



Parents' Information Evenings e-Safety 2016-17



"a learning partnership valuing respect, personal best ... and a spirit of fun"

Ofcom Survey 2016

- Adult users currently spend an average of one day per week (25 hours) online
- 42% say they go online or check apps more than 10 times a day
- 11% access the internet more than 50 times daily.
- 59% consider themselves 'hooked' on their connected device
- 34% admit they find it difficult to disconnect.

Ofcom Survey 2016

In the last year 15 million users decided to take time offline:

- 33% said they felt more productive
- 27% found it liberating
- 25% enjoyed life more
- 16% experienced 'FOMO' (Fear Of Missing Out)
- 15% felt lost
- 14% 'cut-off'

Birmingham University 2015

- 93% of parents surveyed were regular social media users
- 55% with children aged 11 to 17 strongly agreed that ***'social media hinders or undermines moral development'***
- 40% said they were concerned or extremely concerned about social media having a potentially damaging impact on children

DfE Research Project 2016

- One in three teenage girls suffers from “psychological distress” by the time they start studying for their GCSEs
- 37 per cent of Year 10 girls are experiencing some sort of symptom of mental ill health
- The study of 30,000 teenagers showed that girls were more than twice as likely to suffer from psychological distress than boys
- “While girls were already displaying greater levels of psychological distress than boys in 2005 it is striking that their situation worsened between 2005 and 2014,”
- **The researchers suggested that part of the problem was linked to the increased impact of social media on young people’s lives**

Internet Usage and Educational Outcomes Research 2016

Prof Alberto Posso – Royal Melbourne Institute of Technology

- Analysed educational outcomes from over 12,000 15 year olds
- Online social networks, such as Facebook or chatting, were **significantly** associated with lower performance in maths, reading, and science
- “Several grades difference between students who were heavy social media users and those who were not”
- More frequent usage has a larger effect

“There is a seemingly high opportunity cost of engaging in social networking” – Prof Posso

Kaiser Family Foundation (2010)

Media, Grades and Personal Contentment

Among all 8- to 18-year-olds, percent of heavy, moderate, and light media users who say they get mostly:[†]

	Heavy Users	Moderate Users	Light Users
Good grades (A's and B's)	51% ^a	65% ^b	66% ^b
Fair/poor grades (C's or below)	47% ^a	31% ^b	23% ^c

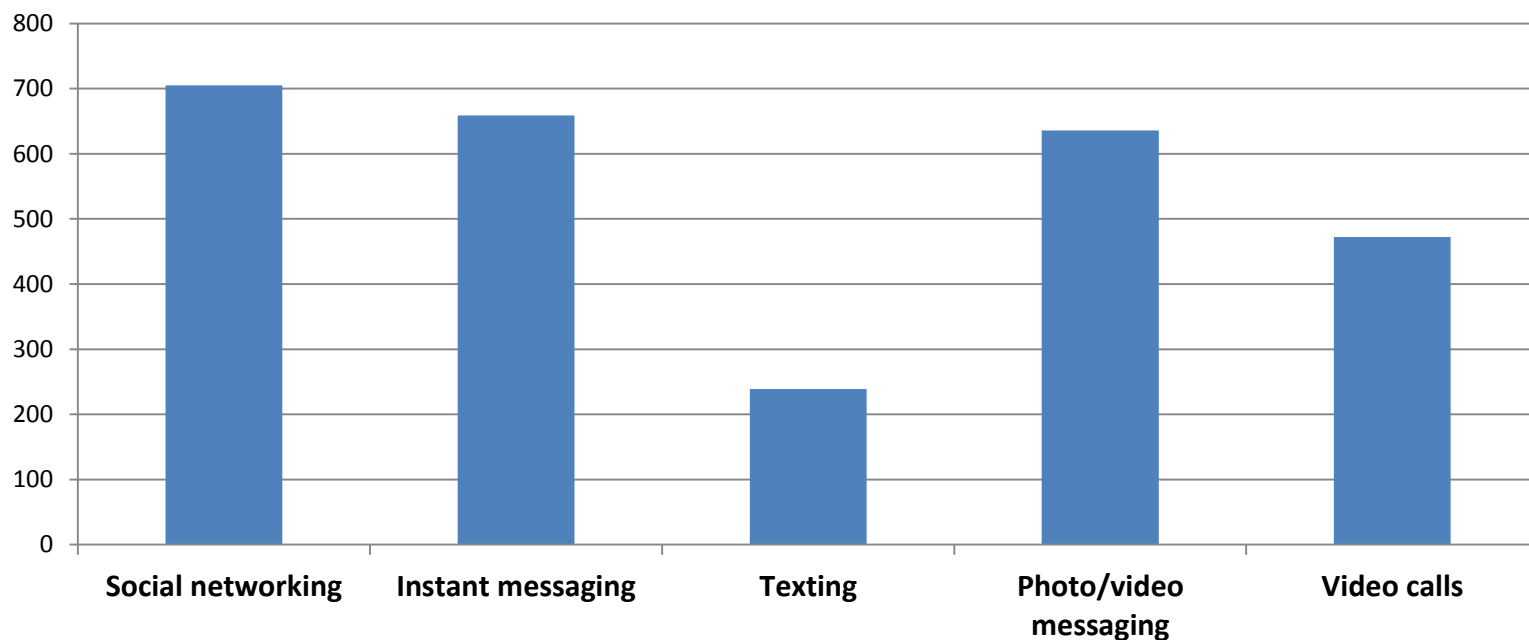
Among all 8- to 18-year-olds, percent of heavy, moderate, and light media users who say they:^{††}

Have a lot of friends	93%	91%	91%
Get along well with their parents	84% ^a	90% ^b	90% ^{ab}
Have been happy at school this year	72% ^a	81% ^b	82% ^b
Are often bored	60% ^a	53% ^b	48% ^b
Get into trouble a lot	33% ^a	21% ^b	16% ^b
Are often sad or unhappy	32% ^a	23% ^b	22% ^b

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Ofcom Survey 2016

Minutes Per Week on Social Media Girls aged 11-15



A total of 45 hours per week
An average of nearly 6.5 hours per day

CEOP Survey 2015

Tinder (dating app):

- Around one in six young people (17%) reported using Tinder every day
- Almost half of those (46%) were aged 15 and under

Snapchat (video/photo/messaging app):

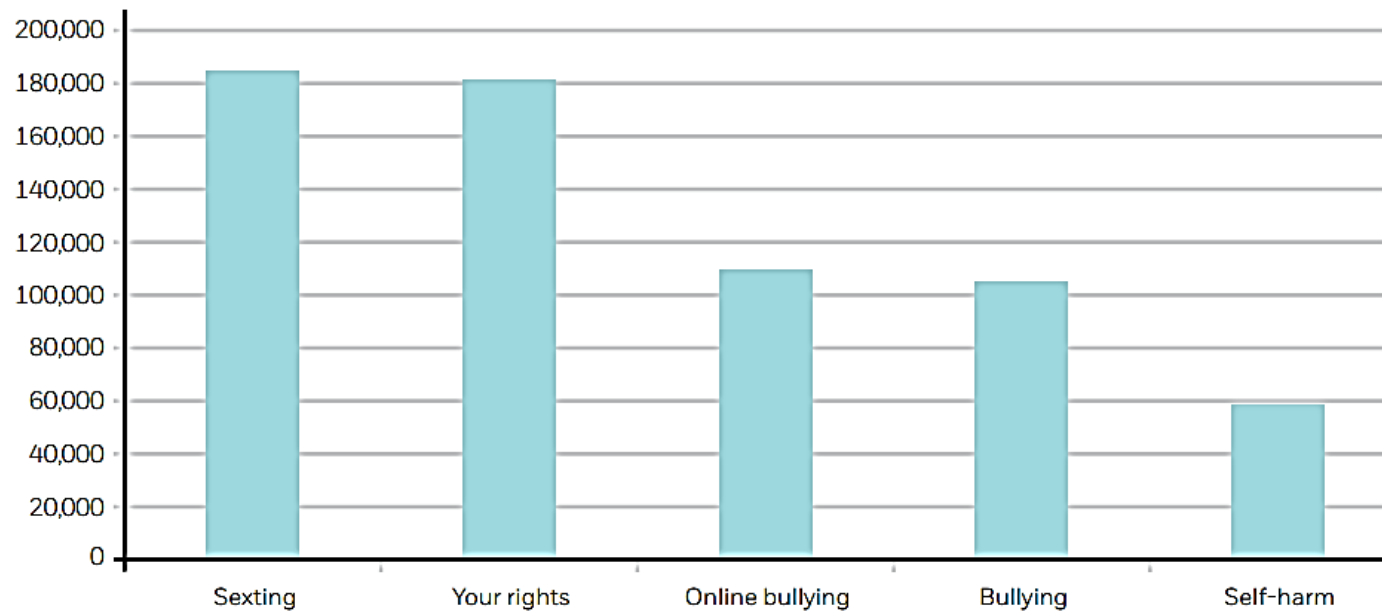
- More than a third (37%) of children polled reported spending up to 10 hours on the app every day

NSPCC Survey 2016

ChildLine Counselling sessions about:

- Sexting – up by 15% since 2014-15
- Online bullying – up by 13% since 2014-15

ChildLine website* data 2015/16



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YouGov Survey 2016

- A survey of 1,159 parents of school-aged children found that:
 - 78% were concerned about their children sexting
 - This was more than were worried about either alcohol misuse or smoking
- 87% of parents believe that schools should be doing more to educate pupils about the risks involved in sexting

NSPCC August 2016

“It's vital that parents talk to their children and that young people feel empowered to say no to sexting requests.”

“We realise that talking about sexting can be an embarrassing or awkward conversation for both parents and children.”

“And although most parents said they would seek help if an indecent image of their child had been shared on the internet, half of them weren't confident about getting the right support.”

Dr Craig Canapari

Director - Yale Paediatric Sleep Centre

If you met me at a party, and wanted to know my best single piece of advice to keep your child from having sleep problems, here it is:

- 1) If your child has technology (television, computers, smartphones, tablets, video game systems) in their room at night, **TAKE IT OUT**
- 2) If your child does not have technology in their room at night, **DON'T LET IT IN THERE**

Dr Craig Canapari

Director - Yale Paediatric Sleep Centre

I recommend:

- All technology should be out of the bedroom an hour before sleep, including parents. ***There is no substitute for physical control of the device***
- Put computers in common areas of the home so that you can monitor what they are doing on them
- Set a good example yourself:
 - Turn off your phone when you get home
 - Make it clear that time with your family is more important than your device
 - If you must check something (eg for work), explain what you are doing and why

Making a media plan

- A media use plan for your family should include TVs, phones, tablets and computers
- Screens should be kept out of children's bedrooms
- Put in place a “media curfew” at mealtimes and bedtime
- Put all devices away or plug them into a charging station for the night
- Limit screen time to less than one or two hours per day

Responding to the objections ...

- **“It’s my alarm clock”** - buy an alarm clock
- **“I can’t fall asleep without music”** - a clock radio will do both
- **“I watch Netflix (etc) to fall asleep”** - watching television in bed is associated with shorter sleep, worse grades, and weight gain
- **“We’ve always done it this way. Why are you punishing me?”** - people did not always realize that smoking was bad, either, but now no one would let someone smoke in their child’s room
- **“I read on my tablet”** – hmmm! That one’s easy ...
- **“You do it too!”** - if that is true, you need to set an example by also surrendering your device after a certain hour unless you need it for work