

How does misinformation impact our daily lives? And what to do about it?



Results overview of 2 digital discussions of Youth Dialogue Forum 2025


Misinformation starts to truly matter when it leaves the screen and harms our real relationships and trust. These discussions suggested ways to break that cycle.

4 COUNTRIES - 2 DIGITAL DISCUSSIONS - 1 LIVE FORUM

Goals of two discussions


1. Identify the impact of misinformation on our daily lives.
2. Crowdsourcing the solutions and good practices.

Quantitative Stats

Participants
 1533

Grouped
 1257

Opinions
 187

Votes
 43 437

Participants Count per Country

Slovakia
460

Czechia
416

Hungary
305

Poland
352

Key insights

1. Misinformation affects lives and communities - differently.
2. We've got what it takes to deal with misinformation.
3. Healthier communities are built through respect, support, and safe spaces.

Curated and Reported by Klára Kaničárová, Tereza Richtáriková, Michal Horský, curators of DEMDIS discussions.
Full reports at:

themis.demdis.sk/conversations/fc35b11e-6560-4b51-a75d-437d38deb2d4/external_report?language=en

themis.demdis.sk/conversations/4d017d77-7490-4e5a-b04c-a21bf0762189/external_report?language=en

How does misinformation impact our daily lives?

Main division lines

- Personal impact vs. „not a big deal“ - Some feel misinformation strongly in daily life (even losing trust in close people), while others see the impact as exaggerated or barely relevant. (11+2)
- Trust breakdown vs. baseline trust - Misinformation can erode trust in others, but some still report a general ability to trust people. (11+12)
- Silencing vs. speaking up - For some, dealing with misinformation means they stay quiet or avoid talking; for others, debate still feels worth having. (8)
- Powerlessness vs. agency - While some feel unable to influence what happens in their country, others feel they still have a voice. (7)

Forms of impact we agree on

- Division and polarization - Misinformation makes communities more divided and people more suspicious of each other. It also fuels polarization, so calm dialogue and finding common ground gets harder. (22+43)
- Confusion and panic - The spread of false claims creates unnecessary panic and confusion. It leaves us feeling overwhelmed and unsure what - or who - to trust. (47)
- Manipulation and distorted views - False information can distort how we see important societal issues, shaping how we think and vote during elections. (46)
- Harm to vulnerable groups and relationships - Misinformation often targets the most vulnerable (especially seniors) on social media. (50)

What can we do about it?

Different strategies

- Picking moments: We engage when it feels serious and disengage when it's not worth the energy. (36)
- Asking and listening: We ask genuine questions, hear the other side out, and ask someone who knows more when we're unsure. (19+22)
- Verifying before acting or sharing: We go back to the original source and double-check before we repost or make decisions. (48)
- Face-to-face filter: We try to share only what we'd stand behind face-to-face. (26)
- Humour as coping (carefully): We sometimes use memes or jokes to handle overwhelm, while knowing it can also downplay the issue. (34)

Emerging consensual solutions

- Support over silence: Backing a friend who's hesitant to speak up can shift the whole moment. (29)
- Respect and kindness first: Better spaces grow from help and appreciation, not criticism. (28)
- Calm and friendly communication: A calmer tone and friendly explanations keep people open and willing to join in. (20)
- Safe uncertainty and shared fact-checking: It helps when it's okay to say „I'm not sure” and figure it out together. (21)

Open questions

- Do we call out misinformation every single time, or pick our battles?
- Is the label „misinformation” part of the problem?
- How do we keep up when misinformation moves this fast?



We are on a mission to innovate
democracy by combining Civic Tech
with a live deliberative forum

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