organisations.

The study session was a turning point for the Lab who will now focus on the next phase of our programme of work – creation.

DTH-Lab and YHO had originally hoped to secure a grant from the CoE to take forward some of this work but since it was not successful, we have decided to move forward collaboratively in showcasing the outputs from the study session in other ways and find alternative ways for collaborating with CoE.

The partners will consider other forms of collaboration with the Council of Europe to take forward some of the learnings and discussions are already underway with the Council of Europe Department of Human Rights and Biomedicine, the committee tasked with incorporating youth voices into the strategy for the next five years and the youth policy division.

## Key recommendations for stakeholders

- **Digital citizenship for health is relevant for youth** but it is not mainstreamed. More work needs to be done with young people in creating a shared space to strengthen their capacity in digital, health and civic spaces so they are able to influence health policy.
- Youth want access to interdisciplinary education, literacy and professional skills within digital, health and civic spaces to support their active citizenship.
- **Young people want to be partners** with active participation in shaping health policies, digital spaces and advocating.
- It's lonely growing up in a digital world – youth want to be part of and build communities built for youth in all their diversities, including those hard to reach. Youth need more opportunities to connect with other like minded youth in person and to be supported to participate as active citizens on and off line. Digital spaces are not the same.
- **As AI advances, youth are convinced it should never replace the power of human connection,** our ability to empathize with one another and our shared values.

## Future activities

Two working groups have been formed to move forward the two main outputs of the study session:

1. Statement on Digital citizenship for health: Perspectives from youth
2. Pitch on a potential DC4H platform

### Statement on Digital citizenship for health: Perspectives from youth

- The statement on DC4H will be used in future stakeholder convenings to highlight what youth want/need and their calls to action on specific stakeholders.
- A working group was formed with five participants to take forward the draft youth statement to a final version ready for publication on the DTH-Lab website.
- The launch of the statement has not yet been confirmed but DTH-Lab hopes to share these findings during the upcoming meeting in Strasbourg as part of the European Year of Digital Citizenship for Health.
- We are also applying for the European Public Health Conference in November in hopes of holding an intergenerational dialogue with youth and policymakers as well as a workshop on DC4H.

### Platform creation

- The ideas generated for the platform will be used in future hackathons/innovation spaces to actually create the platform DTH-Lab will implement in 2026 for youth and policy makers to advance digital citizenship for health.
- A second working group has been established to finalise one joint pitch on the ideas generated for the platform which will be shared during a consortium partners meeting in May.
- DTH-Lab hopes to invite members of the working group to an in person youth event at Ashoka University, India in September in hopes of improving the continuity of ideas generated to develop a prototype of the platform during the two-day long hackathon. Members of the group will drive the technical discussions during the Hackathon.

Once a prototype of the platform is created during the hackathon, DTH-Lab hopes to continue to engage with not only the youth participants but also the Council of Europe.

From February 2025 to early 2026, DTH-Lab in partnership with youth, academic institutions, the Council of Europe and private actors hope to design and test the platform for digital citizenship for health. Through such a partnership the Council of Europe would have the opportunity to connect to youth changemakers directly from a range of geographies and experiences in order to co-shape health policies built for all. Through the knowledge gained on the platform, young European citizens will have the capacity and skills to meaningfully contribute in the digital, health and civic spaces and be prepared to be called upon by decision makers. This commitment from the Council of Europe would signal its long term investment of actioning the core principles in the Reykjavík Declaration around youth empowerment and meaningful engagement.

**This study session provided core insights and recommendations for DTH-Lab's work on digital citizenship for health. The knowledge generated and community built by participants sharing their cultures, experiences and needs/wants as young people will have lasting impact on the young people who participated in the study session and the next phase of work for DTH-Lab in co-creating solutions with youth and policy makers alike.**

## Appendix 1: Final programme

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### Sunday, 16 February 2025

Arrival of participants

17:00 Getting to know each other activities

19:00 Dinner

20:00 Welcome reception

### Monday, 17 February 2025

09:30 Official Opening with Balint MOLNAR, executive director of the European Youth Centre Budapest

Introduction to the study session, its aims, objectives, and the programme

11:00 Break

11:30 Team building

13:00 Lunch

14:30 Digital Transformations for Health – Building a common understanding

- Louise Holly, Policy and Research Coordinator, Digital Transformations for Health Lab

15:30 Digital Determinants of Health (DDoH)

- Louise Holly, Policy and Research Coordinator, DTH-Lab
- David Novillo Ortiz, Unit Head and Regional Adviser, Data and Digital Health, Division of Country Health Policies and Systems, World Health Organization Regional Office for Europe

16:30 Break

17:00 Youth as Digital Natives

18:00 Daily Evaluation and Reflection

19:00 Dinner

20:00 Intercultural night

### Tuesday, 18 February 2025

09:30 Human Rights and Health Equity

11:00 Break

11.30 Digital Health and Civic Literacy

- Lee Hibbard, Human rights and biomedicine Division, Council of Europe

13:00 Lunch break

14:30 From Digital Citizenship to Digital Citizenship for Health

- Sandra Cortesi, Professor, Technical University of Munich, School of Medicine and Health
- Lee Hibbard, Human rights and biomedicine Division, Council of Europe

16:00 Break

16:30 Participation and Active Citizenship in Digital Citizenship for Health

18:00 Daily Evaluation and Reflection

19:00 Dinner

20:00 Intercultural night

## Wednesday, 19 February 2025

09:30 Realities of Digital Citizenship for Health - Local and Global Contexts

- Sandra Cortesi, Professor, Technical University of Munich, School of Medicine and Health
- Ilona Kickbusch, Director, Digital Transformations for Health Lab

11:00 Break

11:30 Gaps, Barriers or Challenges for Digital Citizenship for Health

- Sandra Cortesi, Professor, Technical University of Munich, School of Medicine and Health

13:00 Lunch break

14:30 Free Afternoon

19:00 Dinner out

## Thursday, 20 February 2025

09:30 Needs and Wants for Digital Health Citizenship

- Sandra Cortesi, Professor, Technical University of Munich, School of Medicine and Health

11:00 Break

11:30 Future Outlook: Youth Advocacy for Impact

13:00 Lunch

14:30 Co-Creating Solutions: Exploring Tools and Techniques for Policy Change

16:00 Break

16:30 Co-Creating Solutions: Navigating Ecosystems & Stakeholders

18:00 Daily Evaluation and Reflection

19:00 Dinner

20:00 Movie night

## Friday, 21 February 2025

09:30 Co-Creating Solutions: Developing a Narrative & Framing the Process

11:00 Break

11:30 Co-Creating Solutions: On the Road to Digital Citizenship Education – Action for Change

13:00 Lunch

14:30 Presentation of Outcomes

16:00 Break

16:30 Evaluation, reflection and Closing

19:00 Dinner

20:00 Farewell party

## Saturday 22 February 2025

Departure of participants

## Appendix 2: List of participants

<b>Participants</b>	
Albania / Albanie Oriado Asanbejlli	OSCE Presence in Albania-Youth Advisory Group; Albanian Red Cross; Peace and Volunteering Network, University of Medicine Tirana
Austria / Autriche Melanie Kuhn	IG Alpbach Vienna; Women in Global Health; Free Contraception for ALL; Sindbad Mentoring Program; Gesundheit Österreich GmbH (National Public Health Institute)
Stella Goeschl	European Medical Students' Association (EMSA)
Belgium / Belgique Anna Novosada	European Pharmaceutical Students' Association
Estonia / Estonie Lauren-Ly Valge	Estonian Dental Students Association
France / France Lyvio Lin	EuroNet MRPB ; World Bank
Melissa Sawaya	Young WFPBA; WHO Alcohol Youth Network; European Institute of Technology
Finland / Finlande Minahil Maryam	United Nation Association Pakistan
Germany / Allemagne Mustafa Hushyar Kamala	Medical Students Alliance for Global Education; International Federation of Medical Students Association
Greece / Grece Alessandro Berionni	Young WFPBA
Anna Liakopoulou	International Federation of Medical Students Association
Malta / Malte Michaela Vassallo	National Youth Council of Malta

Amy Marie Calleja	National Youth Council of Malta (KNZ); IAESTE Malta; IAESTE Global; MaltMUN
Netherlands / Pays-Bas Filmon Yohannes	Young African Leaders Initiative (YALI); Harvard Business Review Advisory Council; KIT Institute
North Macedonia / Macédoine du Nord Eliza Zhogovska	European Medical Students' Association
Poland / Pologne Lara Mohamed	International Student Surgical Network
Portugal / Portugal Inês Medeiros	Public Health Residents Commission for Algarve
Kateryna Denysova	Istanbul Regional Hub in United Nations Development Programme
Laura Ferros de Azevedo	NOVA Medical School Students Association; Academy Department of HeForShe Lisbon
Spain / Espagne Asnake Amelo	DTH-Lab Youth Network; Youth power; Africa Impact Initiative; Next generation Foresight practitioner, McKinsey Forward Program; AfOx health innovation and entrepreneurship scheme
Francesc Almendros Viladerrams	Youth Environment Europe; Palumba EU; Euroregional Youth Assembly; Equipo Europa Catalunya; Mediterranean Youth Council
Switzerland / Suisse Bianca Carvalh	WHO Youth Council; Global Health Initiative at the Geneva Graduate Institute
Türkiye / Turquie Sıla Gürbüz	Youth4Health WHO Europe; Planetary Health Report Card; European Medical Students Association; Global Climate and Health Alliance Youth Working Group
Gyoknil Chavush Konak	Youth4Health WHO; Ege University Faculty of Medicine, Department of Public Health

## Preparatory team

Katja Čič	Slovenia / Slovenie
Davit Kvrividze	Georgia / Géorgie
David Peyre-Costa	Norway / Norvege
Charlotte Thibault	France / France

## Lecturers (in person)

Lee Hibbard	Human Rights and Biomedicine Division, Council of Europe
Sandra Cortesi	Professor, Technical University of Munich, School of Medicine and Health
Kirsten Müller-Daubermann	Technical University of Munich, School of Medicine and Health

## Guest Speakers (on line)

Ilona Kickbusch	Director, DTH-Lab
Aferdita Bytyqi	Executive Director, DTH-Lab
David Novillo Ortiz	Unit Head and Regional Adviser, Data and Digital Health, Division of Country Health Policies and Systems, World Health Organization Regional Office for Europe
Louise Holly	Policy & Research Coordinator, DTH-Lab

## Course director

Whitney Gray	Youth Engagement Coordinator, DTH-Lab
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## Council of Europe

John Muir	Educational Advisor
Tavares Ferreira	Trainee
Peter Zelenka	Programme Assistant

## Appendix 3: List of references

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Governing Health Futures 2030 Commission (2021b), 'Youth statement and call for action', Governing Health Futures 2030 Commission. Available at: <https://www.governinghealthfutures2030.org/wp-content/uploads/2021/12/Youth-Statement-and-CfA.pdf>.

Kickbusch, I. et al. (2021) 'The Lancet and Financial Times Commission on governing health futures 2030: growing up in a digital world', *The Lancet*, 398(10312), pp. 1727–1776. Available at: [https://doi.org/10.1016/S0140-6736\(21\)01824-9](https://doi.org/10.1016/S0140-6736(21)01824-9).

## Appendix 4: Visibility

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News article, Council of Europe

<https://www.coe.int/en/web/youth/-/digital-citizenship-for-health-a-human-rights-based-approach-to-health-and-well-being-in-the-digital-age>

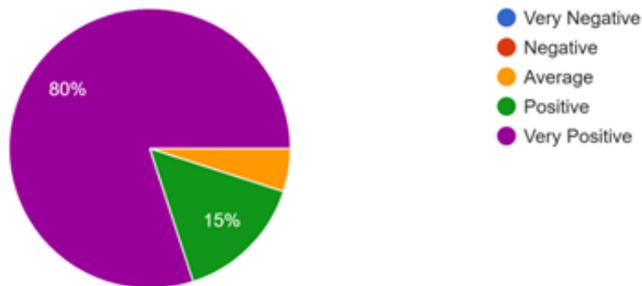
DTH-Lab

- <https://dthlab.org/council-of-europe-study-session-digital-health-citizenship/>
- <https://www.linkedin.com/feed/update/urn:li:activity:7297983342971371520>
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- <https://www.linkedin.com/feed/update/urn:li:activity:7295730253031723008>
- [https://www.linkedin.com/posts/activity-7299121110590054400-4QFx?utm\\_source=share&utm\\_medium=member\\_desktop&rcm=ACoAABJCOtMBmRx\\_xb5xLpL4lce0n4yTDovpP9Y](https://www.linkedin.com/posts/activity-7299121110590054400-4QFx?utm_source=share&utm_medium=member_desktop&rcm=ACoAABJCOtMBmRx_xb5xLpL4lce0n4yTDovpP9Y)
- [https://www.linkedin.com/posts/activity-7298461726004400130-kSeG?utm\\_source=share&utm\\_medium=member\\_desktop&rcm=ACoAABJCOtMBmRx\\_xb5xLpL4lce0n4yTDovpP9Y](https://www.linkedin.com/posts/activity-7298461726004400130-kSeG?utm_source=share&utm_medium=member_desktop&rcm=ACoAABJCOtMBmRx_xb5xLpL4lce0n4yTDovpP9Y)
- [https://www.linkedin.com/posts/activity-7297731276055236608-FARe?utm\\_source=share&utm\\_medium=member\\_desktop&rcm=ACoAABJCOtMBmRx\\_xb5xLpL4lce0n4yTDovpP9Y](https://www.linkedin.com/posts/activity-7297731276055236608-FARe?utm_source=share&utm_medium=member_desktop&rcm=ACoAABJCOtMBmRx_xb5xLpL4lce0n4yTDovpP9Y)
- [https://www.linkedin.com/posts/activity-7297366354796425217-0ewz?utm\\_source=share&utm\\_medium=member\\_desktop&rcm=ACoAABJCOtMBmRx\\_xb5xLpL4lce0n4yTDovpP9Y](https://www.linkedin.com/posts/activity-7297366354796425217-0ewz?utm_source=share&utm_medium=member_desktop&rcm=ACoAABJCOtMBmRx_xb5xLpL4lce0n4yTDovpP9Y)
- [https://www.linkedin.com/posts/activity-7296985921843851264-9y-?utm\\_source=share&utm\\_medium=member\\_desktop&rcm=ACoAABJCOtMBmRx\\_xb5xLpL4lce0n4yTDovpP9Y](https://www.linkedin.com/posts/activity-7296985921843851264-9y-?utm_source=share&utm_medium=member_desktop&rcm=ACoAABJCOtMBmRx_xb5xLpL4lce0n4yTDovpP9Y)
- <https://www.linkedin.com/feed/update/urn:li:activity:7309866067902812160>
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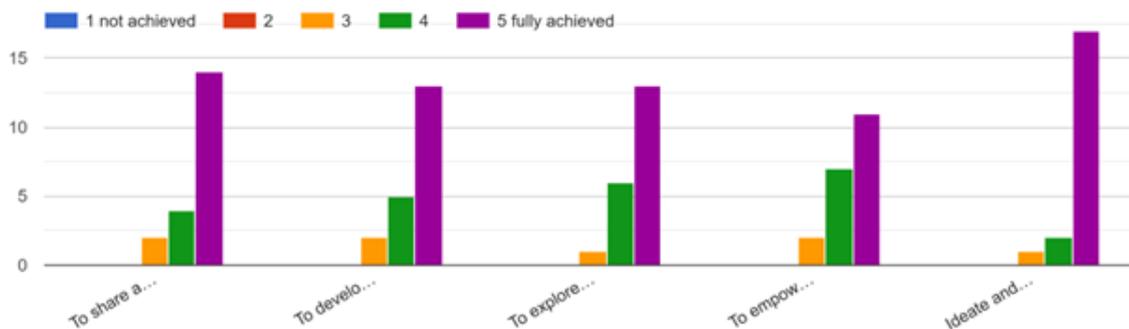
## Appendix 5: Evaluation

1. Overall, my experience of this study session was:

20 responses

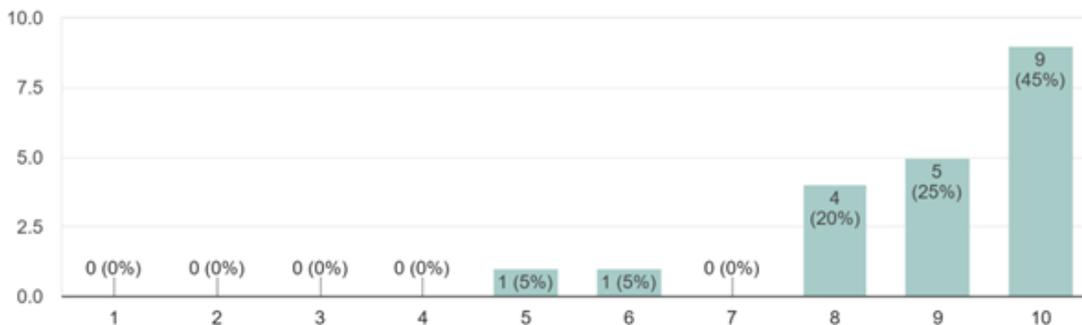


2. In my opinion, the objectives of this study session were achieved as follows (1 = not achieved at all, to 5 = fully achieved)



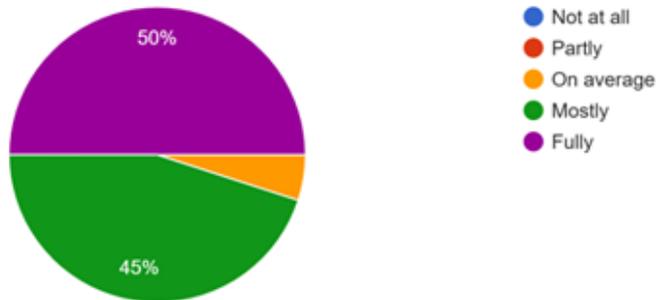
3. This study session met my expectations?

20 responses



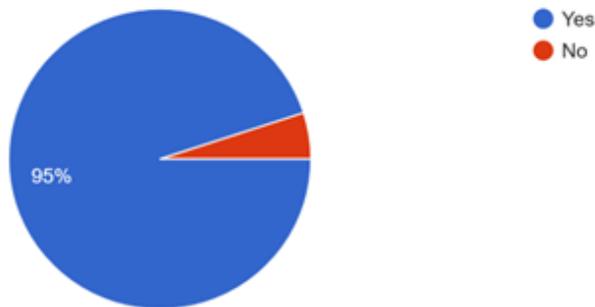
4. The programme and methods were appropriate to facilitate learning

20 responses



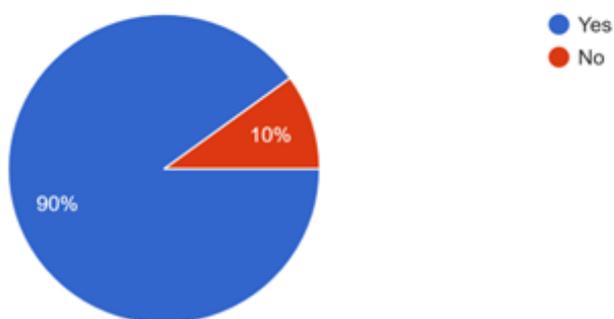
5a I have increased my knowledge and understanding of democracy including advocating and advancing young people's participation

20 responses



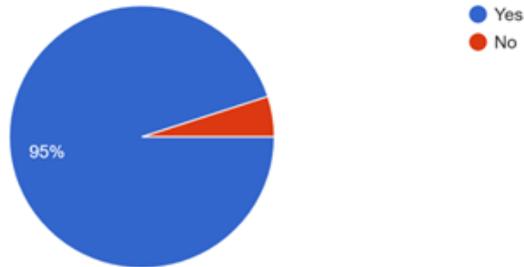
5b I have increased my knowledge on young people's access to rights, human rights education and education for democratic citizenship.

20 responses



6. I have improved my understanding of the Council of Europe's role and the relevance of its work.

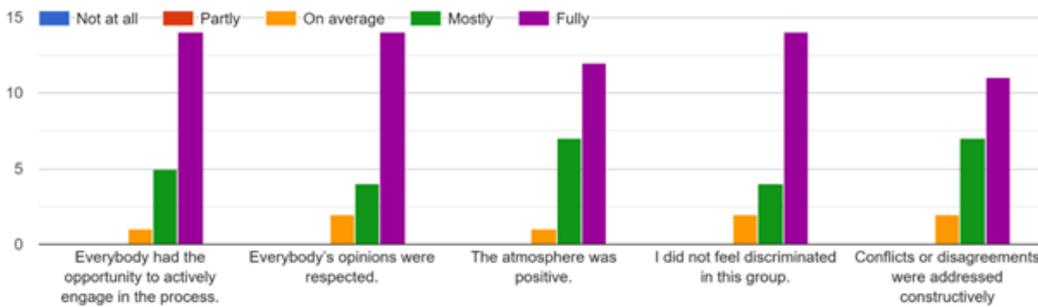
20 responses



7. This study session was a positive learning experience in

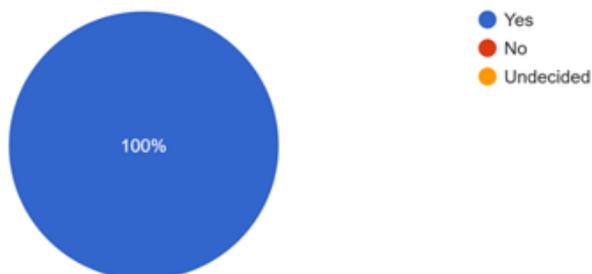


8. My assessment of the learning environment is that



9b. In your opinion, is digital citizenship for health relevant for young people?

20 responses



## Appendix 6: Guide on co-creation spaces

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### Study session on digital citizenship for health: Empowering young people to co-create tools and innovate solutions

February 2025

#### Overview

Participants of the Study Session on ‘Digital citizenship for health: Empowering young people to co-create tools and innovate solutions’ will be invited to join one of two concurrent co-creation spaces: (1) Statement writing, and (2) Innovation space.

Four co-creation sessions will take place over two days for approximately 6 hours. Each group will present their group’s preliminary thinking during the opening session on day two. Each group must account for the comments/concerns raised during the plenary and adjust their outputs accordingly. A final presentation will take place in the afternoon of day two.

#### Statement writing

A maximum of 10 participants will lead in drafting a Statement on Digital Citizenship for Health: Perspectives from young people. The objective of the statement is threefold: (1) to provide a brief summary of the gaps and barriers as well as the needs and wants of the SS participants; (2) to share three key priority areas; and (3) to agree on three actions stakeholders should take in empowering young people to become digital citizens for health.

The statement will be shared at upcoming Digital Transformations for Health Lab (DTH-Lab) and/or Youth Health Organization (YHO) stakeholder convenings. It should be concise (maximum of 3 pages) and can be targeted at International Organisations, National Governments, Private Sector, Civil Society organisations and/or Healthcare professionals.

Output: Provide a three minute elevator pitch of the draft outline of the Statement on Digital Citizenship for Health: Perspectives from young people [TEMPLATE]. An infographic needs to accompany the presentation (ppt slide, canva, etc.).

Examples of other youth led statements:

1. [Youth Statement and Call to Action](#), The Lancet and Financial Times Commission
2. [Youth Declaration on AI](#), Council of Europe
3. [Youth Declaration on Creating Health Societies](#), World Health Organization

## Innovation Space

Throughout 2024, DTH-Lab assessed young people's perception of digital citizenship for health. From online surveys to intergenerational dialogues, research and innovation spaces, DTH-Lab aims to co-create an online platform (webpage) to support a generation of informed and empowered digital citizens for health who can champion strong health policies. ADD sentence

In this mini hackathon 'innovation space' you will have approximately 6 hours to come up with an idea for a possible platform (webpage) that will be the first step in building a space that supports young people in becoming digital citizens for health.

This platform aims to:

1. be the European epicentre of creating youth changemakers in health policy and governance;
2. where policymakers and other key stakeholders turn to when looking for guidance from young people in co-creating strong and inclusive health policies in a digital age.

**Your challenge is to generate ideas for the digital platform (webpage)** that could empower more young people to meaningfully participate in civic spaces and governance structures to influence policy changes for health.

**Your goal is to pitch a solution from these ideas** that builds on the lessons presented in the study session, is relevant for stakeholders and includes young people as key agents of change.

**Output:** A five minute pitch with an accompanying infographic/visualisation on a potential online platform that would empower young people to become more active digital citizens for health and better connect them to civic spaces and governance structures to influence policy change. You can use canva, a ppt slide or other mediums to showcase specific features of the platform that answer the considerations listed below. You are not required to create the actual platform (webpage).

**Your solution must consider the following key points:**

- **It is youth centered** – your platform meets the needs and wants of young people living in Europe who want to become digital citizens for health
  - Showcase the existing gaps in relation to the tools and resources available to empower young people to become digital citizens for health.
  - Show how the platform will build the necessary knowledge and skills young people need in adequately navigating the digital, health and civic spaces in support of their health and wellbeing
  - *Hint: Pull from study session discussions and review the reading materials below*

- **It guides policy** – your platform builds bridges between what youth need/want and policy changes for health
  - How do you ensure young people are the platform’s agents of change and support decision makers in creating desired health policies?
  - How do stakeholders engage, contribute or amplify the messages from your platform?
  - Why would key partners like the Council of Europe turn to your platform when looking to support policies that empower youth to become digital citizens for health?
- **It’s relevant** – your platform supports young people in being part of a movement to co-create desired health futures built for all.
  - What makes your platform attractive to young people and decision makers alike?
  - What are the gamification features (badges, certificates, etc) that will make the platform fun and relevant to its users?
  - Should you consider integrating AI?
  - How is it considerate of youth mental health and well-being (including digital exhaustion/overwhelm)?

**Focal points from trainers you can call on:**

- Dato: Business & Design Advisor
- David and Tavares: Educational/Training Advisors
- Katja: Policy Advisor
- John: Comms & Community Advisor
- Whitney: Stakeholder of interest

Reading material of interest:

1. [Digital Citizenship for Health Brief](#), Digital Transformations for Health Lab (DTH-Lab)
2. [Brief: Findings from preliminary research on DHC + PPT](#), Research Fellow of DTH-Lab
3. [Survey findings on assessing Digital Health Citizenship](#), Digital Transformations for Health Lab

Existing platforms of interest

1. [Compass](#): Manual for Human Rights Education with Young People, Council of Europe
2. [Digital Citizenship+](#), Youth and Media
3. [Kolibri](#)

Existing providers of platform systems of interest (for possible integration):

1. Gather Town: <https://www.gather.town/>
2. Topia: <https://topia.io/>
3. Zep: <https://zep.us/en>
4. Hopin: <https://wf.hopin.com/>
5. Kumospace: <https://www.kumospace.com/>
6. SoWork: <https://www.sowork.com/>
7. Work Adventure: <https://workadventu.re/>
8. Cvent: <https://www.cvent.com/>
9. Discord: <https://discord.com/>
10. Moodle: <https://moodle.org/>
11. Club Penguin: <https://newcp.net/en-US/>

## About DTH-Lab

DTH-Lab is a global consortium of partners working to drive implementation of The Lancet and Financial Times Commission on Governing Health Futures 2030's recommendations for value-based digital transformations for health co-created with young people. DTH-Lab operates through a distributive governance model, led by three core partners: Ashoka University (India), DTH-Lab (hosted by the University of Geneva, Switzerland) and PharmAccess (Nigeria).

## Leadership Team

Aferdita Bytyqi, DTH-Lab Executive Director and Founding Member. Ilona Kickbusch, DTH-Lab Director and Founding Member. Anurag Agrawal, DTH-Lab Founding Member. Dean of Biosciences and Health Research, Ashoka University. Rohinton Medhora, DTH-Lab Founding Member. Professor of Practice, McGill University's Institute for the Study of International Development. Njide Ndili, DTH-Lab Founding Member. Country Director for PharmAccess Nigeria



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