

# Safety of Journalists Country Report

## Poland

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### Report Authors

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Poland's place in the WJS Global Index of Safety is not surprising. During the period under review, Poland experienced a significant impact of political and economic factors on the stability of democracy and the values related to it, including media autonomy and pluralism. Therefore, in the presented study, it was decided to correlate the timeframe with the period when Poland's position in the international rankings began to deteriorate, i.e., from 2015 to 2023, the period when the Law and Justice party was in power in Poland. After the parliamentary elections, the situation is changing, but it is a process and the results are not very clear. Economic issues are also an important part of journalists' security. Market tendencies in Poland are: shrinking of the press market, gradual development of AI, and strong polarization of broadcasters. In addition, SLAPPs have become an important tool for implementing a strategy aimed at weakening independent media. Journalists were subject to pressure from editors, an unstable labour market and the public. It is important to note that the most typical forms of employment in the profession are not stable.

### Safety Index Scores

#### Overall Safety Score

**79.86**

### Safety Dimensions

#### Physical Safety

**89.2**

#### Psychological Safety

**73.26**

#### Digital Safety

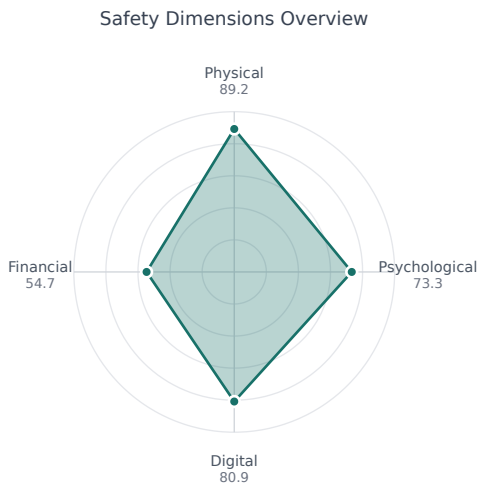
**80.85**

#### Financial Safety

**54.65**

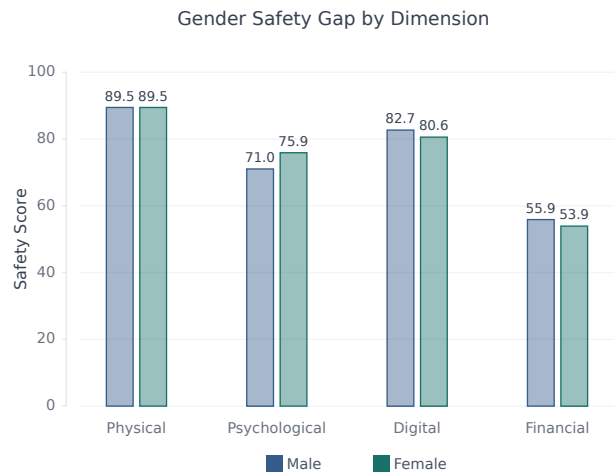
# Overview

The Safety of Journalists Index provides a comprehensive measurement of journalist safety across four dimensions. The charts below show how Poland performs across each dimension and highlight any gender-based disparities.



*Safety Dimensions*

This radar chart displays how the country performs across all four safety dimensions, revealing areas of strength and concern.



*Gender Safety Gap*

This comparison highlights differences in safety experiences between male and female journalists, revealing potential gender-based disparities.

## Physical Safety

The physical dimension carries **50% weight in the safety index**.

# 0

### Journalist Killings

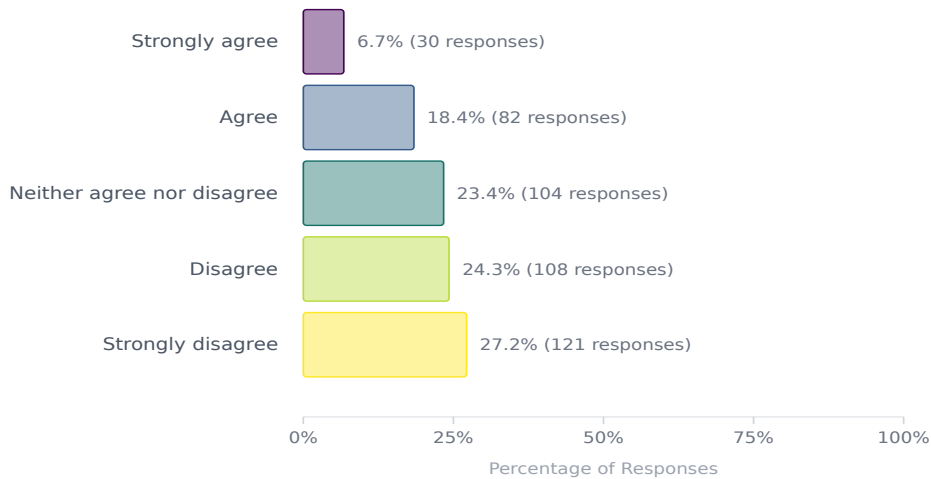
2016-2024

**No journalist killings have been recorded in Poland between 2016 and 2024.**

**Note:** This indicator carries 35% of the weight within the physical dimension of the Safety Index, making it the most significant factor in this category.

Data sourced from UNESCO Observatory of Killed Journalists.

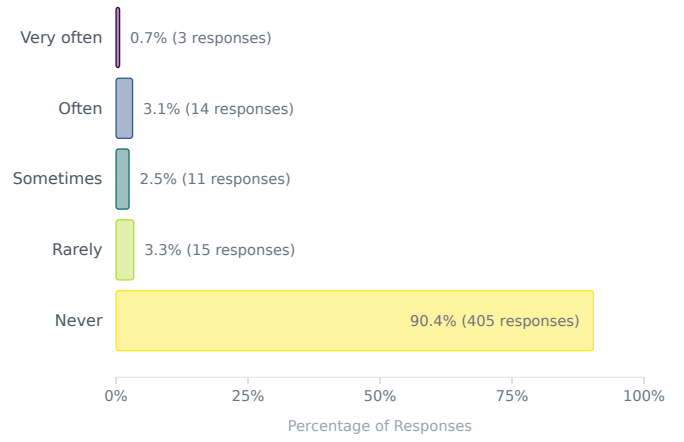
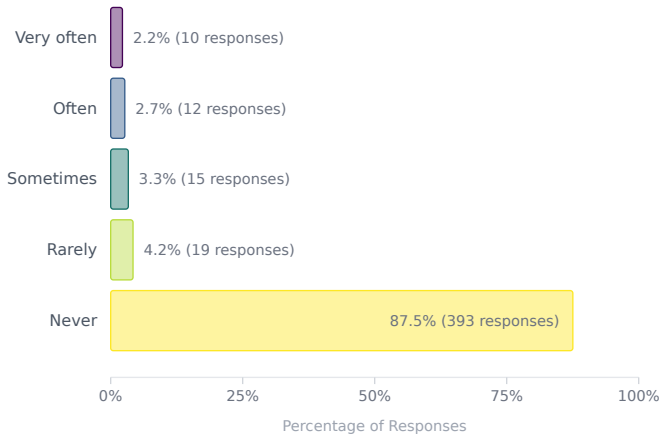
## Responses to: "I am concerned about my physical wellbeing" (20% weight in physical dimension)



## Responses to: "In the last five years, how often have you experienced any of the following actions related to your work as a journalist?"

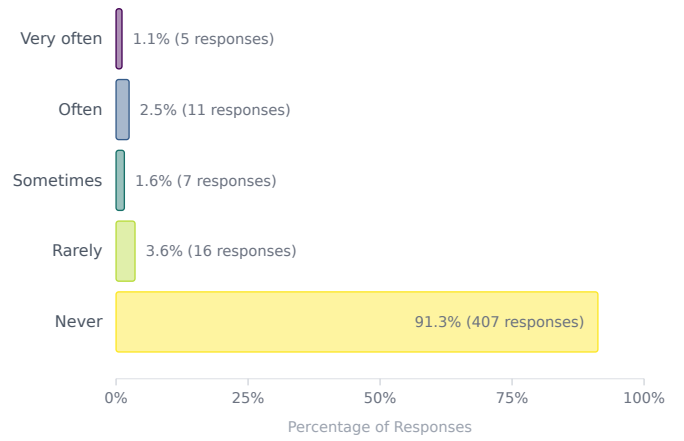
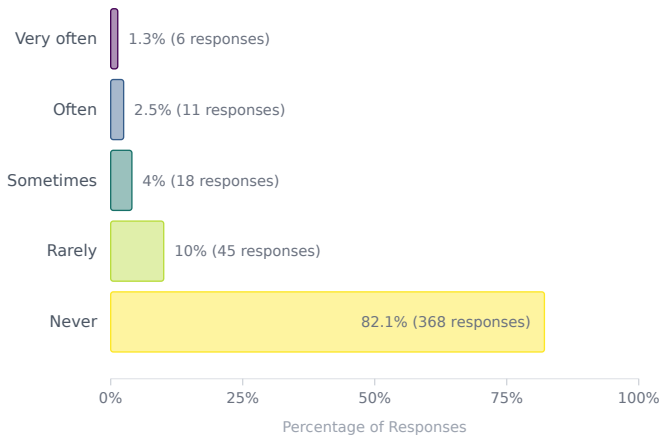
**Arrests, detentions or imprisonment (15% weight in physical dimension)**

**Sexual assault or sexual harassment (15% weight in physical dimension)**



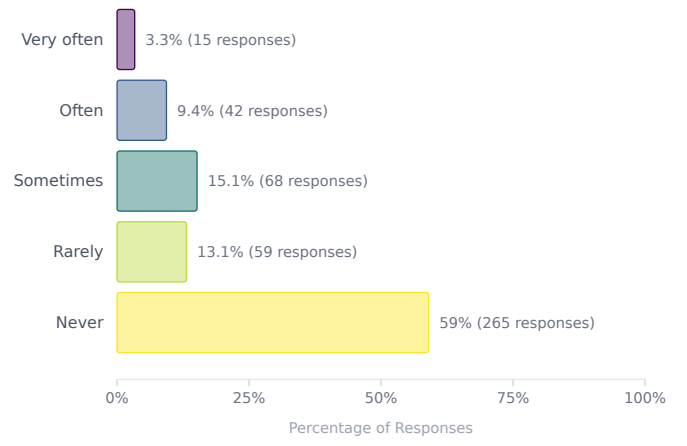
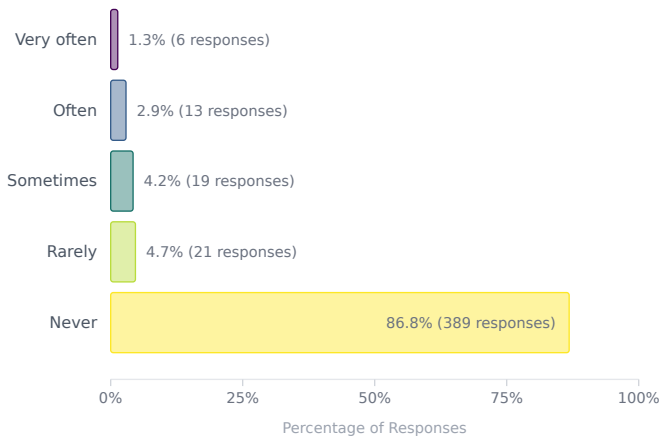
**Other physical attacks (15% weight in physical dimension)**

**Abductions (did not contribute to calculation)**



**Office raids or seizures or damage of equipment (did not contribute to calculation)**

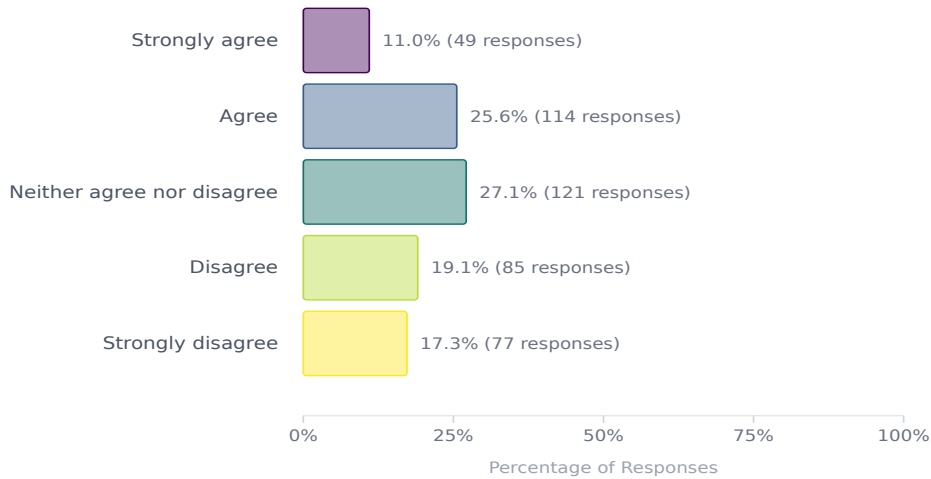
**Being required to work in an environment where COVID-19 had easily spread (did not contribute to calculation)**



# Psychological Safety

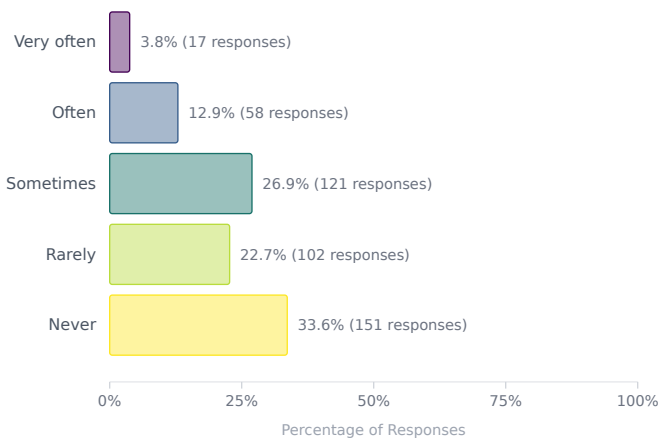
The psychological dimension carries **25% weight in the safety index**.

## Responses to: "I am concerned about my emotional wellbeing" (20% weight in psychological dimension)

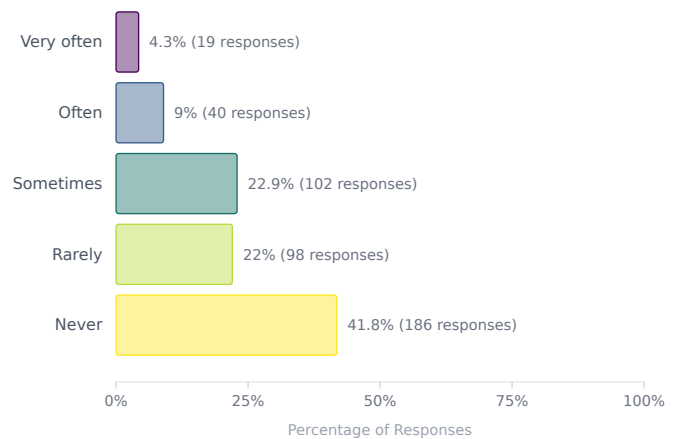


## Responses to: "In the last five years, how often have you experienced any of the following actions related to your work as a journalist?"

### Demeaning or hateful speech directed at you (16% weight in psychological dimension)



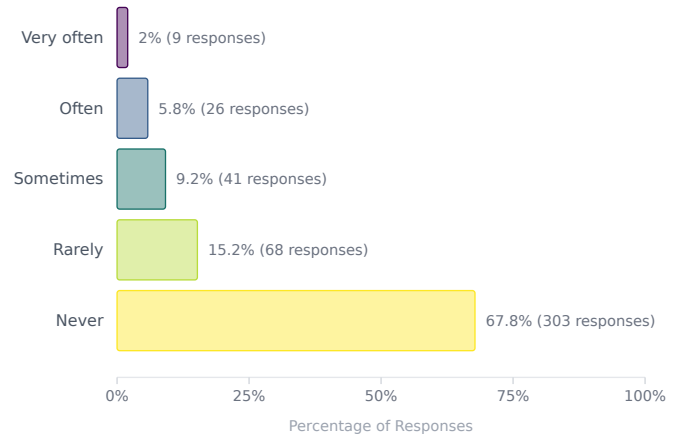
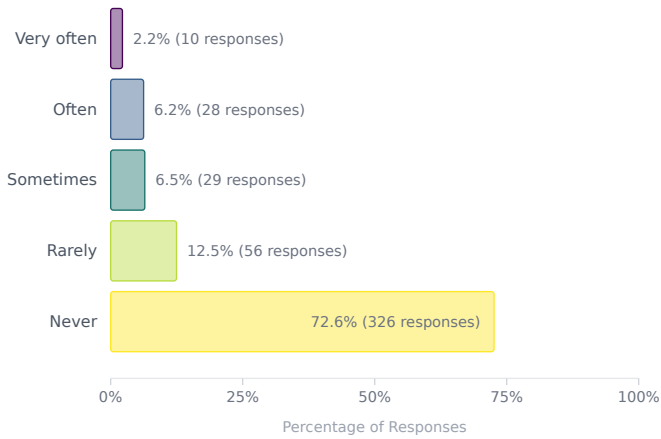
### Public discrediting of your work (16% weight in psychological dimension)



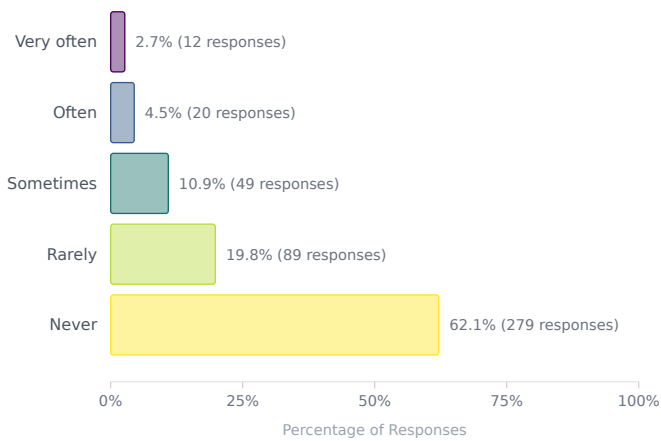
### Legal actions against you because of your work (16% weight in psychological dimension)

### Stalking (16% weight in psychological dimension)

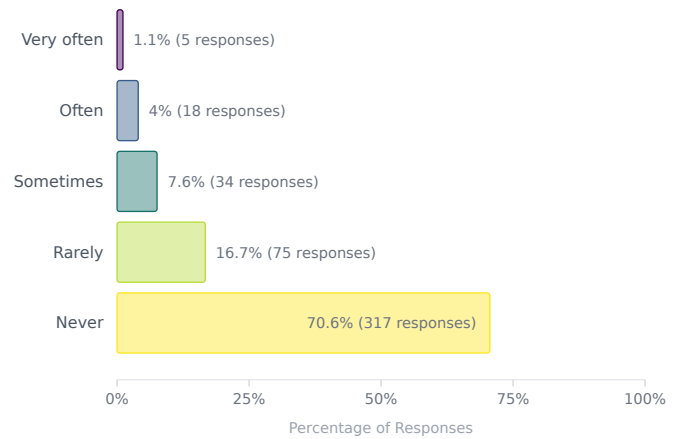
## dimension)



## Other threats or intimidation directed at you (16% weight in psychological dimension)

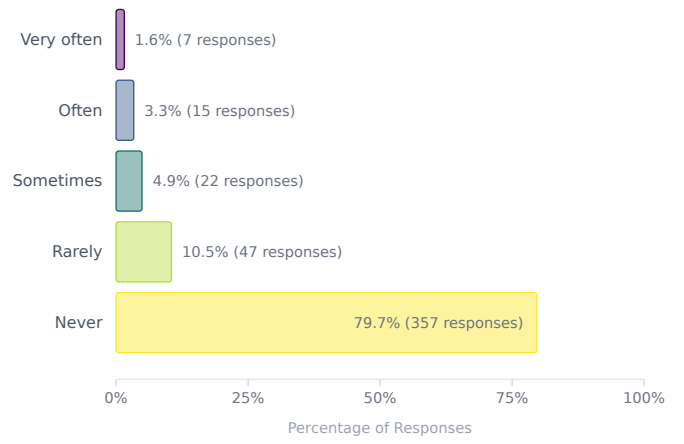
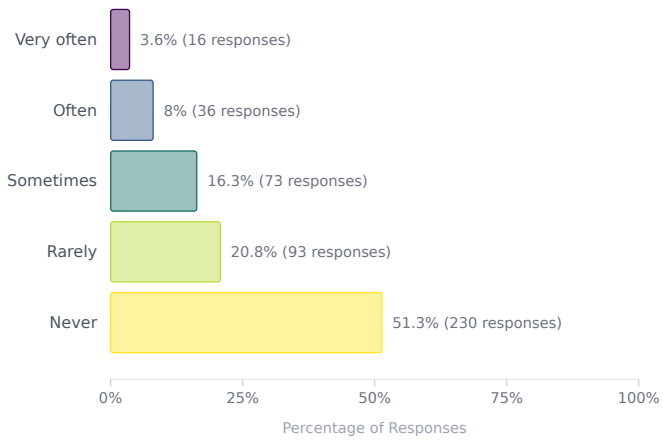


## Coercion (did not contribute to calculation)

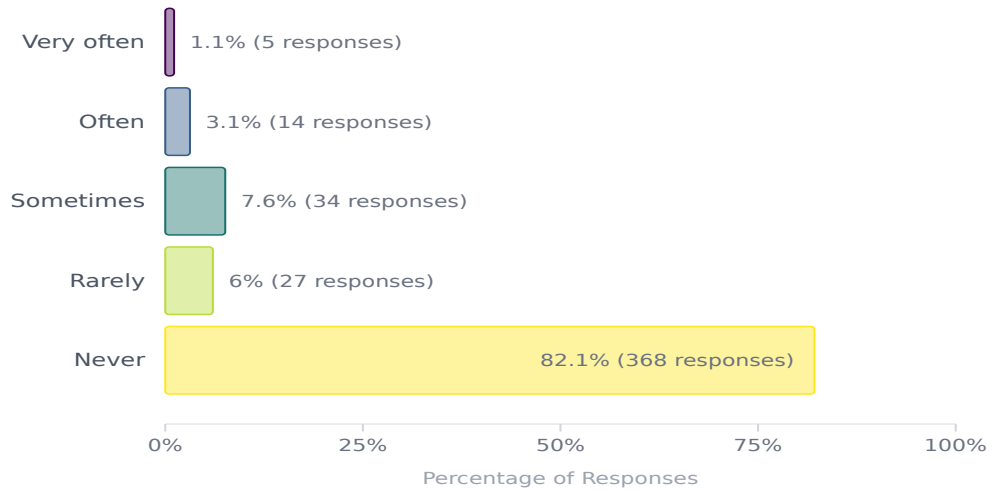


## Questioning of your personal morality (did not contribute to calculation)

## Workplace bullying (did not contribute to calculation)



**Intimidation that targets your family or close associates (did not contribute to calculation)**

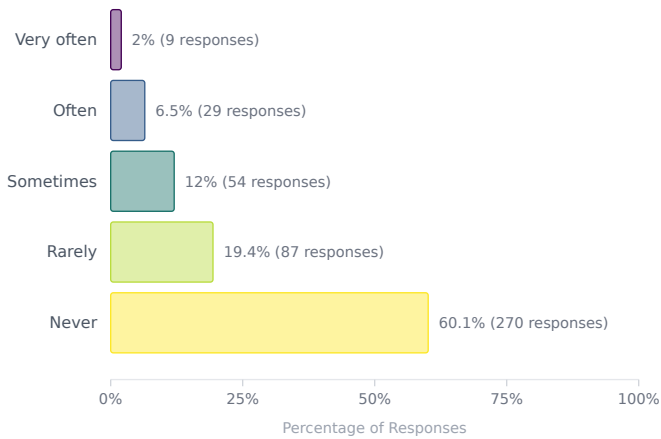


# Digital Safety

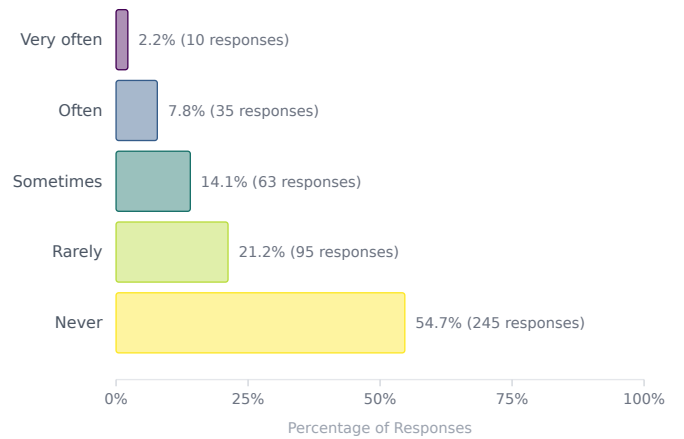
The digital dimension carries **12.5% weight in the safety index.**

**Responses to: "In the last five years, how often have you experienced any of the following actions related to your work as a journalist?"**

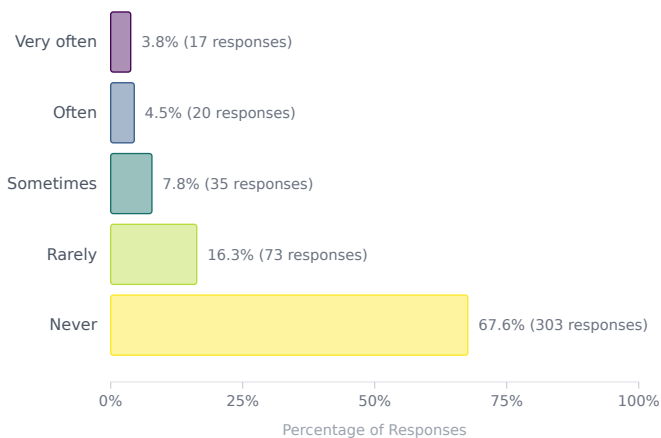
## Surveillance (50% weight in digital dimension)



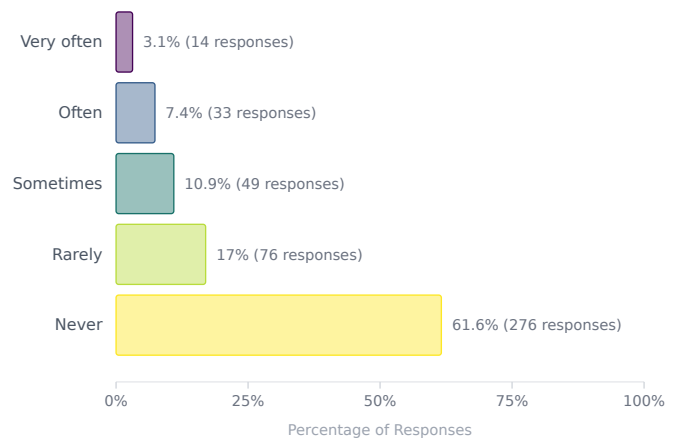
## Hacking or blocking of social media accounts or websites (50% weight in digital dimension)



## Others using your byline for fabricated or manipulated stories (did not contribute to calculation)



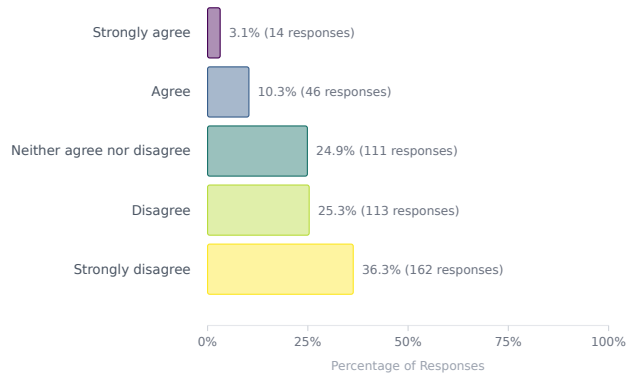
## Others disseminating your personal information (did not contribute to calculation)



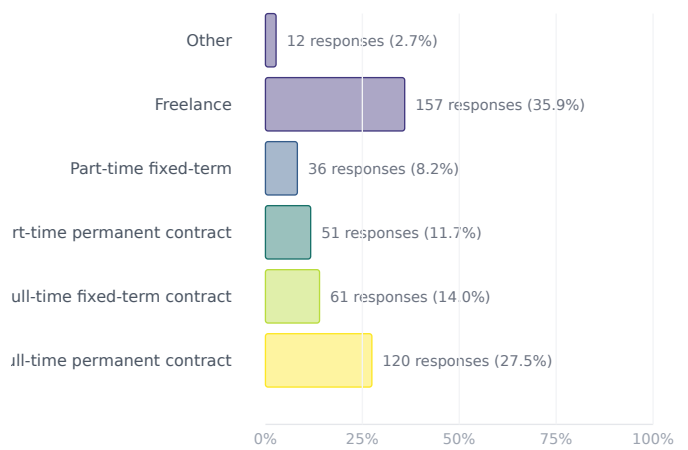
# Financial Safety

The financial dimension carries **12.5% weight in the safety index.**

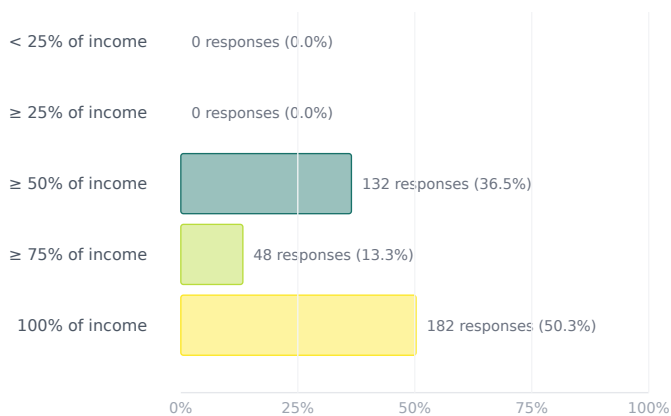
## Responses to: "I am worried about losing my job in journalism within the next 12 months" (20% weight in financial dimension)



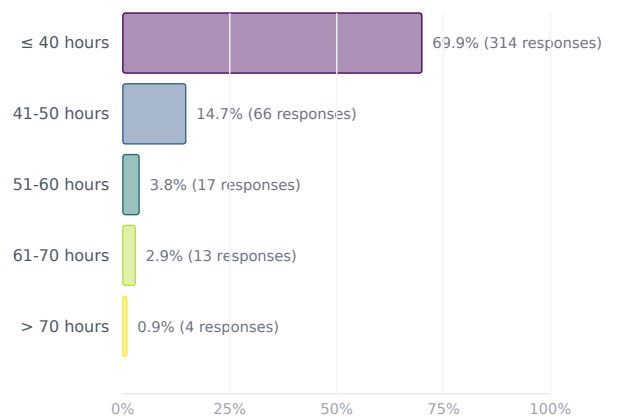
## Responses to: "Which of the following categories best describes your current working situation as a journalist?" (20% weight in financial dimension)



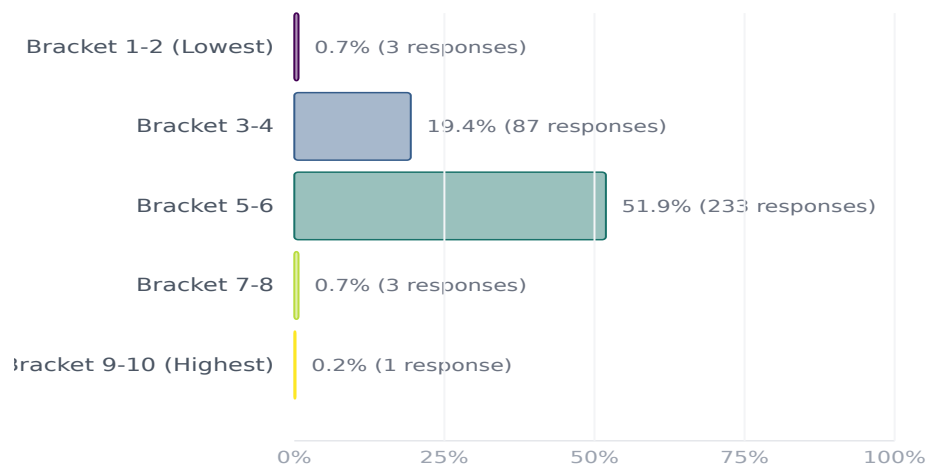
## Responses to "Approximately what percentage of your overall work-related income comes from your work as a journalist?" (20% weight in financial dimension)



## Responses to: "How many hours a week on average do you work as a journalist?" (20% weight in financial dimension)



## Responses to: "In which of the following categories does your salary as a journalist fall?" (20% weight in financial dimension)



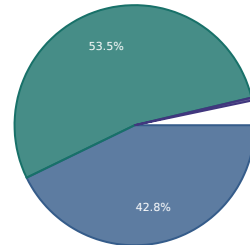
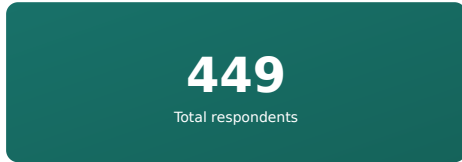
Options are given on a 10-point scale specific to each country.

# Demographics

This section contains demographic information about survey respondents from Poland.

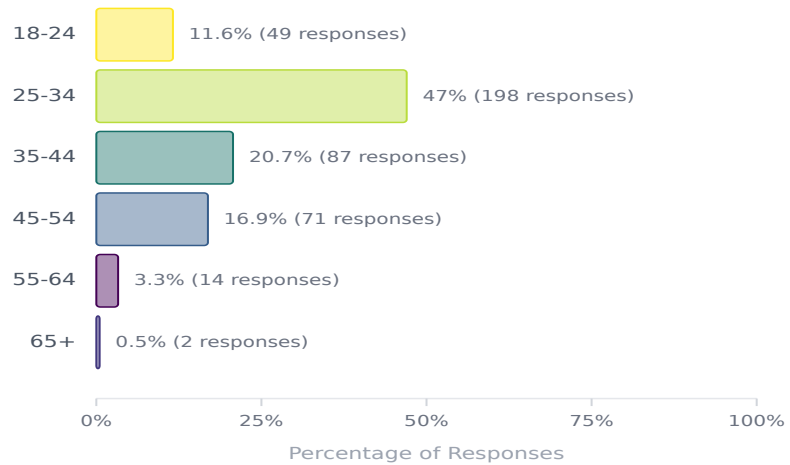
## Gender Breakdown of Respondents

### Survey Participation

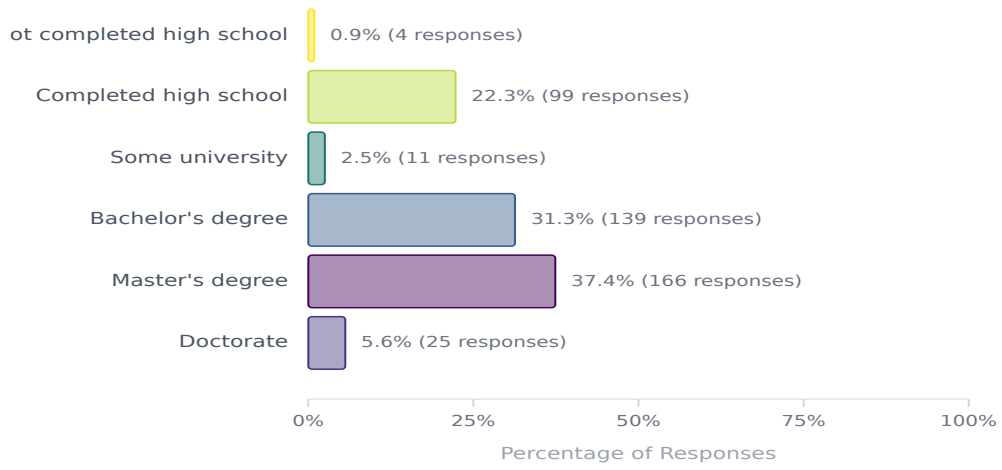


Male (192, 42.8%) Female (240, 53.5%) Other (2, 0.4%)

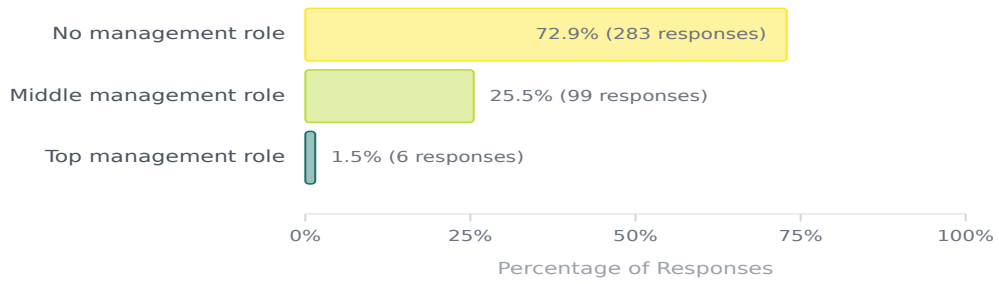
## Age Distribution of Respondents



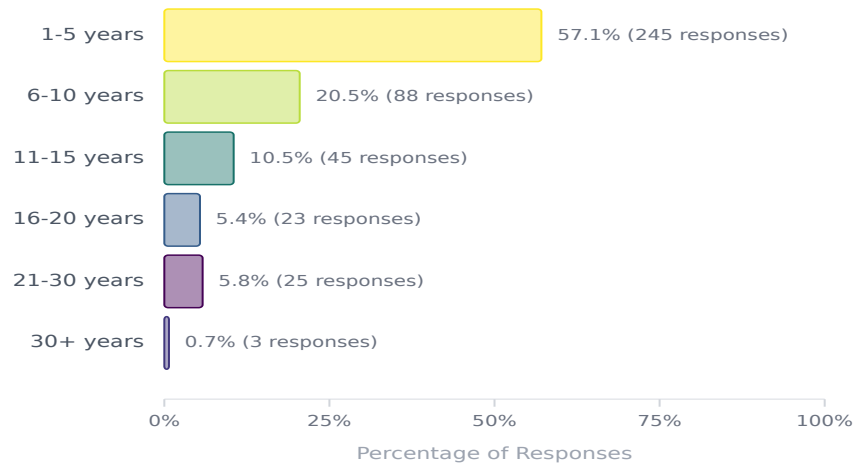
## Education Level of Respondents



## Workplace Position of Respondents



## Years of Experience as Journalist



For more detailed information about the methodology and complete findings, please visit the full country page at: <https://safetyofjournalists.org/index/country/poland>

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