Can Social Media have a Positive Impact on Children's Lives?

Dr Barbie Clarke

Ofcom

Prepared by:

FK·Y
Family Kids & Youth

29 January 2019

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Wellbeing and the Internet Study

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What we did

- 6 peer-to-peer groups were carried out with children aged 12-17 (Aug-Sep 2018). These were led by our two summer interns, aged 18, who we trained in qualitative research techniques

- Followed by a nationally representative survey with 1,000 children aged 7-16, with the help of Panelbase

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newsround

Screen time: It's impossible to recommend time limits for kids

6 January 2019   Last updated at 10:22

PHOTOFUSION

A new report says that it can't confirm that screen time is in itself harmful for children.

The report which has been written by the Royal College of Paediatrics and Child Health says that "There is not enough evidence to confirm that screen time is in itself harmful to child health at any age, making it impossible to recommend age appropriate time limits." They recommend that parents choose limits for thier children according to age and how screen time affects family life.

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4 January 2019

'There is not enough evidence to confirm that screen time is in itself harmful to child health at any age, making it impossible to recommend age appropriate time limits.'

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RCPCH
Royal College of
Paediatrics and Child Health
Leading the way in Children's Health

NewStatesman

Build screen time around family activities, not the other way round, parents told

4 January 2019

Media & External Affairs team

In a UK first, the RCPCH publishes new guidance to help parents manage their children's screen time.

There is not enough evidence to confirm that screen time is in itself harmful to child health at any age, making it impossible to recommend age appropriate time limits, says the first ever guidance on children's screen time to be published in the UK.

Screen time guidance, published today by the Royal College of Paediatrics and Child Health (RCPCH), instead suggests parents approach screen time based on the child's developmental age, the individual need and value the family place on positive activities such as socialising, exercise and sleep - when screen time displaces these activities, the evidence suggests there is a risk to child wellbeing.

Dr Max Davie, Officer for Health Promotion for the Royal College of Paediatrics and Child Health (RCPCH) said we need to "let parents be parents" and adjust the amount of time spent on screens by all members of the family, depending on what's important to them and their child. Dr Davie said:
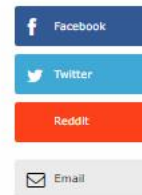
Stop scaremongering about kids spending time on their phones

Correlation does not equal causation when it comes to screen time.

BY
TOM CHIVERS

GETTY

- Facebook
- Twitter
- Reddit
- Email

How much should we worry about our children using screens? It's hard, as a parent, not to worry. Not least because we're constantly surrounded by doom-laden warnings about how smartphones have "destroyed a generation".

The problem is that, while the headlines are really, really stark, the evidence is really, really weak. Those headlines, which one psychologist I spoke to described as "scaremongering", are based on studies that

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Children's COMMISSIONER

Life in 'likes'

Children's Commissioner report into social media use among 8-12 year olds

4 January 2019

HOUSE OF LORDS

Library Briefing

Technology: Health and Wellbeing of Children and Young People
Debate on 17 January 2019

Summary

This House of Lords Library Briefing has been prepared in advance of the debate due to take place on 17 January 2019 in the House of Lords on the motion moved by Baroness Kidron (Crossbench) that "this House takes note of the relationship between the use of digital technology and the health and wellbeing of children and young people".

With the development of new technology in recent years, most children and young people now use at least one form of technology every day. Activities include: using the internet to do homework; watching online content; and using social media platforms to communicate.

Increased ownership of personal devices such as smart phones, tablets and laptops has also affected how children and young people use technology, with concerns raised that their usage is becoming more private, and harder for parents to monitor.

These developments have raised questions about the impact of such use of technology on children and young people's health and wellbeing. In addition, internet safety has become an integral part of child safeguarding in the UK, with the Government announcing an aim to make it the safest place in the world for children and adults to be online.

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YPs want to make the world a better place

- These issues are important to young people:

Equality **Right to Privacy** **Peace** **Fairer living standards** **Environment** **Fair treatment of animals**

"Make everyone like each other" Girl aged 12

"They always say about all the icebergs melting and stuff, the polluting and all that; just get rid of all the petrol cars, make more electric cars and stuff like that" Boy aged 15

"If we put a fragment of the money that we spend on war onto like the homeless, we would conquer homelessness, world starvation. Things like that." Girl aged 17

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Devices

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Reliance on devices

I can't go anywhere without at least one internet device (NET agree)		
7-10s 20%	11-13s 49%	14-16s 55%

I talk with my friends online more than in person (NET agree)		
7-10s 18%	11-13s 34%	14-16s 39%

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Smartphones at Bedtime

43%

Use a smartphone in bed
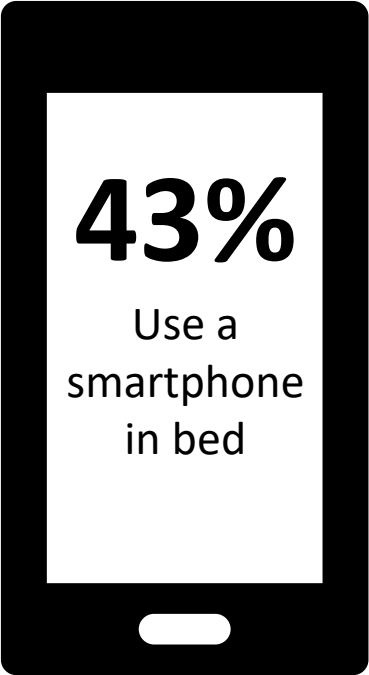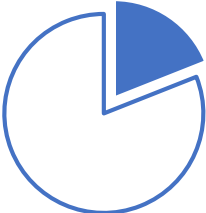
7-10 year olds

19%

11-13 year olds

50%

14-16 year olds

69%

Base: 1,000: 7-16 year olds (7-10s: 399, 11-13s: 300, 14-16s: 301, Boys: 503, Girls: 497)

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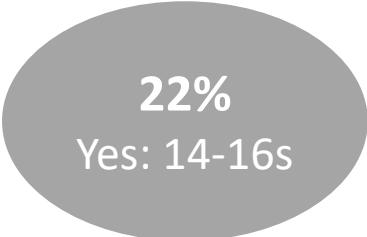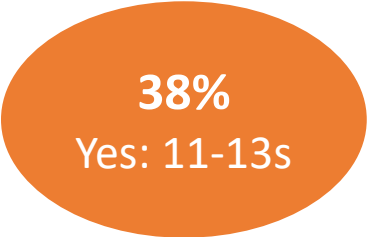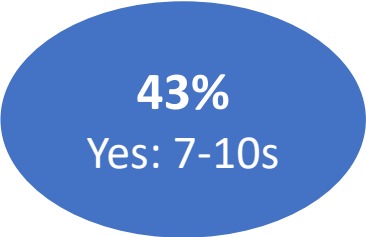
Parents' Phone Usage

- Children can get upset with parents for breaking their own rules!

"I tell my mum a whole story and she'll be like 'what?' and then she tells me to get off my phone" Girl aged 15
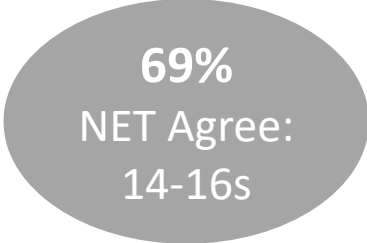
"When my dad's trying to speak to me he says 'oh it's like talking to a brick wall' but then the amount of times I've tried speaking to him and literally - so attached to his phone" Boy aged 15

"My Dad is so bad. He's such a hypocrite, because one meal he's not on his phone, no one else can be on their phone. But the next meal he'll be like (actions typing on phone) with one finger typing the whole time." Girl aged 17

Do your parents or carers...use their devices when you aren't allowed to use yours?

43%
Yes: 7-10s

38%
Yes: 11-13s

22%
Yes: 14-16s

Sometimes using devices can get in the way of my family talking to each other

61%
NET Agree: 7-10s

61%
NET Agree: 11-13s

69%
NET Agree: 14-16s

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13
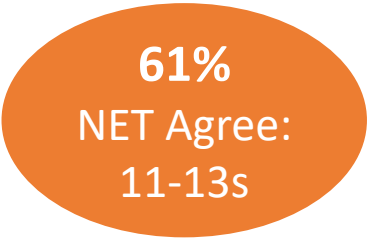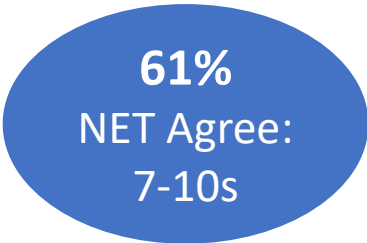
Talking to Strangers

Have you ever talked with people you haven't met before on these social apps or websites?

No
72%

Yes
28%

Facebook 12%

YouTube 10%

Instagram 10%

Do you chat with people you haven't met before when playing any of these games?

No
65%

Yes
35%

Fortnite 12%

Minecraft 9%

Fifa 7%

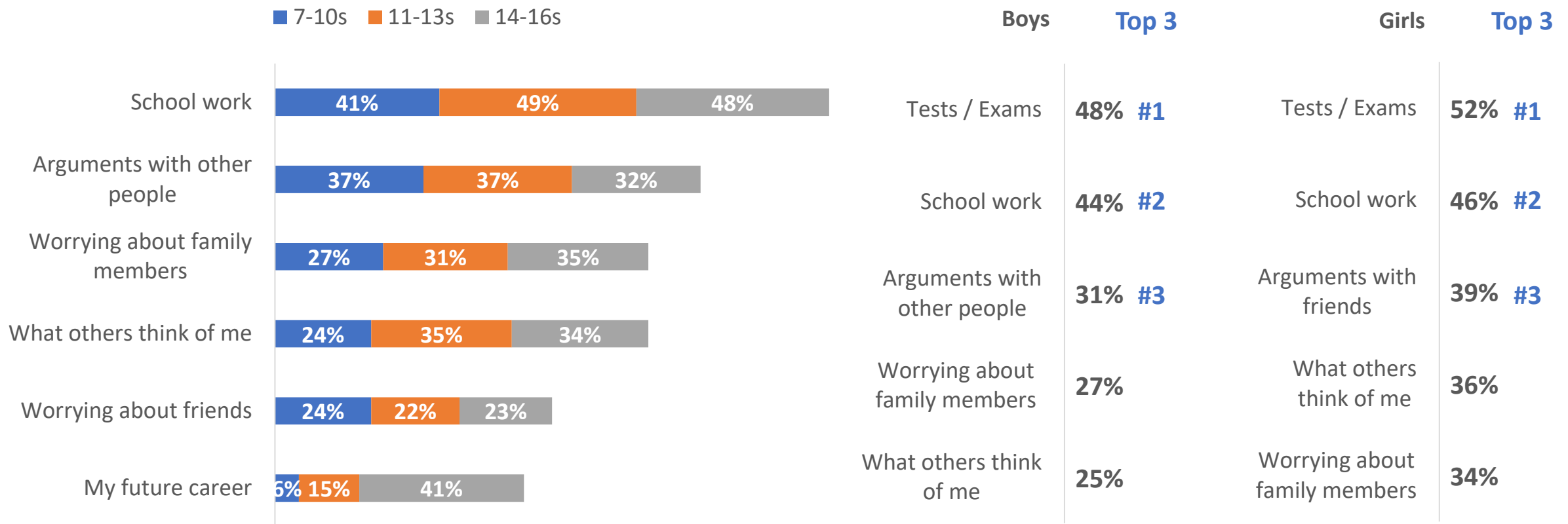Base: 1,000 7-16 year olds (7-10s: 399, 11-13s: 300, 14-16s: 301, Boys: 503, Girls: 497)

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What worries you?

Do you ever worry about the following?

■ 7-10s　■ 11-13s　■ 14-16s

Worry	7-10s	11-13s	14-16s
School work	41%	49%	48%
Arguments with other people	37%	37%	32%
Worrying about family members	27%	31%	35%
What others think of me	24%	35%	34%
Worrying about friends	24%	22%	23%
My future career	6%	15%	41%

Boys		Top 3	Girls		Top 3
Tests / Exams	48%	#1	Tests / Exams	52%	#1
School work	44%	#2	School work	46%	#2
Arguments with other people	31%	#3	Arguments with friends	39%	#3
Worrying about family members	27%		What others think of me	36%	
What others think of me	25%		Worrying about family members	34%	

Base: 1,000 7-16 year olds (7-10s: 399, 11-13s: 300, 14-16s: 301, Boys: 503, Girls: 497)

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What makes you happy?

Which of the following makes you happy?
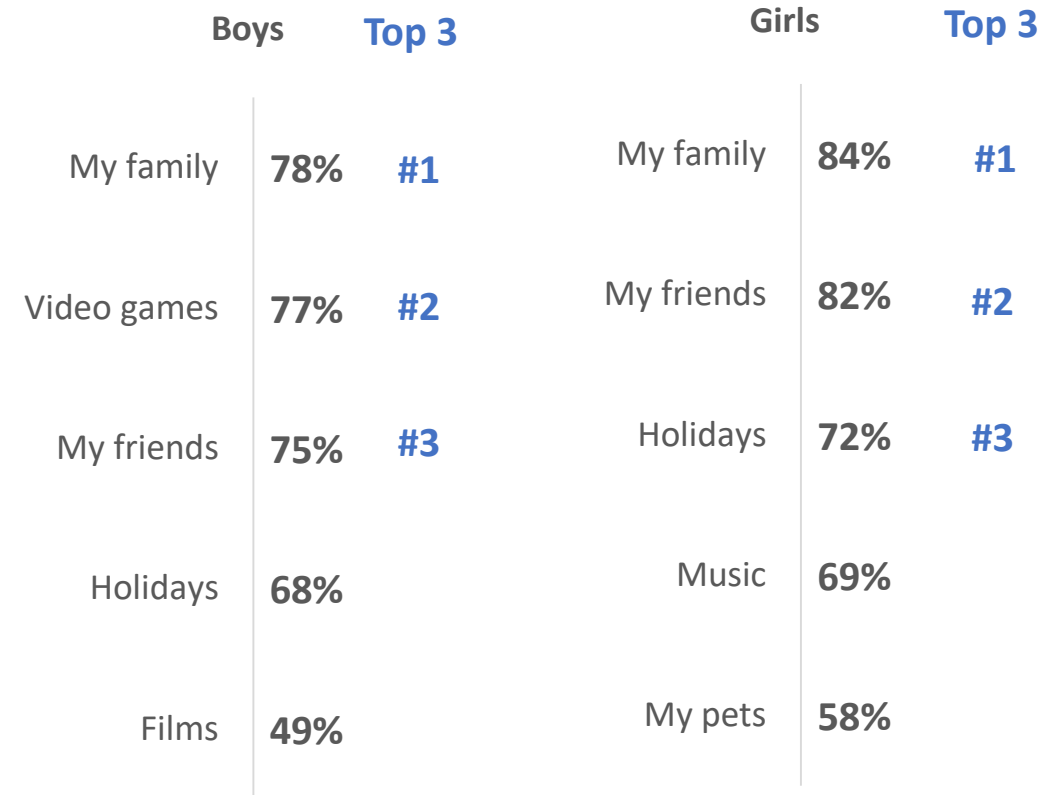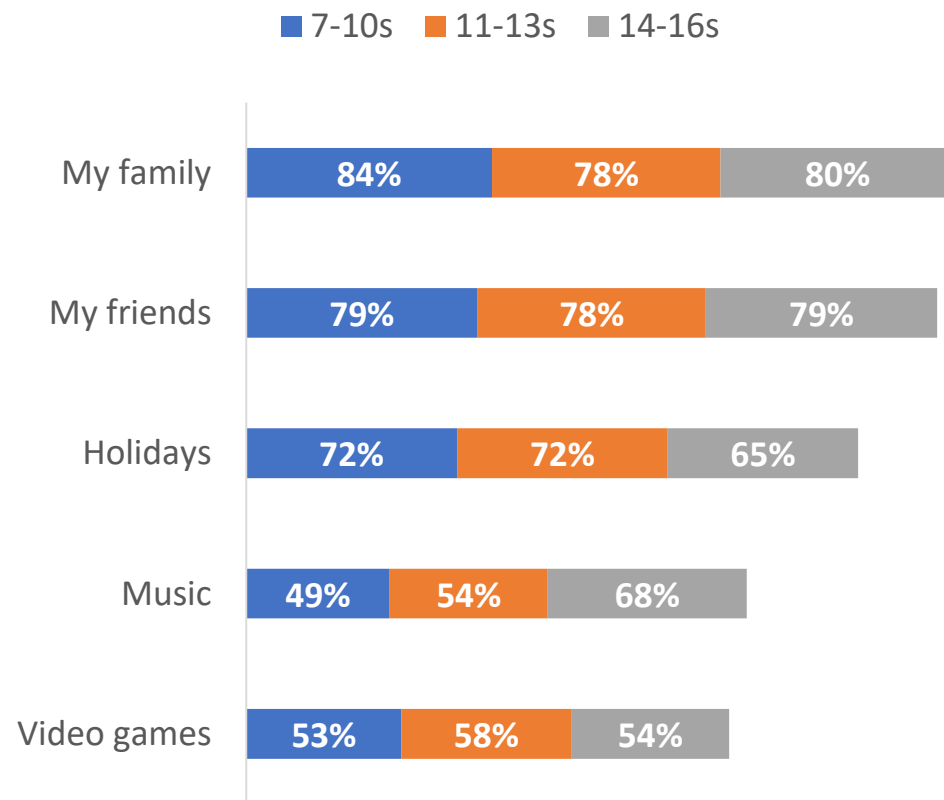
Legend: ■ 7-10s ■ 11-13s ■ 14-16s

	7-10s	11-13s	14-16s
My family	84%	78%	80%
My friends	79%	78%	79%
Holidays	72%	72%	65%
Music	49%	54%	68%
Video games	53%	58%	54%

Boys		Top 3	Girls		Top 3
My family	78%	#1	My family	84%	#1
Video games	77%	#2	My friends	82%	#2
My friends	75%	#3	Holidays	72%	#3
Holidays	68%		Music	69%	
Films	49%		My pets	58%	

Base: 1,000 7-16 year olds (7-10s: 399, 11-13s: 300, 14-16s: 301, Boys: 503, Girls: 497)

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Online Safety

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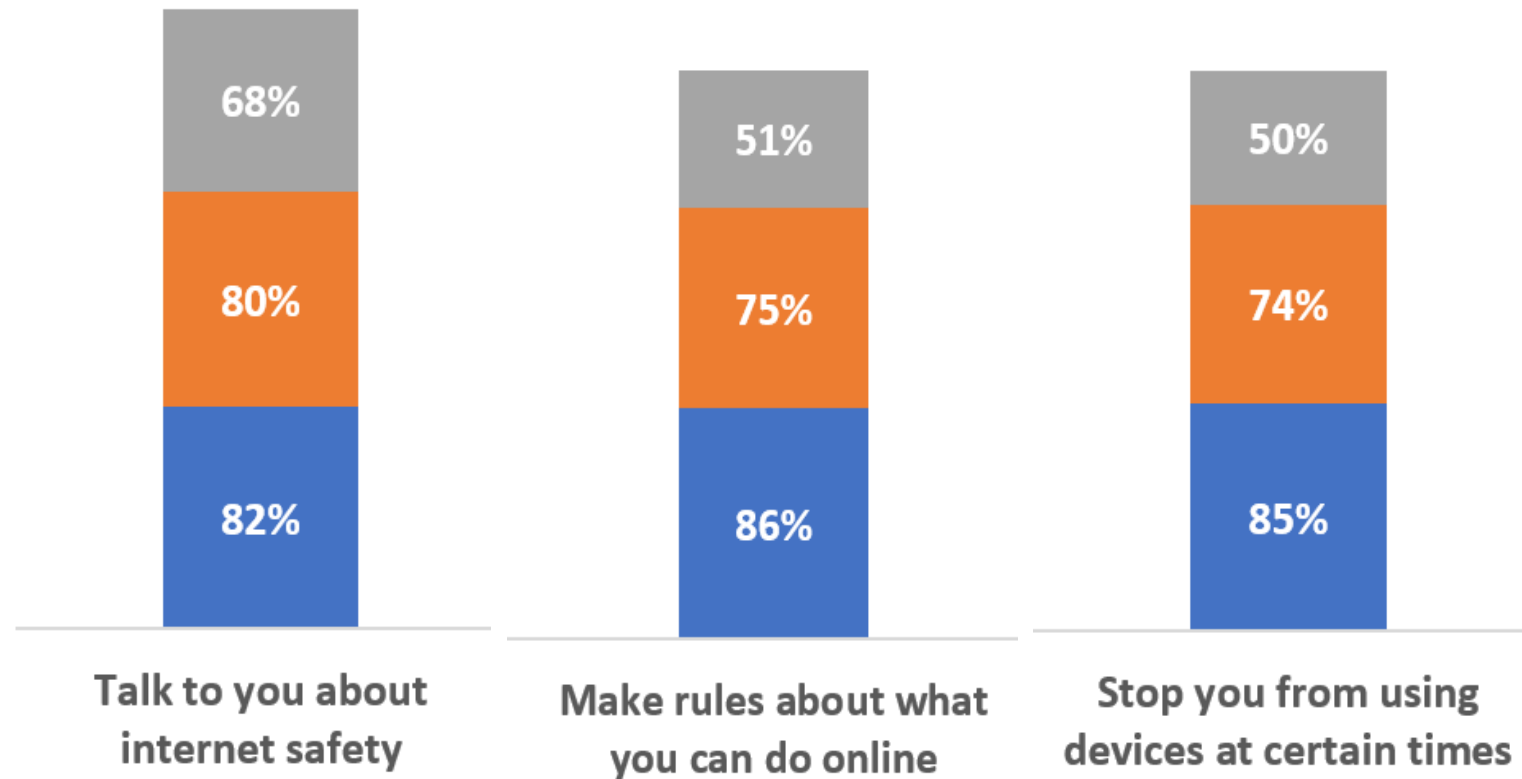
Most parents are addressing internet safety

Do your parents or carers do any of the following?

■ Yes - 7-10s   ■ Yes - 11-13s   ■ Yes - 14-16s

	Talk to you about internet safety	Make rules about what you can do online	Stop you from using devices at certain times
Yes - 14-16s	68%	51%	50%
Yes - 11-13s	80%	75%	74%
Yes - 7-10s	82%	86%	85%

Base: 1,000 7-16 year olds (7-10s: 399, 11-13s: 300, 14-16s: 301, Boys: 503, Girls: 497)

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Schools are also taking safety measures

Has your school talked to you about the following? (Top 5)	
Cyberbullying (bullying online)	78%
Not talking to strangers	73%
Not giving out personal information	68%
How to report something frightening or upsetting	59%
Age restrictions on social media	49%

Base: 1,000 7-16 year olds (7-10s: 399, 11-13s: 300, 14-16s: 301, Boys: 503, Girls: 497)

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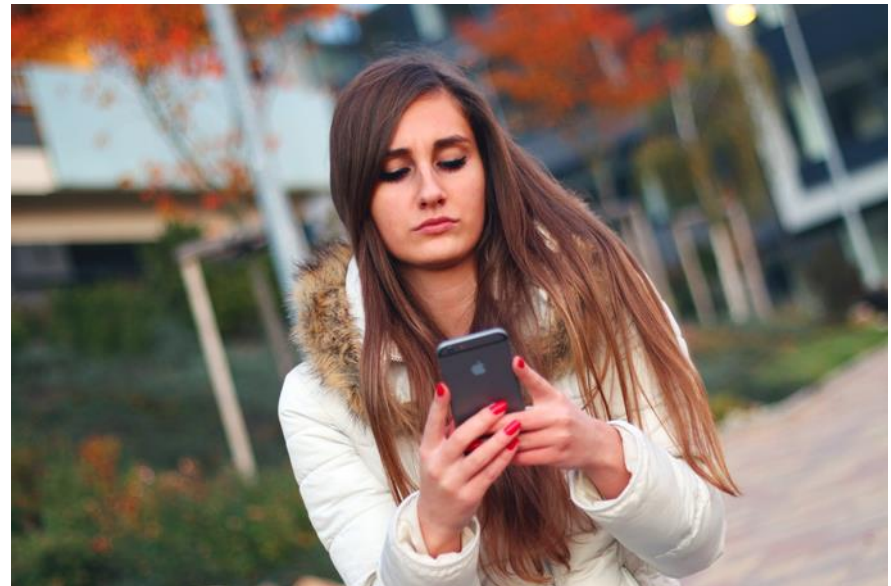
Advice for other YP

- Young People give sensible advice to others about staying safe online

What advice do you have for other people your age to stay safe online?

| Be wary of the unknown | Check with parents | Be selective with friends | Think before you post | Keep personal info private | Speak to someone if you have concerns |

"Don't reveal anything about yourself and if you feel uncomfortable, go offline and stop chatting. If it looks or sounds unreal, then it probably is." Boy age 9

"Keep your friendship circle tight." Girl aged 16

"Listen to your parents" Girl aged 8

"Be sensible. Don't post anything you might regret and don't take social media too seriously" Boy aged 13

"Don't tell people anything, address or home numbers. Don't always believe they are the age they say they are" Boy aged 12

"Report something or speak to someone if something upsets you" Girl aged 16

Base: Verbatim responses from 1,000: 7-16 year olds (7-10s: 399, 11-13s: 300, 14-16s: 301, Boys: 503, Girls: 497)

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Summary & Conclusions

Summary and Conclusions

- Young people rate their families highly, but become frustrated at the amount of time parents spend online

- They believe there should be limits on time spent online for young people's wellbeing, and would welcome more boundaries

- Gaming and social media give them the opportunity to communicate with their friends, and is part of the fun – gaming, e.g. Fortnite, particularly fulfils this need

- Most feel well-versed in safety, and parents and schools are doing much work around this

- Many admit to preferring to communicate online rather than face-to-face

- Friendship and family relationships can be enhanced through communication online

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Thank you!

29 January 2019

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