

Nottinghamshire

2986 people aged 10-16 years

2015

Age
14-15

36% spend 5+ hours a day online
21% met up in real life with online friend
9% are sexting

I use:

Age 10-11
81% tablets

Age 12-13
79% SNS profile

Age 14-15
95% Smartphones

ALL

78% use
Tablets

62% always follow e-safety advice

75% were taught e-safety in school

ALL

77%

smart
phone

Were you cyberbullied?

Age: 10-11 = 18%
Age: 12-13 = 26%
Age: 14-15 = 23%

21%
All ages



What do parents do?

29%: Limit time online
39%: Check games ratings
41%: Check film ratings

Who is most vulnerable online?

Young carers, children in care, those with a chronic illness, learning or hearing difficulties, those who need help with English, those with mental or emotional health problems.

They need targeted and sensitive support.

Age 12-13

38% see pro-anorexia sites
12% see pro-self-harm & suicide sites
28% see very violent images/videos
12% see nude images/videos accidentally

Age 14-15

20% see pro religious extremism sites
32% see pro-violence, hatred or racism
46% see pro-anorexia sites
19% see pro self-harm/suicide sites

The Cybersurvey 2015

By Youthworks Consulting

Emotional health



Of those who say **'I never feel happy & confident'** →

1. A third have received threats to harm
2. 36% say the internet has left me with upsetting thoughts and feelings
3. 44% spend 5+ hours a day online
4. 41% have been cyberbullied
5. 20% often visit pro anorexia sites

Sexting is part of a high-risk profile

6. Over half of those involved in sexting have met up in real life with someone only known online.
7. 26% have experienced images shared in revenge
8. 30% of those involved in sexting have seen websites in favour of religious extremism and terrorist acts.

High

'I feel I am not good enough most of the time'

Risk