Media usage by age

6 in 10 use any device to go online

2% have their own tablet

27% use a smartphone to go online and **63%** use a tablet to do the same

62% play games for just over **6 hours a week**

66% play games online

25% use a smart speaker in the home

74% who own a smartphone are allowed to take it to bed with them

81% use their phone to go online and **69%** to do the same

3   4   5   6   7   8   9   10   11   12   13   14   15   16

36% more likely to watch streams on a mobile device

51% use YouTube in 2019 compared to 37% in 2016

35% play games online

5% have their own smartphone

45% use a smartphone to go online and **72%** use a tablet to do the same

37% own their own smartphone

98% spent over 11 hours of streaming from a device per week

83% have their own smartphone

There are lots of positives...

Online games can enhance teamwork and creativity

Add to the child's store of knowledge

Households with computers perform better academically

Improve both visual intelligence and hand-eye coordination

89% of 8-11 year olds said that using social media made them feel happy and **82%** said it helped them to feel closer to their friends

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But technology can affect children's development...

- **Sleep cycles** are affected by blue light from screens

- Screen-based entertainment **increases central nervous system arousal**

- Children today are **more forgetful** than OAP's

- One study found that the **more distracted** you are, the less able you are to experience empathy

- Gaming platforms use persuasive design in order to keep people using their product, and **children are particularly vulnerable** to these tactics.
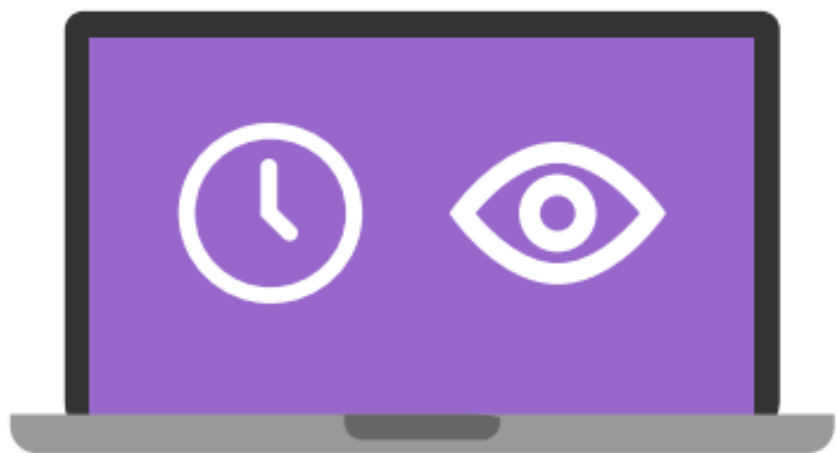
Risks parents are concerned about

Concerns	% of parents
Encouraging self-harm	62%
Privacy and data collection	50%
Cyberbullying	45%
Radicalisation	41%
Excessive screen time	25%

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Dealing with inappropriate CONTENT

4.7 million

URL's showing pornographic content – **more than 12%** of the internet

11 years

Average age to **first view porn online**

1/3

of children have **seen explicit images** by age of 10

Dealing with inappropriate CONTENT

What to talk about

- They can come to you if they see anything that upsets them

- If they have seen pornography... that it presents an unrealistic image of sex and relationships

- The importance of respect for each other and the meaning of consent

Top tips / tools to use

- Parental controls on home broadband

- Content lock on mobile networks

- Safe search on Google (& other browsers) & YouTube; child–friendly search engines

XXX

Use Screen Time on your iPhone, iPad or iPod touch

With Screen Time, you can access real-time reports showing how much time you've spent on your iPhone, iPad or iPod touch. You can also set limits for what you want to manage.

Screen Time lets you know how much time you and your kids spend on apps, websites and more. This way, you can make more informed decisions about how you use your devices, and set limits if you'd like to. Find out how to use parental controls to manage a child's device.

Turn on Screen Time

1. Go to Settings > Screen Time.
2. Tap Turn On Screen Time, then tap it again.
3. Select This is My [device] or This is My Child's [device].

When you turn on Screen Time, you'll see a report showing how you've used your device, apps and websites. If it's your child's device, you can set up Screen Time and create settings on their device, or you can use Family Sharing to configure your child's device from your device. After you've set up your child's device, you can also use Family Sharing to see reports and adjust settings from your device.

With Screen Time, you can also create a dedicated passcode to secure settings, so only you can extend time or make changes. Make sure you choose a passcode that's different from the passcode you use to unlock your device. To change or turn off the passcode on your child's device, go to Settings > Screen Time and tap your child's name. Then tap Change Screen Time Passcode or Turn Off Screen Time Passcode and authenticate the change with Face ID, Touch ID or your device passcode.
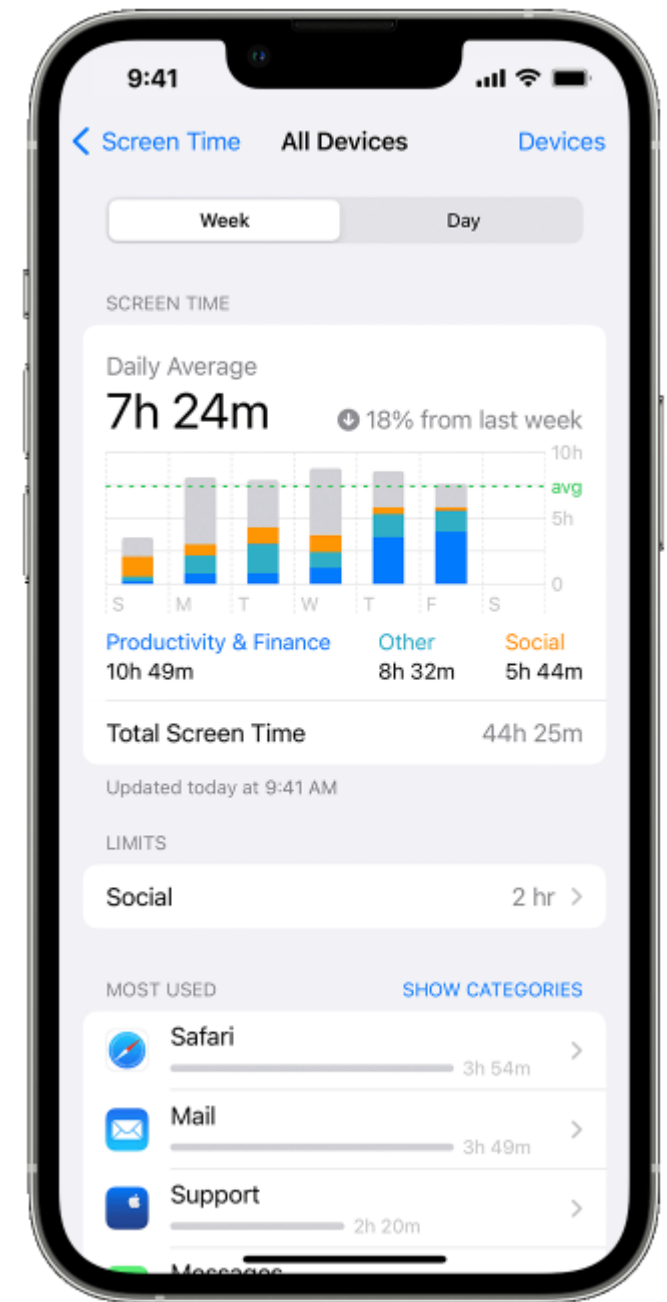
Create a Google Account for your child

You can create a Google Account for your child under 13 (or the applicable age in your country), and manage it using Family Link. With Google Accounts, children get access to Google products like Search, Chrome, and Gmail, and you can set up basic digital ground rules to supervise them.

Create an account

It takes about 15 minutes to create your child's Google Account.
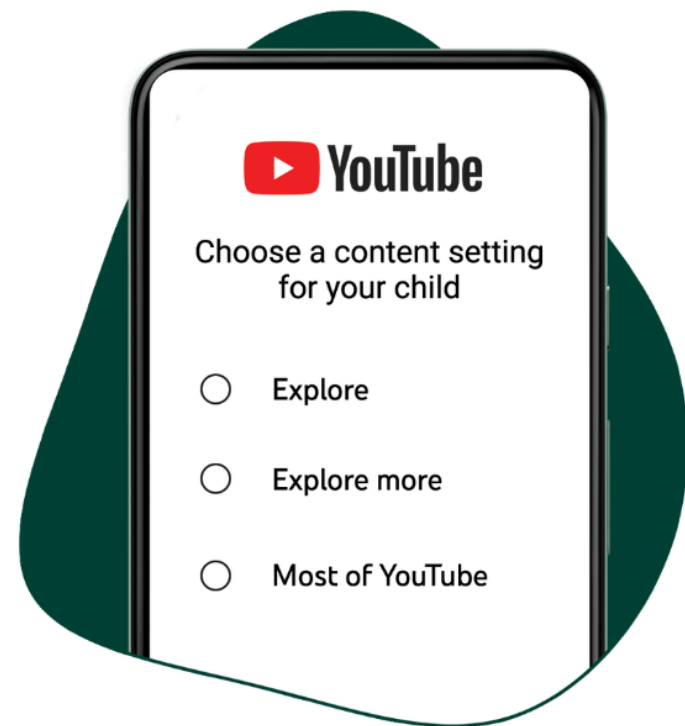
With the Family Link app ⌄

On a new Android device ⌄

On a new Chromebook ⌄

On an Android device that's already set up

On other devices and computers

▶ **YouTube**

Choose a content setting for your child

○ Explore

○ Explore more

○ Most of YouTube

- **Explore:** For children ready to move on from YouTube Kids and explore content on YouTube, this setting will feature a broad range of videos generally suitable for viewers ages 9+, including vlogs, tutorials, gaming videos, music clips, news, educational content and more.

- **Explore More:** With content generally suitable for viewers ages 13+, this setting will include an even larger set of videos, and also live streams in the same categories as "Explore."

- **Most of YouTube:** This setting will contain almost all videos on YouTube, except for age-restricted content, and it includes sensitive topics that may only be appropriate for older teens.

Filter explicit results using SafeSearch

Whether you use Google Search at work, with children, or for yourself, SafeSearch can help you filter explicit content from your results. Explicit results include sexually explicit content like pornography, violence, and gore. Learn more about Google Search's content policies.

Important: SafeSearch only works on Google search results. It won't block explicit content you find on other search engines or websites that you go to directly.

Android   **Computer**   **iPhone & iPad**
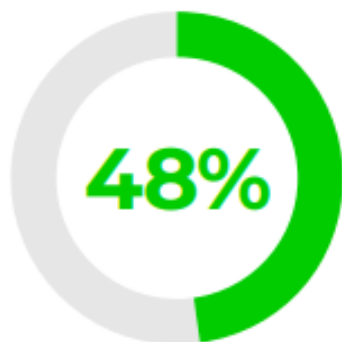
Turn SafeSearch on or off

If you manage your own Google Account, you can turn on SafeSearch for your personal account or browser.
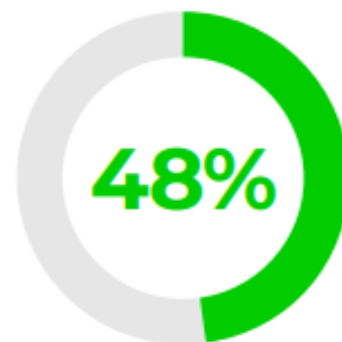
Google app   ⌄

Mobile browser   ⌄

Android TV   ⌄

Dealing with inappropriate CONTACT

48%

of secondary school children **have talked to strangers on social media**

48%

of 11 year olds **have a social media profile**

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Dealing with inappropriate CONTACT

What to talk about

- Sometimes people hide behind fake profiles for dishonest reasons

- Agree how they will respond to requests from people they don't know in real life

- Never ever to meet up with anyone they don't know in real life

Top tips / tools to use

- Set up safe social media profiles that don't share personal information

- Turn off geolocation settings on devices

- Use the strongest privacy settings on social media

- Learn how to report/block/mute

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Dealing with inappropriate CONDUCT

25%

of children **will
experience cyberbullying**

50%

of children **say someone
has been nasty online**

Dealing with inappropriate CONDUCT

What to talk about

- Talk to a trusted adult if they experience anything upsetting online

- Think carefully about sharing images of others

- Be responsible online, remembering they are creating their own digital footprint

Top tips / tools to use

- Report inappropriate posts/content to the social media providers

- Think carefully about using monitoring apps that identify inappropriate behaviour

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Dealing with 'SEXTING'

15-40%

of young people are involved in sexting

Threat comes **mostly from peers** and is often coercive

What to talk about

- It's hard to control where images might be shared

- It's illegal to create or share a sexual image of a child under 18

Top tips / tools to use

- **The T-shirt test** – if you wouldn't wear the picture on your T-shirt, don't share it online

- If your child is involved in sexting, contact CEOP & Childline who can help to remove images

Controlling tech time

Your children will be watching the way you use technology and they will copy; make sure there is some consistency in how you **role model** good behaviour:

1 Turn off notifications on apps to avoid that constant 'ping'

2 Buy an alarm clock so you don't have devices in the bedrooms

3 Keep phone on silent in your pocket or bag when you pick the kids from school

4 'No phones at the table' rule or 'no phones between 6 and 7' rule

5 Family tech-free days!

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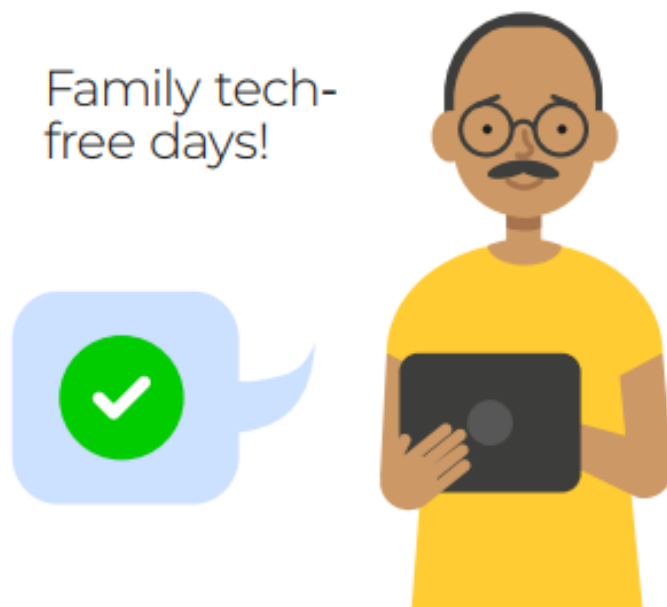
Controlling tech time

And there are tactics you can put in place **to help manage** their screen time....

1 Set a good example

2 Talk together about the time spent online

3 Agree on appropriate length of time they can use their device

4 Get the whole family to unplug & create screen-free zones

5 Use technology/apps to help manage screen time e.g. Forest App

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Childnet Family Agreement

A great way to start positive family conversations around online safety, and to agree clear expectations and boundaries.

Start by discussing the questions that are most relevant to your family.

▷ Getting started

- What do we enjoy doing online?
- What apps, games and websites do we use the most?
- Do we already have any rules about use of tech we want to include in our family agreement?

◷ Managing time online

- How does it feel when we use tech for too long?
- How do we know when our screen use is interfering with family life?
- What can we do to help avoid overusing tech?

⌖ Sharing

- What should we check before posting images and videos online?
- Do we know how to use privacy settings and what makes a strong password?
- How can we use features like livestreaming and disappearing content safely?

⌕ Online content

- How do we decide which websites, apps, games and devices are okay for us to use?
- What can we do if we see something online which seems unreliable or untrustworthy?
- How can we stop ourselves accidentally spending money in a game or app?

◯ Communicating online

- Who can we talk, chat or play games with online? Just family? Friends? Anyone?
- How can we keep ourselves safe if we are communicating with people who we only know online?
- How can we look after our friends when we are online?

⚠ If things go wrong

- What can we do if we feel uncomfortable or upset by anything we see or hear online?
- What should we do if someone we only know online asks us for photos, a video call, to meet up or to share personal information?
- Do we know how to find the report and block buttons on the websites, apps and games we use?

⊘ To finish...

- How could parental controls help our family?
- What should happen if one of us breaks the family agreement?
- When should we review our family agreement?

Want expert advice?

www.childnet.com/parents-carers-advice