

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

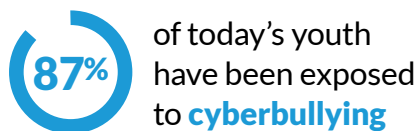


AGE 12

Spends 4 - 6 hrs per day online

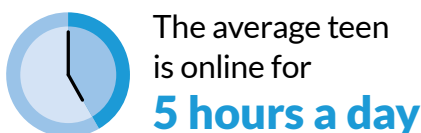
THE AVERAGE CHILD IN 2019

CYBERBULLYING



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

SCREENTIME



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



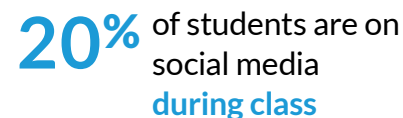
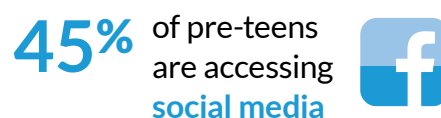
of teens aged **16 - 17 years old** are using VPNs to bypass filters

SEXTING



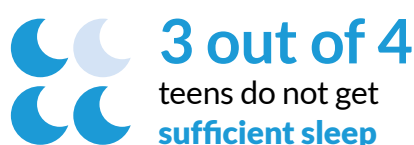
The majority of teenagers now regard sharing explicit material as normal.

SOCIAL MEDIA



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

SLEEP



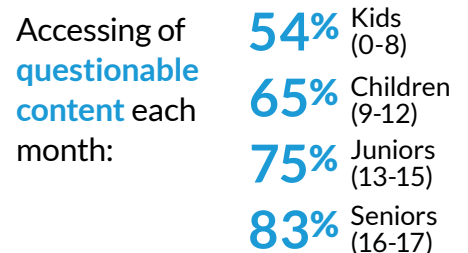
Research clearly shows a high correlation between a lack of sleep and depression, as well as behavioural and learning issues.

PORNOGRAPHY

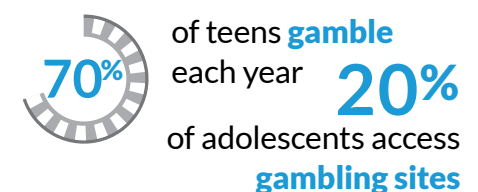


According to the AMA there is a "strong link" between online porn and adverse sexual and mental health outcomes.

RISKY ACTIVITY



GAMBLING



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