

# The Issue

**BBC**  
**NEWS**

**Children spend six hours or more a day on screens**

**Time spent online 'overtakes TV' among youngsters**

*Children using internet from age of three, study finds*

*Children spend twice as long online as their parents think they do and start using the internet at the average age of three, a study has found.*



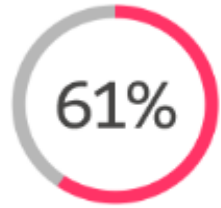
Children are spending far more time watching a screen, even though traditional TV viewing has dropped

**The amount of time children spend glued to a screen has risen dramatically in the last 20 years, a new report suggests.**

Children aged five to 16 spend an average of six and a half hours a day in front of a screen compared with around three hours in 1995, according to market research firm Childwise.

Teenaged boys spend the longest, with an average of eight hours.

# The Key E-Safety Issues



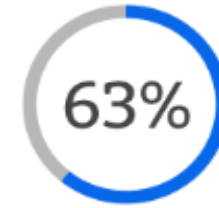
## Habits

of children will go online to watch video clips <sup>1</sup>



## Awareness

of parents say age-inappropriate content is their top concern <sup>2</sup>



## Concerns

of teens believe that accessing inappropriate content online accidentally is an issue <sup>3</sup>

Inappropriate content includes information or images that upset your child, material that's directed at adults, inaccurate information or information that might lead or tempt your child into unlawful or dangerous behavior. This could be:

- Explicit adult material
- content containing swearing and offensive language
- sites that encourage vandalism, crime, terrorism, racism
- Sites that encourage harmful behavior like eating disorders
- Pictures or videos which show images of violence or cruelty
- gambling sites
- un-moderated chat rooms – where there's no one supervising the conversation and barring unsuitable comments.



# Inappropriate Content

- 90% of children age 8-16 have seen adult content online. \*
- 70% of children age 12-18 have accidentally encountered adult content whilst completing homework online. \*
- 27% of boys access explicit adult content every week
- 5% view explicit adult content every day.
- 12% have visited an adult website showing violent images.
- Just 3% of adult websites require proof of age before gaining access to the site
- 66% of such sites do not include any adult content warnings.
- Children are also encountering cyber-bullying, images of extreme violence, self-harm, unhealthy body image promotion and eating disorders and worse.

\*Recent US Government school survey

Source: <http://www.safeonline.org.uk/the-facts/>

**One in five** 8 to 11 year olds and **seven in ten** 12 to 15 year olds has a social media profile.



**1 in 4** children have experienced something upsetting on a social networking site.



Source: Ofcom (2015) [Children and parents: media use and attitudes report \(PDF\)](#).



Source: Lilley, C., Ball, R. and Vernon, H. (2014) [The experiences of 11-16 year olds on social networking sites](#).



**1 in 3** children have been a victim of cyberbullying.



**Three-quarters of parents** have looked for or received information or advice about how to help their child manage online risks

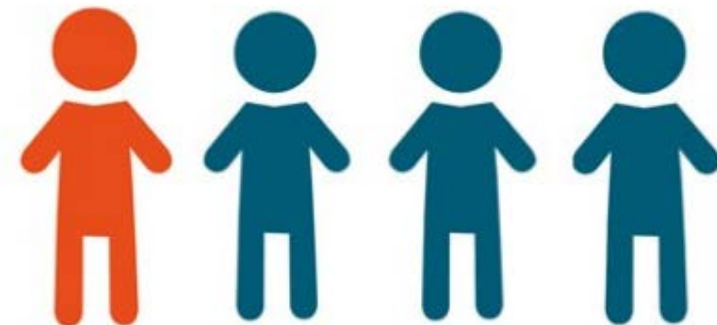


Almost **1 in 4** young people have come across racist or hate messages online.

Source: McAfee survey of children and parents as reported in the Guardian (14 November 2014) "[Number of children who are victims of cyberbullying doubles in a year](#)"



Source: Ofcom (2015) [Children and parents: media use and attitudes report \(PDF\)](#)



# Role of the parent

Tools like parental controls can help to protect your children from accessing inappropriate content, but you can't check everything they see on the internet. You need to help them avoid unsuitable content, and cope with it if they see it. The first step is to talk to them about it.

- **Be engaged** 👍

Talk regularly with your children about how they use technology and their online life

- **Be aware** 👍

Learn how to activate and use parental controls to help protect your child from seeing inappropriate content online.

- **Be there** 👍

The most important thing is to ensure that you are there if something goes wrong. Be available to reassure them if something does happen.

- **Be thoughtful** 👍

Encourage your children to think critically about the things they see online, including images and videos they view on social media.

# Tips and Advice for Parents

1. Set Parental Controls on all devices and set up a family filter with your wi-fi provider. You can seek free help from 'O2 Gurus' for this: 0808 800 5002 ✓
2. Keep internet use to family spaces. Consider carefully whether screen use should be in bedrooms. ✓
3. Set clear rules around internet access – for example – all phones to charge in the living room and are not taken into rooms at night. ✓
4. If in doubt, ask. Teachers will be able to offer support, advice or signpost you to someone who can help. ✓

# Further Information

<https://www.saferinternet.org.uk/>

<https://www.internetmatters.org/>

<http://www.safeonline.org.uk/>

<https://ceop.police.uk/safety-centre/>

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/parental-controls/>