Students and the internet

Identifying and solving the cyber challenges faced by your school community

By the age of 16 almost all children are regularly exposed to cyberbullying, pornography, sexting and gambling



AGE 4

Starts accessing the internet



AGE 6

Gets their first personal device



AGE 8

Views their first 'adult' content



AGE 10

Gets their first mobile phone



AGE 12

Spends 4 - 6 hrs per day online

THE AVERAGE CHILD IN 2019

CYBERBULLYING



of today's youth have been exposed to cyberbullying

Research shows over 30% of students have experienced cyberbullying and almost all have been exposed to it.

SCREENTIME



The average teen is online for

5 hours a day

and checks their phone 50 times a day



After rising since the early 1990s, adolescent self-esteem plunged after 2012. Research suggests that teens who spend less time in front of screens are "happier".

DECEPTION

of teens aged 16 - 17 years old are using VPNs to bypass filters

SEXTING

teens are receiving sexts

The majority of teenagers now regard sharing explicit material as normal.

SOCIAL MEDIA

45% of pre-teens are accessing social media



20% of students are on social media during class

Research clearly shows links between social media use and mental health, body image, behaviour and educational outcomes.

SLEEP



teens do not get sufficient sleep

Research clearly shows a high correlation between a lack of sleep and depression, as well as behavioural and learning issues.

PORNOGRAPHY

have watched pornography

According to the AMA there is a "strong link" between online porn and adverse sexual and mental health outcomes.

RISKY ACTIVITY

Accessing of questionable content each month:

% Children (9-12)

% Juniors

GAMBLING



of teens gamble each year

of adolescents access

gambling sites

Gamblification is the term coined by experts concerned about the growing inclusion of gambling features in children's apps.