



BACKGROUND AND INFORMATION

As the UK's communications regulator, we make sure that communications work for everyone. We have a statutory duty, under the Communications Act 2003, to promote and carry out research in media literacy: enabling people to have the skills, knowledge and understanding to make full use of the opportunities presented by communications services.

As part of our work, we conduct research into how children aged 3-15 across the UK use and think about media, including the internet. We also talk to their parents and carers about the different ways they keep their children safe when they use media.

Our research findings are published in our annual report 'Children and parents: media use and attitudes'.

The most recent can be read at: <https://www.ofcom.org.uk/research-and-data/media-literacy-research/childrens>



WHAT IS THIS WORKSHEET ABOUT?

In collaboration with Childnet¹, a charity working with others to help make the internet a great and safe place for children, we have created a worksheet for **children aged 8-11** to download and use.

The worksheet focuses on:

- *What children do when they are online;*
- *How it makes them feel;*
- *Their critical understanding when online;*
- *And where to get advice on online safety.*

This supports our work with Safer Internet Day 2020², and its theme of 'Together for a better internet'.

¹ <https://www.childnet.com/>

² <https://www.saferinternet.org.uk/safer-internet-day/2020>

WHAT DO YOU NEED TO DO?

The aim of this worksheet is to show children the results from our research, and encourage them to consider their own online use. These can be used in school or at home and can help to prompt important discussions about being safe online.

Teachers can use the worksheets as part of lesson plans, inspiring classes to compare their results to that of our survey. Children could then create their own survey, within the class or even the school, and create their own charts with the findings.

Parents can use these worksheets to start and develop conversations with children about online safety and where to get advice.

Our research includes a focus on the proportion of children who use social media, and what they use it for. While we are aware that the minimum age requirement for most social media sites/apps is 13 years old, our research shows that some children under this age do claim to use it. Therefore, we feel it is important for children to be aware of the consequences of using social media, and provide useful sources of information and advice if they have concerns.

And let us know! We would love to know what children think of these worksheets and how you, as inspirers of the next generations, found them of use. So please do let us know, by sending your comments to: MarketResearch@ofcom.org.uk. Thank you!

USEFUL RESOURCES

The following websites provide useful advice on helping children stay safe online:

www.childnet.com  **Childnet**
International

www.saferinternet.org.uk  **UK Safer Internet Centre**


www.ceop.police.uk/safety-centre  **CEOP**

<http://mediasmart.uk.com>  **#MEDIASMART**

www.net-aware.org.uk  **Net Aware**

www.internetmatters.org  **internet matters.org**

www.thinkuknow.co.uk  **THINK UK KNOW**

<https://parentzone.org.uk>  **parentzone**
The experts in digital family life

<https://parentzone.org.uk>  **parentzone**
The experts in digital family life

<https://learning.nspcc.org.uk/services/library-catalogue>



NSPCC
Learning



**We are supporting
Safer Internet day
11 Feb 2020**

#SaferInternetDay
www.saferinternetday.org.uk

Safer Internet Day 2020 takes place on Tuesday 11th February, focusing on the theme of 'Together for a better internet'. Coordinated in the UK by the UK Safer Internet Centre, the celebration sees hundreds of schools and organisations join together to raise awareness of online safety issues and run events and activities right across the UK. Find out more and get involved!

What does 'being online' mean to you?

Your name: _____

Class: _____

At Ofcom we ask children across the UK about what kinds of things they do online, how these things make them feel, and if they know how to get online safety advice.

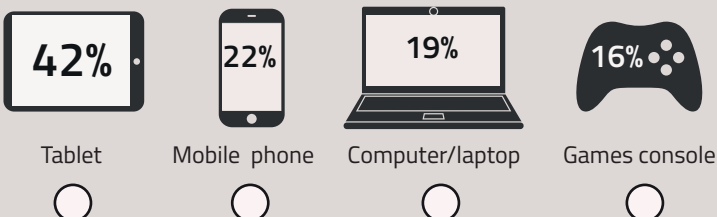
In this worksheet we've shown some of the answers children aged 8-11 gave us. How do you and your friends compare to other children across the UK?

Read through this worksheet, and discuss your answers with your classmates.

What kind of things do you do online?

1 Watching TV or video

We can now watch TV programmes or films on devices other than a TV set, by streaming the content. Children aged 8-11 said they also use these devices to watch TV:



Use the circles to tick the devices that you use to watch TV

YouTube is watched by three-quarters of children aged 8-11

Do you watch YouTube?

If so, which YouTubers or vloggers do you like?

What is your favourite video on YouTube?

3 Playing games

7 in 10 children aged 8-11 play games online



Do you play games online?

If so, what are your top 3 games?

- 1.
- 2.
- 3.

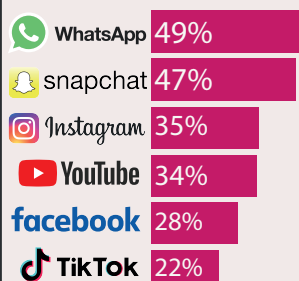
Who do you play games with?

4 Using social media

2 in 10 children aged 8-11 who go online have a social media profile



Among those with a social media profile, WhatsApp and Snapchat are their favourite apps



Do you have any social media profiles?
If so which ones do you use?

facebook ☐ Instagram ☐ TikTok ☐
snapchat ☐ YouTube ☐ WhatsApp ☐

And if you have more than one, which is your favourite, and why?

How does going on social media make you feel?

Sometimes we can feel sad or worried when we see things on social media

But being on social media can make us happy too, and provide benefits



5

Nearly **seven in ten** children aged 8-11 who have a social media profile feel that there is pressure to be popular on social media.

And **more than eight in ten** of these children think that people can be mean to each other on social media.



Nine in ten 8-11 year olds with a social media profile say using social media makes them feel happy.

And **eight in ten** say social media makes them feel closer to their friends.

If you ever see people being mean on social media, or have experienced this yourself, there are ways that you can deal with it.

Some sites have a report function or button to let them know about bullying. You can also tell someone like a parent, carer or a teacher.

Who would you tell if you saw something?

If you have a social media profile, what makes you happy when you use it?

What other activities makes you feel close to your friends?

If you do feel sad or worried when you are on social media, there are a list of helpful sources at the back of this worksheet that you can use. And remember, you can also talk to your parents, carers, teachers and friends.

How do parents and carers feel about children being online?

Parents also have concerns and worries about keeping children safe online, but they recognise there are benefits too

Parents of 8-11 year olds who go online believe it helps their child to:

79%

Do their homework

66%

Learn a new skill

61%

Develop creative skills

40%

Find useful information about problems or issues

28%

Build/maintain friendships

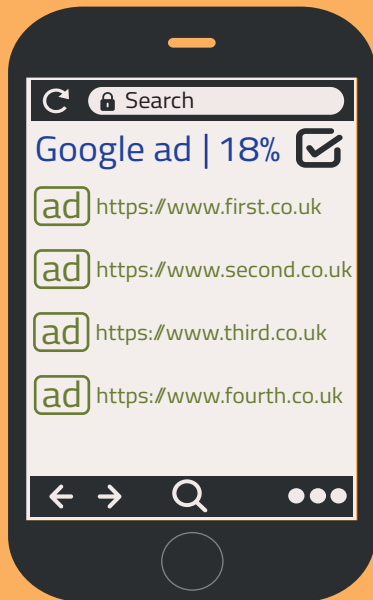
Understand what other people think and feel about things

20%



How much do you trust online?

7



One in five children aged 8-11 who use search engines are aware that the top four results shown in a Google search are adverts, which means that companies pay for them to be there, so they catch your attention first.

A quarter of 8-11s who use search engines believe that if Google lists a website in its search then it can be trusted, but this isn't always the case. Half of 8-11s are aware that sometimes sites can be trusted and sometimes they can't.



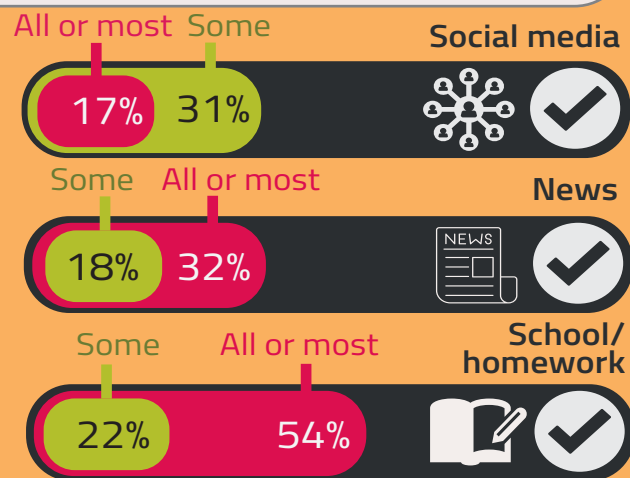
It is important to think about which sites you visit, and to check if they can be trusted. What kind of things can you do to check if you should visit a site?

8

Nearly twice as many 8-11 year olds who go online believe that 'some' of what they see on social media is true, than think 'all or most of it' is true

But it is the other way round for news websites and apps - nearly twice as many think that 'all or most' information on these is true, compared to those that think only 'some' is true

More than half believe that 'all or most' information on school and homework sites is true, with 2 in 10 thinking that only 'some' of it is true



What do you think about the information you see on these sites/apps?

Do you know who can help you stay safe online?

9

Most children aged 8-11 who go online say they have been given information or advice on how to use the internet safely.



Have you been given any safety tips?
If so, what were they?



10

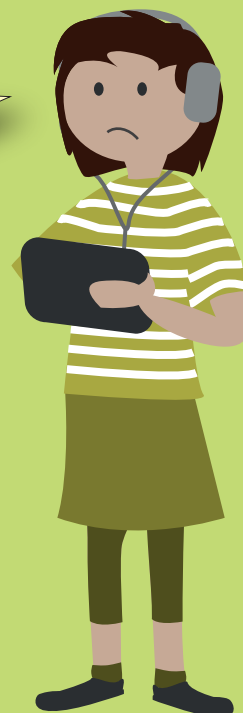
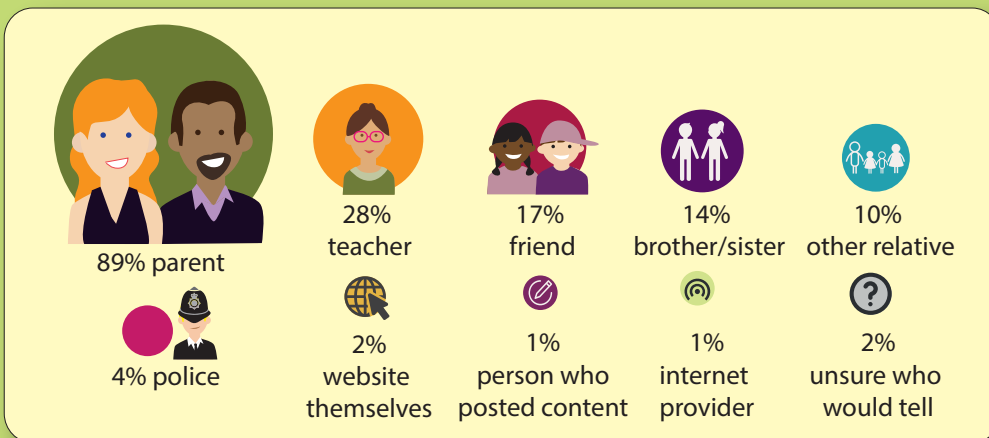
Even though we might have been told about online safety, sometimes we can still see things online that are worrying or nasty.



We were told by **18%** of children aged 8-11 who go online that they had seen something online that was nasty or worried them.

Turn the page to find out who they would tell....

Nearly all of our 8-11 year olds said they would tell their parents if they saw something worrying, nasty, or offensive online.



It is very important that you talk to someone if you see something online that you don't like, or that worries you. Would you tell someone? Who would that be and why?

Stay safe online

Use these links to find out more about how to be safe when online:

Safer Internet: www.saferinternet.org.uk/advice-centre/young-people

Childnet: www.childnet.com/young-people

Childline: www.childline.org.uk

ThinkuKnow: www.thinkuknow.co.uk

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Find out more and get involved!
www.saferinternetday.org.uk



Safer Internet Day 2020 | Tuesday 11 February
Together for a better internet
www.saferinternetday.org.uk



ABOUT THIS WORKSHEET

Research source: Ofcom Children and Parents: Media Use and Attitudes Report 2019
These worksheets can be downloaded from www.ofcom.org.uk/online-worksheets