



How is the digital transformation affecting people's lives?

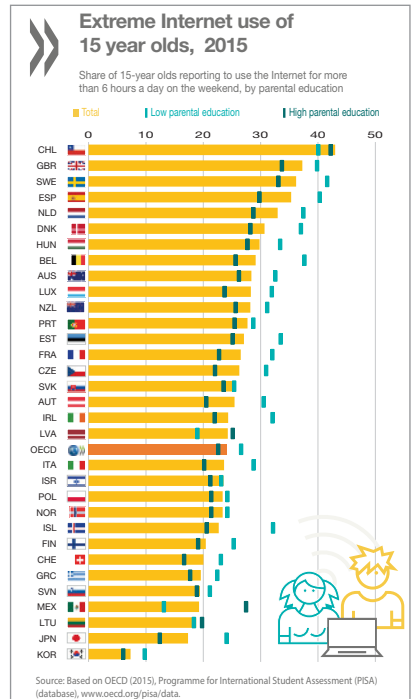
How's Life in the Digital Age? shows that impacts can be positive as digital technologies expand the boundaries of information availability and enhance human productivity, but can also imply risks for people's well-being, ranging from cyber-bullying to the

emergence of disinformation or cyber-hacking.

It also highlights current data limitations and makes recommendations to improve the measurement of the impacts of the digital transformation in various areas of well-being in the future.

Key findings

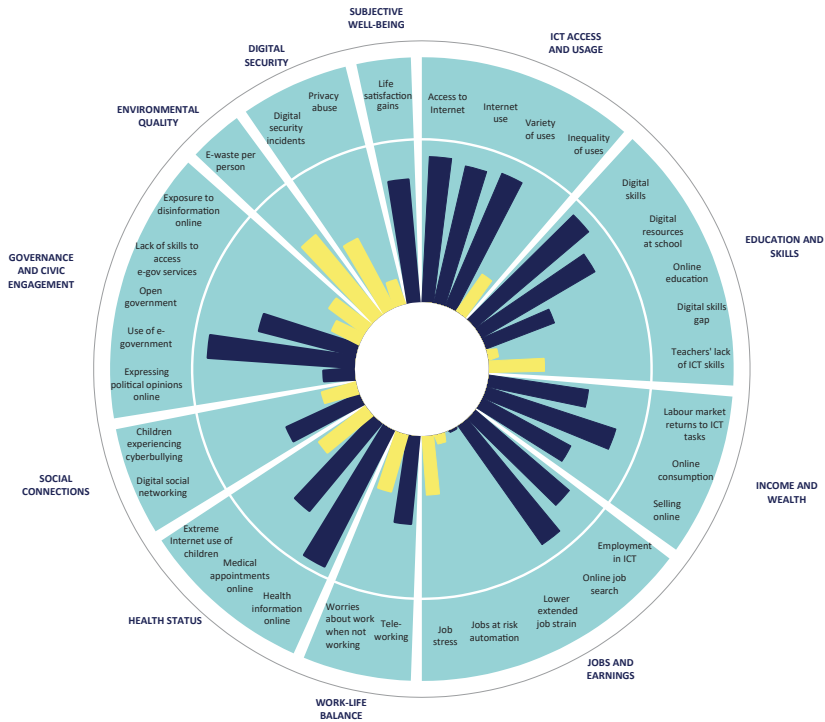
- ▶ **The digital transformation creates both opportunities and risks for well-being**, but they do not always go together.
- ▶ **A digital divide remains**, as some people are more capable than others of leveraging the digital transformation for a better life.
- ▶ **Digital technologies improve lives** by making human activities more efficient.
- ▶ **Beyond pure digital skills, emotional and social skills are necessary to fully benefit from digital technologies.** Extreme use of digital tools may create mental health risks.



▶ **A safe digital environment is a pre-condition** to ensuring that people can fully benefit from digital technologies.

▶ **How does your country fare?** The Digital well-being wheel distinguishes clearly between risks (in yellow) and opportunities (in dark blue) of digital transformation.

Illustrative country wheel for Finland



OECD (2019), *How's Life in the Digital Age?: Opportunities and Risks of the Digital Transformation for People's Well-being*, OECD Publishing, Paris.

<http://bit.ly/HiL-Digital>

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