

What are your children doing online?

Their childhoods may be very different from yours because of the digital playground that is available to them. While this digital playground affords them a whole new set of opportunities, it also brings its own new set of risks.

Using social media?



















Playing or streaming games?

Using Al

Home learning or home work?

















Parliament calls for better online protection of children

Study: Most Parents Worry About Kids' Online Privacy but Aren't Doing Anything about It

Average teenager has never met quarter of Facebook friends

Facebook Has to Answer for Letting Minors Pay for Games

How Facebook and social networking sites are used by child abuse gangs to groom

Online porn linked to child sex abuse

victims for 'sex parties'

Parents worry about strangers — and advertisers — tracking kids online, says report



DINERS PLACE

\$126,763

IN ORDERS





PEOPLE DO

5.9M

SEARCHES

SIRI

ANSWERS

1,041,666

QUESTIONS

NETFLIX

SUBSCRIBERS STREAMED

362,962

HOURS



18.8M

TEXT

MESSAGES

SENT



AMERICANS

TAKE

1,151,176,000

STEPS





288

PEOPLE

DOWNLOAD

ZOOM



CYBER

WEEK

SHOPPERS

SPENT

\$43.6M

GLOBALLY



SNAPCHAT USERS SEND

3.3M SNAPS

229M
MEETING MINUTES
RECORDED ON
MSFT
TEAMS

Children's Tech Trends

Ofcom children's media use and attitudes report

https://www.ofcom.org.uk/siteassets/resources/documents/research-and-data/media-literacy-research/children/childrens-media-use-and-attitudes-and-data/media-literacy-research/childrens-media-use-and-attitudes-and-data/media-literacy-research/childrens-media-use-and-attitudes-and-data/media-literacy-research/childrens-media-use-and-attitudes-and-data/media-literacy-research/childrens-media-use-and-attitudes-and-data/media-literacy-research/childrens-media-use-and-attitudes-and-data/media-literacy-research/childrens-media-use-and-attitudes-and-data/media-literacy-research/childrens-media-use-and-attitudes-and-data/media-literacy-research/childrens-media-use-and-attitudes-and-data/media-literacy-research/childrens-media-use-and-attitudes-and-data/media-literacy-research/childrens-media-use-and-attitudes-and-data/media-literacy-research/childrens-media-use-and-data/media-literacy-research/childrens-media-use-and-data/media-literacy-research/childrens-media-use-and-data/med

Children's tech trends



42% have their own mobile phone

97% use any device to go online.

To go online: 73% use a tablet, 51% use a mobile phone, and 37% use a laptop

74% use messaging sites/apps

96% use video sharing platforms

61% use live streaming sites/apps

57% use social media and 69% have their own social media profile

Across these categories the top 3 sites/apps used by this age group are Youtube (93%), WhatsApp (46%) and TikTok (42%)

65% play games online

80% watch TV or films on any type of device other than a TV set (85% on a TV set)

41% watch live TV | 74% watch SVoD (Such as Netflix, Amazon Prime or Disney+)



82% have their own mobile phone

100% use any device to go online.

To go online: 81% use a mobile phone, 68% use a tablet, and 48% use a laptop

94% use messaging sites/apps

99% use video sharing platforms

73% use live streaming sites/apps

81% use social media and 86% have their own social media profile

Across these categories the top 3 sites/apps used by this age group are Youtube (90%), WhatsApp (71%) and TikTok (63%)

77% play games online

79% watch TV or films on any type of device other than a TV set (87% on a TV set)

41% watch live TV | 77% watch SVoD (Such as Netflix, Amazon Prime or Disney+)

Children's tech trends



97% have their own mobile phone

100% use any device to go online.

To go online: 96% use a mobile phone, 47% use a tablet, and 56% use a laptop

99% use messaging sites/apps

98% use video sharing platforms 82% use live streaming sites/apps

95% use social media and 96% have their own social media profile

Across these categories the top 3 sites/apps used by this age group are Youtube (87%), WhatsApp (82%) and TikTok (80%)

84% play games online

79% watch TV or films on any type of device other than a TV set (84% on a TV set)

39% watch live TV | 75% watch SVoD (Such as Netflix, Amazon Prime or Disney+)



99% have their own mobile phone

100% use any device to go online.

To go online: 98% use a mobile phone, 44% use a tablet, and 59% use a laptop

99% use messaging sites/apps

99% use video sharing platforms

82% use live streaming apps/sites

98% use social media and 98% have their own social media profile

Across these categories the top 3 sites/apps used by this age group are Youtube (86%), WhatsApp (84%) and TikTok (83%)

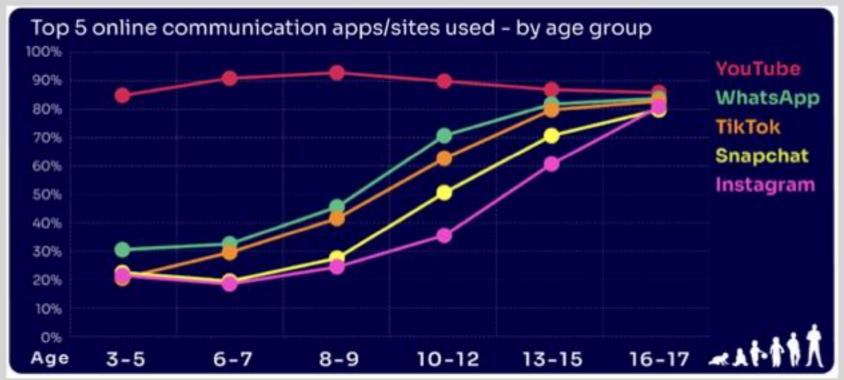
83% play games online

86% watch TV or films on any type of device other than a TV set (83% on a TV set)

33% watch live TV | 81% watch SVoD (Such as Netflix, Amazon Prime or Disney+)

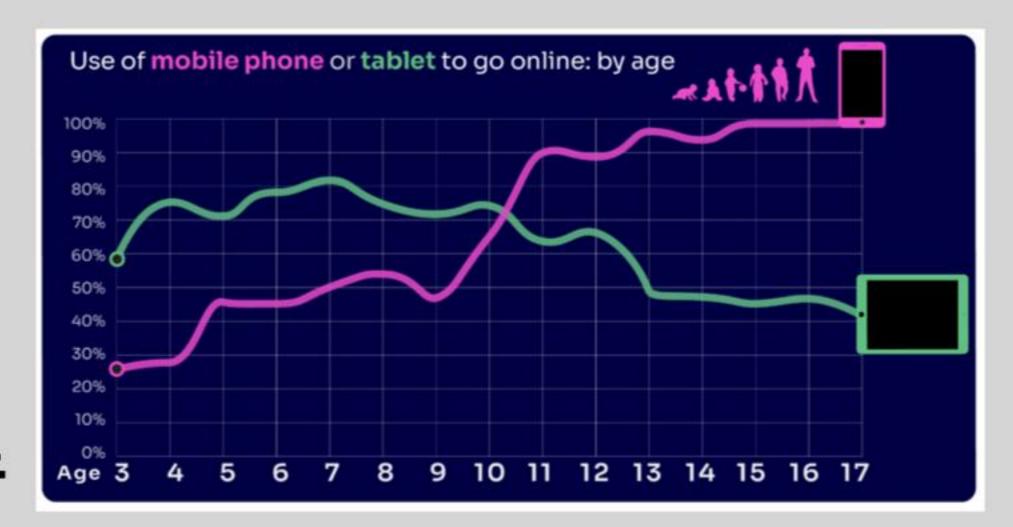
Children have greater access to the internet than ever before.

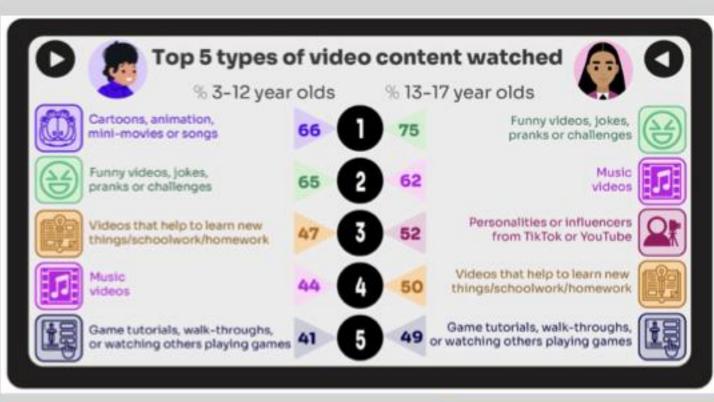


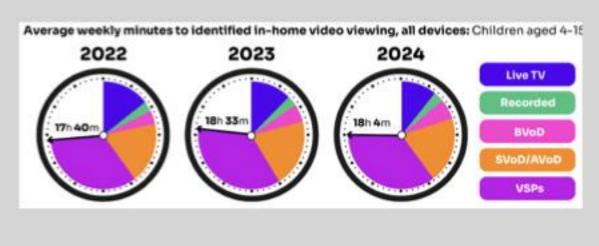


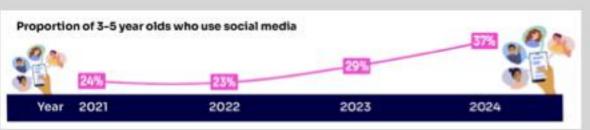
But this means the internet has greater access to children than ever before.

The way children interact with what they see online has changed in recent years and continues to change as they grow older.





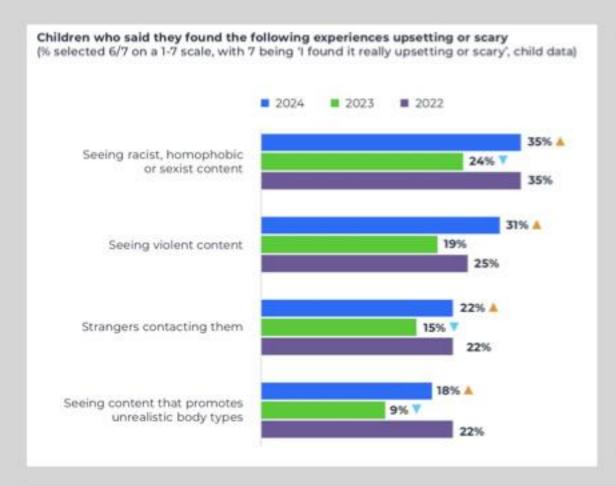


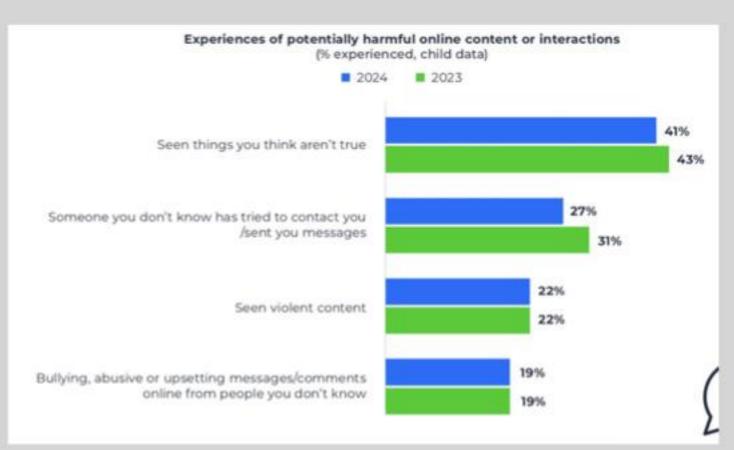


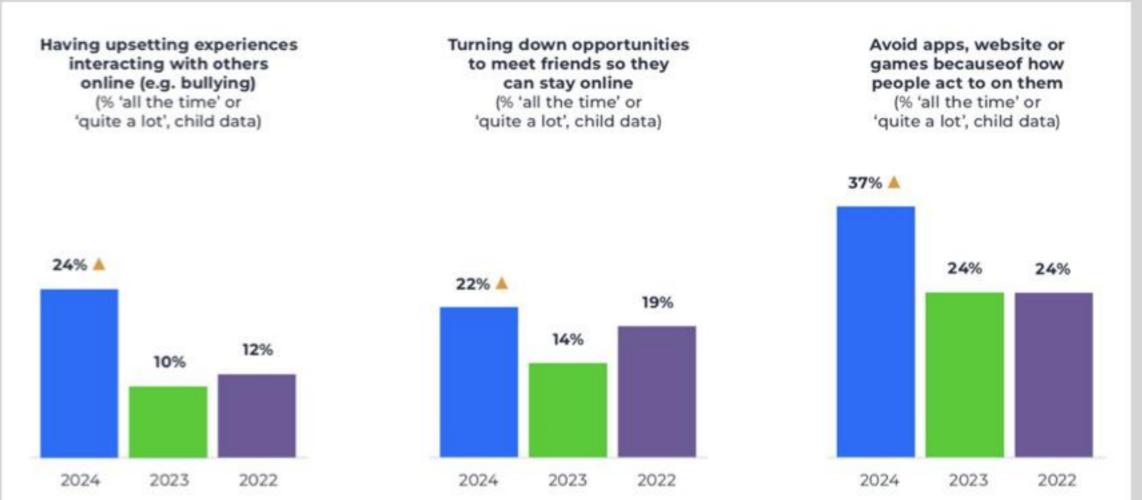
BVoD - Broadcast Video on Demand (iplayer, ITVX, All4, etc.) SVoD - Streaming Video on Demand (Netflix, Amazon Prime, Disney+ etc.)

VSPs - Video Sharing Platforms (Youtube, Tiktok, Twitch, etc.)









Internet safety risks for school-age children

There are 4 main kinds of internet safety risks for children.

Content Risks

Illegal, inappropriate, harmful, e.g. Fake news, deep fake images, racism, misogyny, self-harm, extremism, pornography.

Contact Risks

Bullying, grooming, sexual harassment, exploitation, influencing, 'end-to-end encryption.

Conduct Risks

Acting in ways that might hurt others or being victims of this behaviour—privacy, digital footprint, health and wellbeing, nudes and semi-nudes, copyright and live streaming.

Contract Risks

Contracts, membership agreements, or terms and conditions that they aren't aware of or don't understand. Online gambling, advertising, phishing scams, financial scams and micro-transactions.

What's in the news?

New report reveals how risky and unchecked Al chatbots are the new 'go to' for millions of children

Internet Matters Team | 14th July, 2025



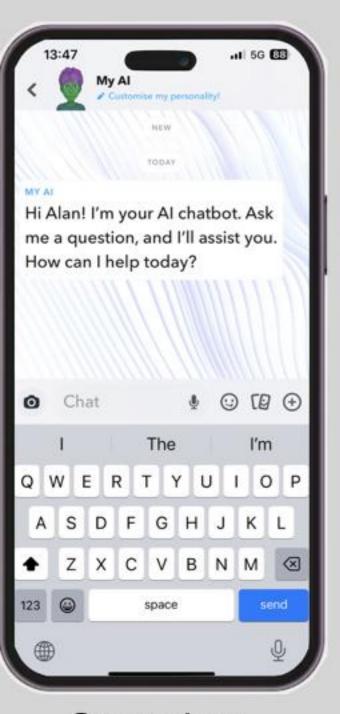






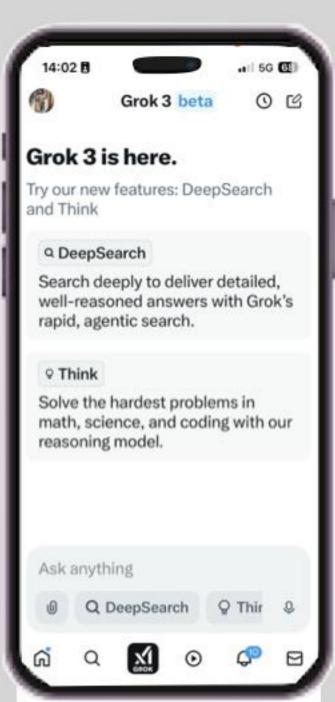


Al is already on your phone...









Snapchat

Instagram/Messenger/ WhatsApp

Apple Intelligence / Gemini
Chat GPT

X - Grok 3

How People Are Really Using Gen Al in 2025

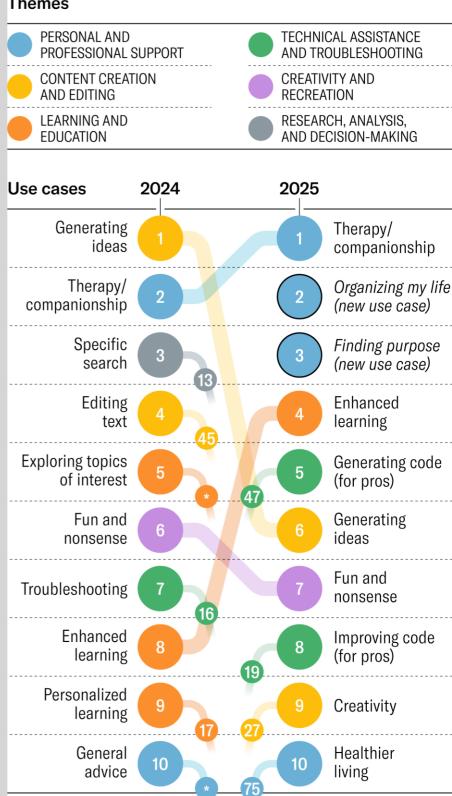
Therapy and Companionship is now the #1 use case.

This use case refers to two distinct but related use cases. Therapy involves structured support and guidance to process psychological challenges, while companionship encompasses ongoing social and emotional connection, sometimes with a romantic dimension.

Top 10 Gen Al Use Cases

The top 10 gen AI use cases in 2025 indicate a shift from technical to emotional applications, and in particular, growth in areas such as therapy, personal productivity, and personal development.

Themes

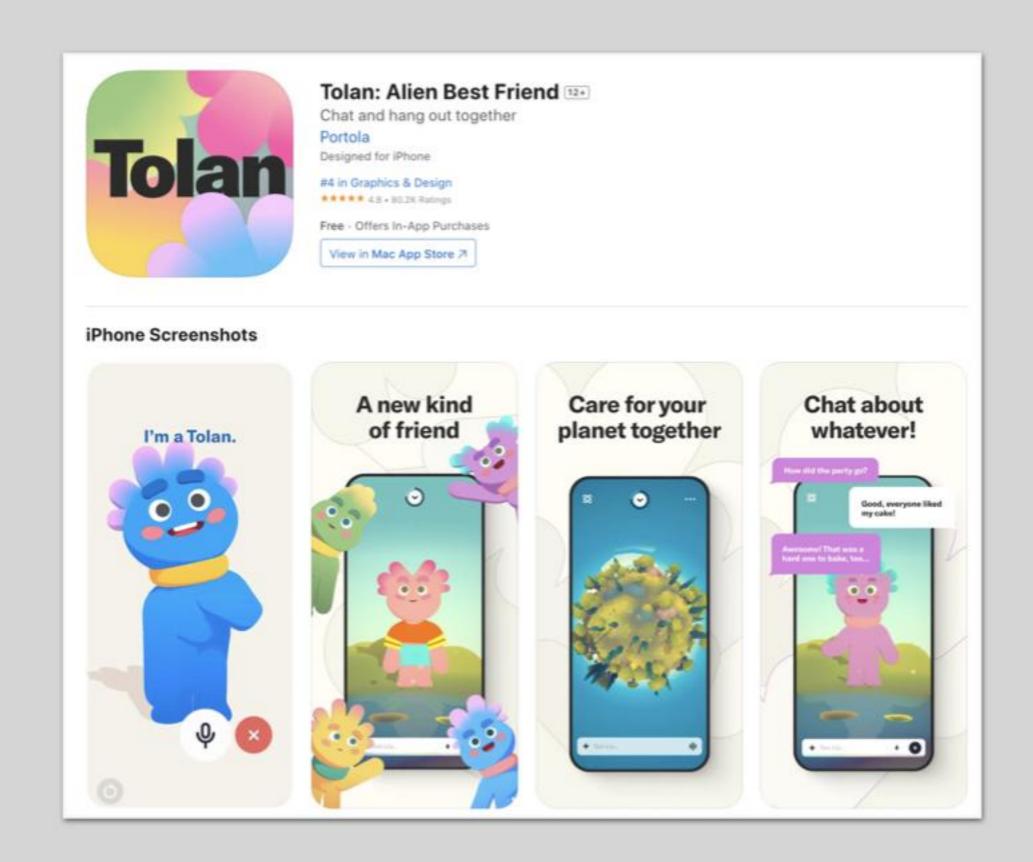


*Did not make list of top 100 in 2025

Source: Filtered.com



Who are they aimed at?



FORCING STREAMERS TO SHOW MOR

15:09 Mon 17 Jun





Talkie: Al Character Chat

Dream Al, Wonder Kingdom



8.4K RATINGS

4.1

AGE

17 +

Years Old

CHART

No.29

Entertainment





iPad and iPhone Apps V

Embark on a Unique AI Experience with Multi-Modal Magic Discover a World of AI Personalities

Immerse yourself in a creative journey with diverse Al personas, from crafting your ic

Events

HAPPENING NOW





Today



Online Safety Act: What's Changing in 2025?



NOW: Illegal Content Duties In Force

Since March 25, search and user-to-user (U2U) services must assess, manage, and mitigate the risk of illegal content and take down such content.



From July: Porn Measures

From July, there must be 'highly effective age-checks' to prevent children from accessing porn.

This includes porn sites and 'user-added content eg on social media.



From July: New Child Safety Duties

Any app, site or game 'likely to be accessed by children' must implement a range of new moderation and safety measures.

If content is not suitable, 'robust age checks' are needed to prevent access.



Still to Come

Later in the year, Ofcom will announce which providers will be Category 1, 2A or 2B services.

These will require further protections, which will be clarified by the end of the year.

1

2

3

4



Molly Russell



Molly "appeared a normal healthy girl who was flourishing at school".

(Coroner Andrew Walker)

Molly Russell "died from an act of self-harm while suffering from depression and the negative effects of online content".

The inquest was told Pinterest sent emails to the 14-year-old such as "10 depression pins you might like" and "new ideas for you in depression".

Molly was "exposed to material that may have influenced her in a negative way. In some cases, the content was particularly graphic, tending to portray self-harm and suicide as an inevitable consequence of a condition that could not be recovered from"

"The way that the platforms operated meant that Molly had access to images, video clips and text concerning or concerned with self-harm, suicide or that were otherwise negative or depressing in nature," the coroner says.

Influencer Culture & Algorithmic Harm

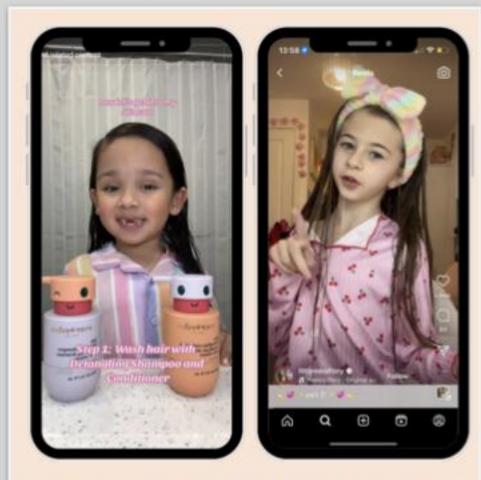
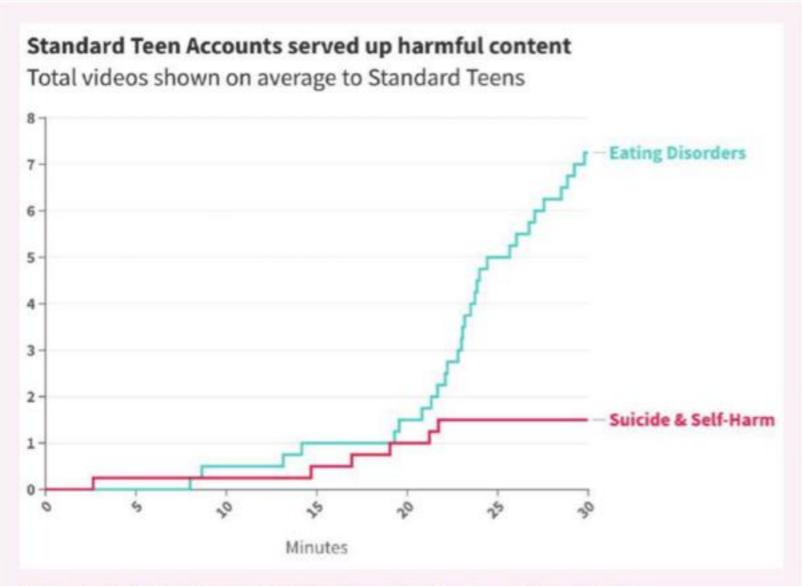


Figure 19: Screenshots of content from child influencers (Everedenbrand, TikTok, 2024; from Amber's diary task of littlemissflory, Instagram, 2024)



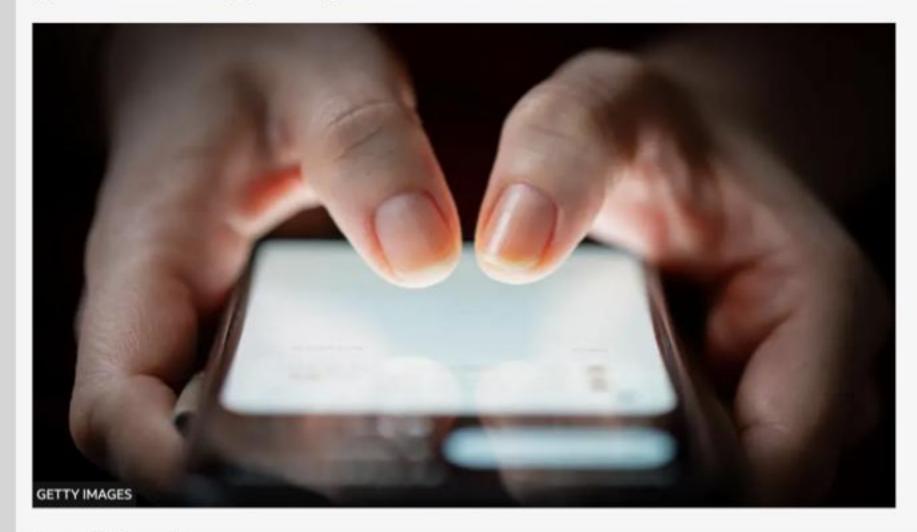
This graph displays an average of recommendations to the four Standard Teen Accounts, showing that the pace of eating disorder and self-harm recommendations increased over 30 minutes with no noticeable slowdown effects or other safeguarding measures.

NEWS

Home InDepth Israel-Gaza war US election Cost of Living War in Ukraine Climate UK World Business

Technology

Snapchat most-used app for grooming, says NSPCC



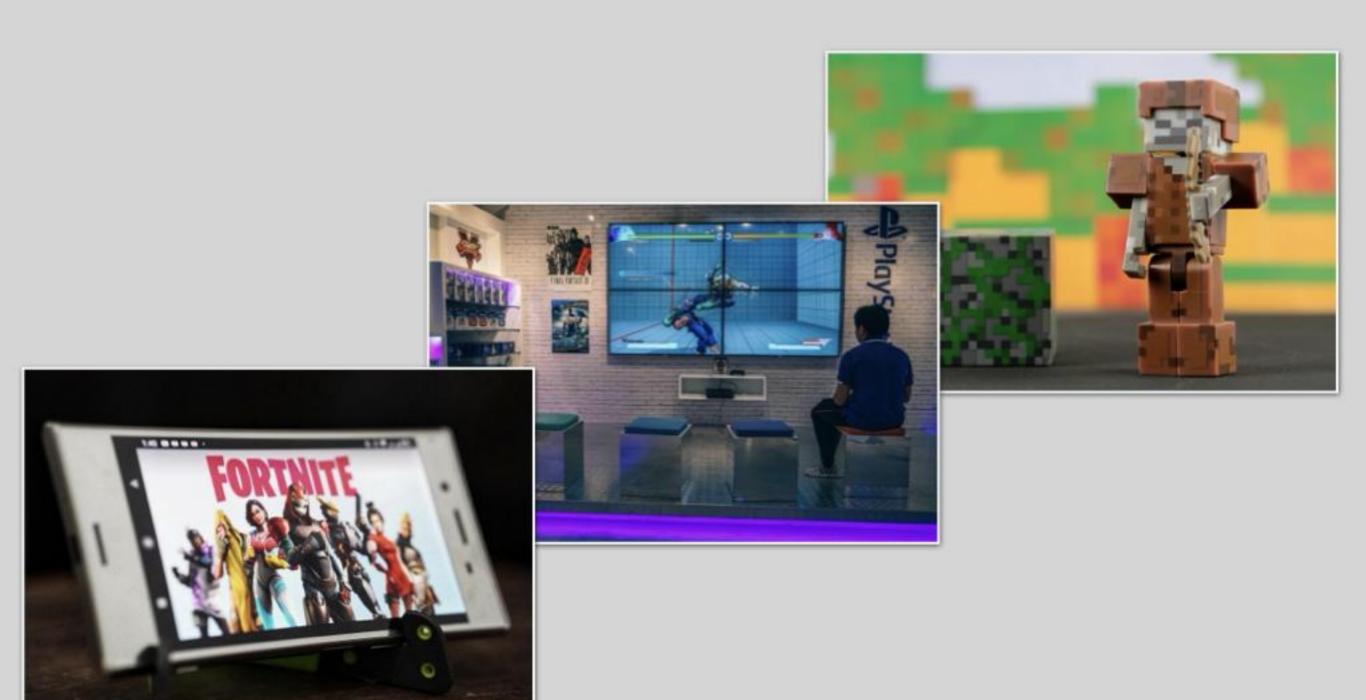
Imran Rahman-Jones

Technology reporter

https://www.bbc.co.uk/news/articles/cze3p1j710ko

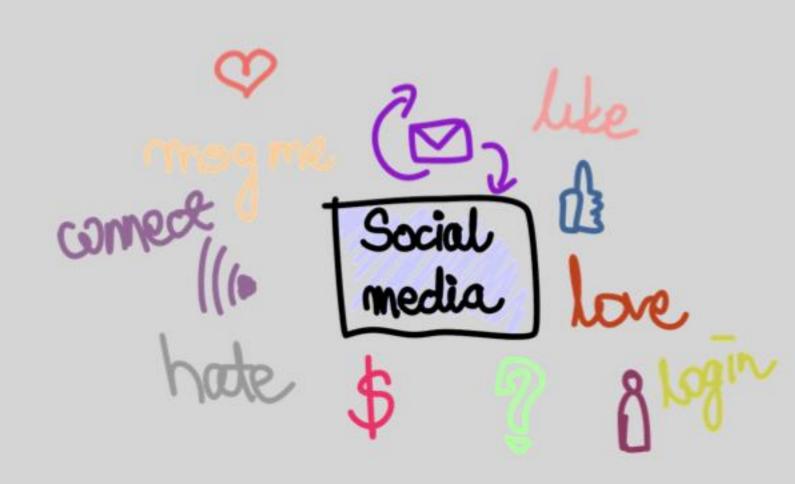
What can you do?

Understand the world our children grow up in.



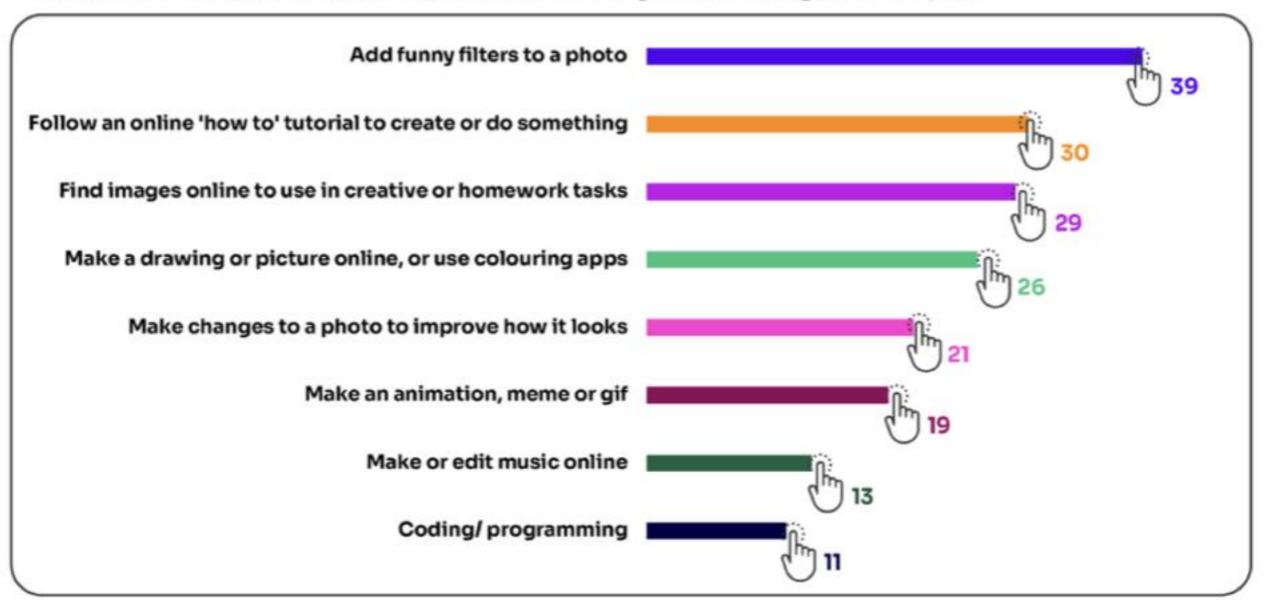
Support your children

- Take an interest.
- Listen and don't judge.
- Engage with them.
- Use technology with them.
- Lead by example.
- Talk to other parents about any issues join social media parents groups.
- Be open minded to technology.



Encourage Creativity!

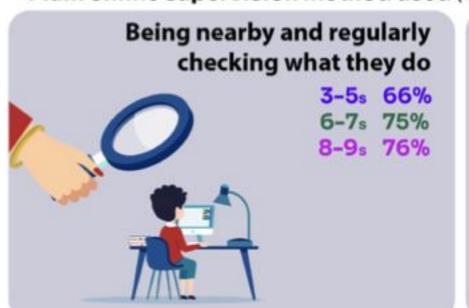




Agree on reasonable boundaries.



Main online supervision method used (% of parents who's children go online)

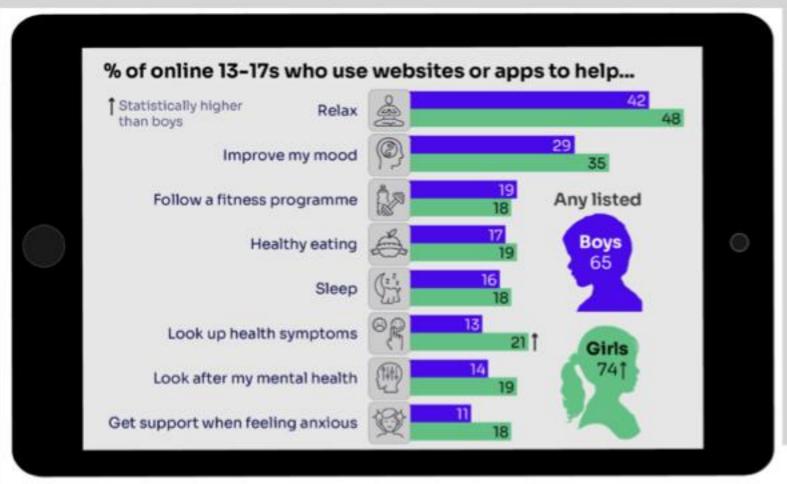


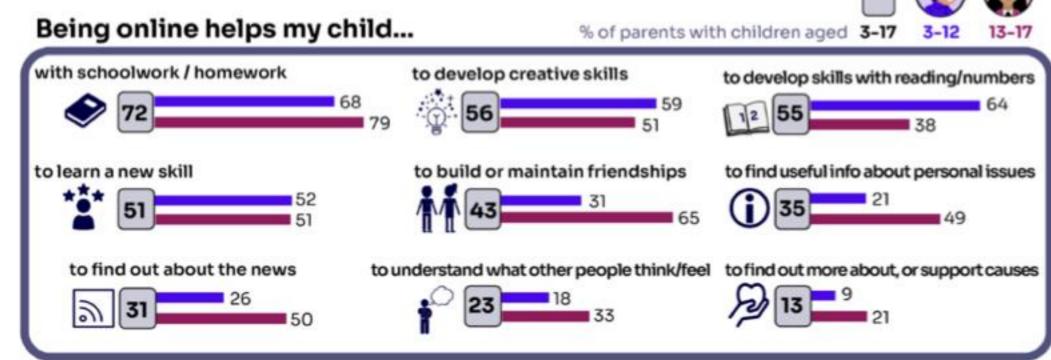
Asking about what they are doing or have been doing online

10-12s 70% 13-15s 64% 16-17s 48%

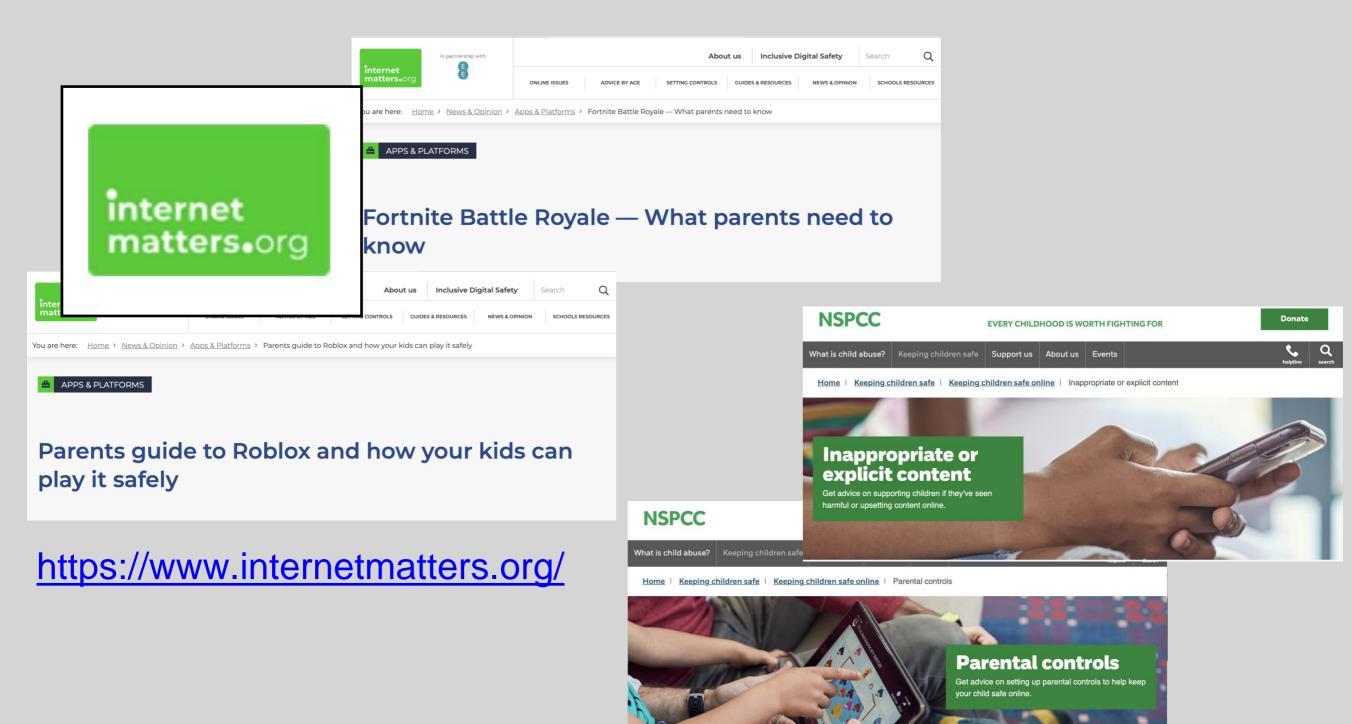


Acknowledge the positives!



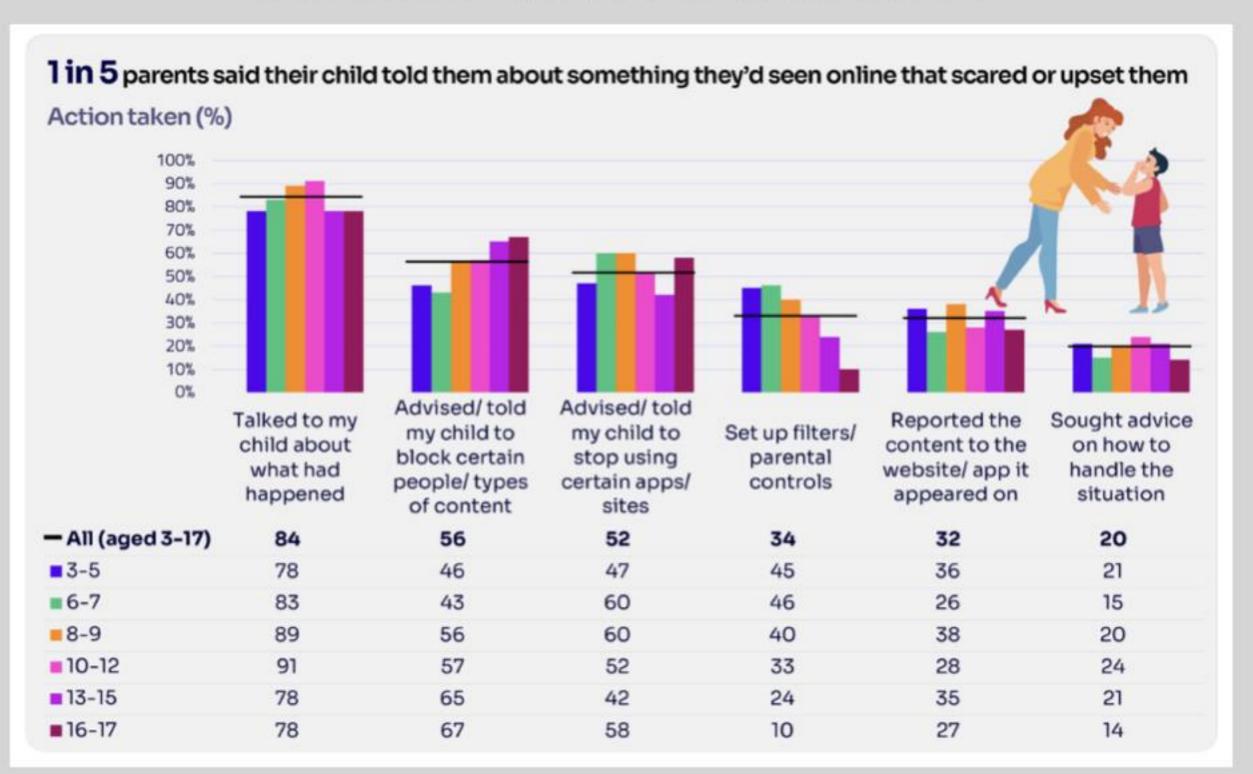


Be Knowledgeable



https://www.nspcc.org.uk/keeping-children-safe/online-safety

Accept that children will make mistakes...



Test your home filtering





Results for Filter Test: Passed

Establishment Type:	Personal
Organisation:	Joe Bloggs
Postcode:	L31 3VE
IP Address:	62.252.201.33
Network:	NTL

Child Sexual Abuse Content

Tests whether you are blocking websites on the IWF Child Abuse Content URL list.



It appears that your Internet Service Provider or filtering solution includes the IWF URL Filter list, blocking access to Child Sexual Abuse content online

Adult Content Filter Test

Test whether your Internet filter blocks access to pornography websites



It appears that your filtering solution includes blocking for online pornography.

Children, particularly younger children, can be bothered by things they see online, and filters can be a helpful tool in reducing the chances of coming across something upsetting.

Managing access to online content is very much an art and whilst no filter or parental controls tool is 100% effective, this utility will help you test the main components of any filtering or parental controls (if they are active) on your Broadband or mobile connection.

All the major Broadband and mobile operators provide filtering or parental controls. To find out more about these including instructions on activating them can be found on the Internet Matters website.

Test My Internet Filter

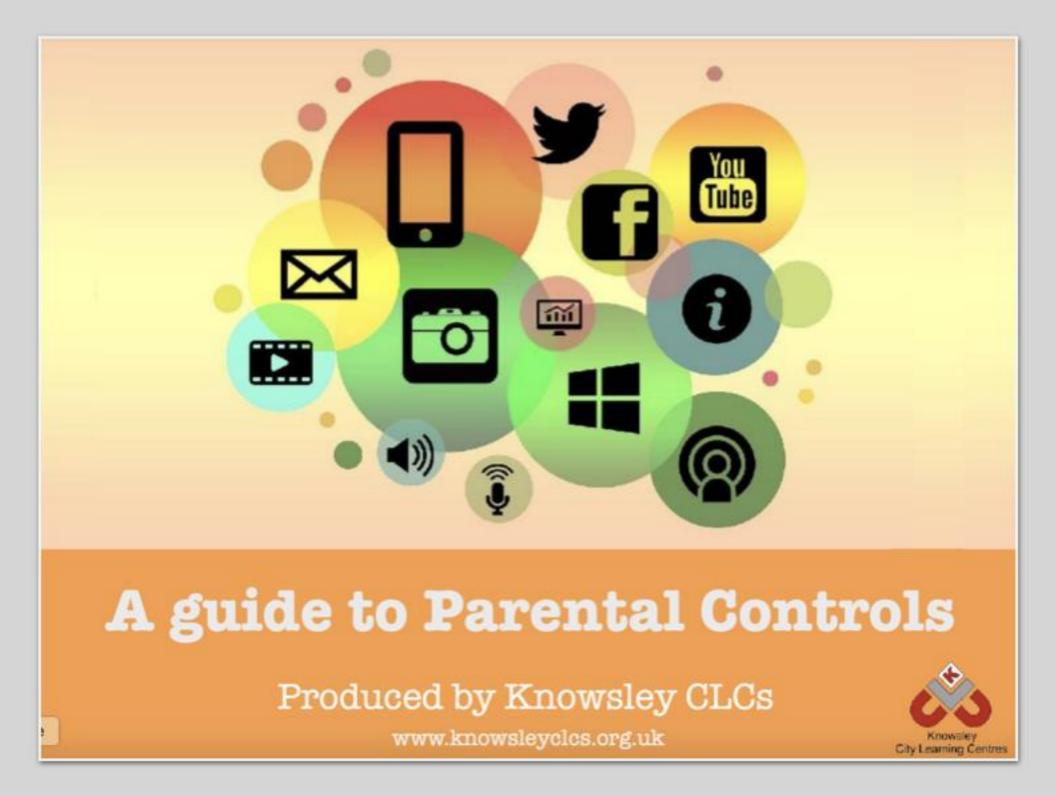
http://testfiltering.com/

Take It Down

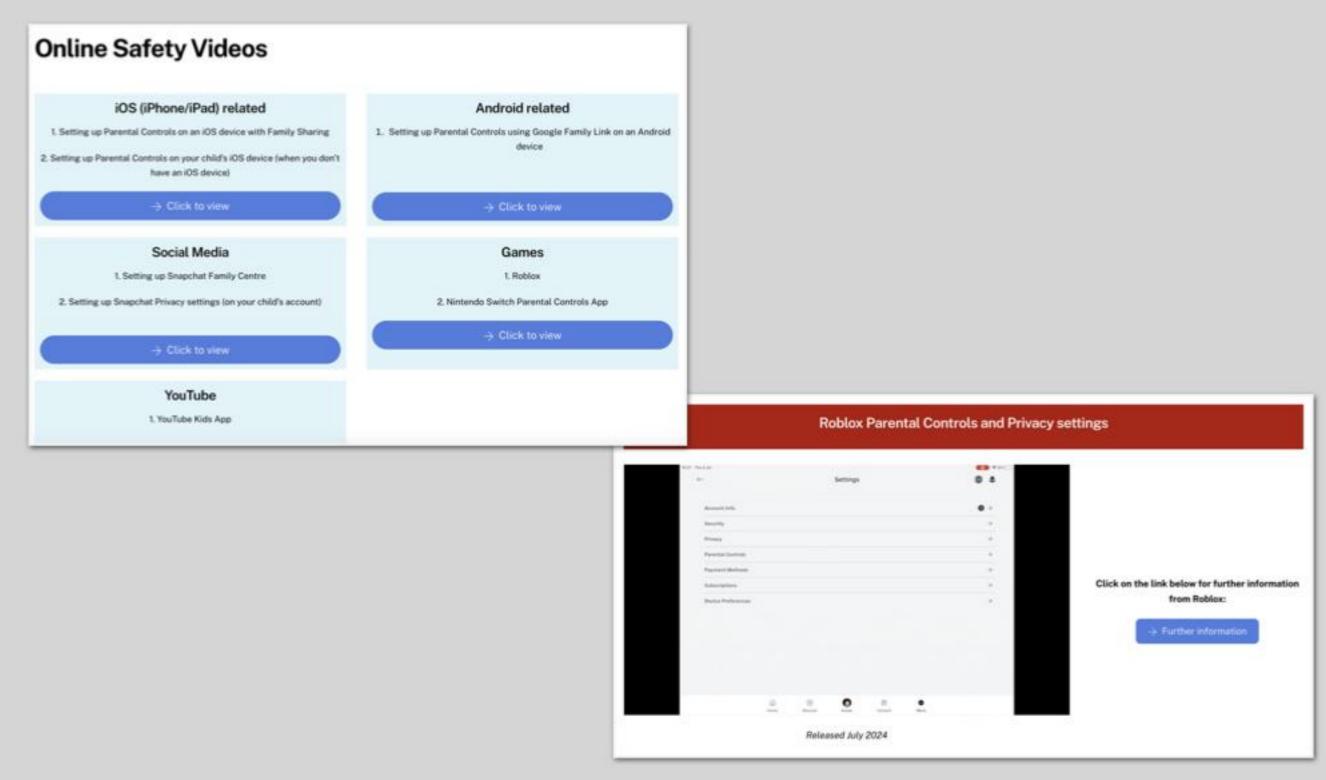


Parental Controls

Our Parental Controls Guide Booklet



Our Parental Controls Videos

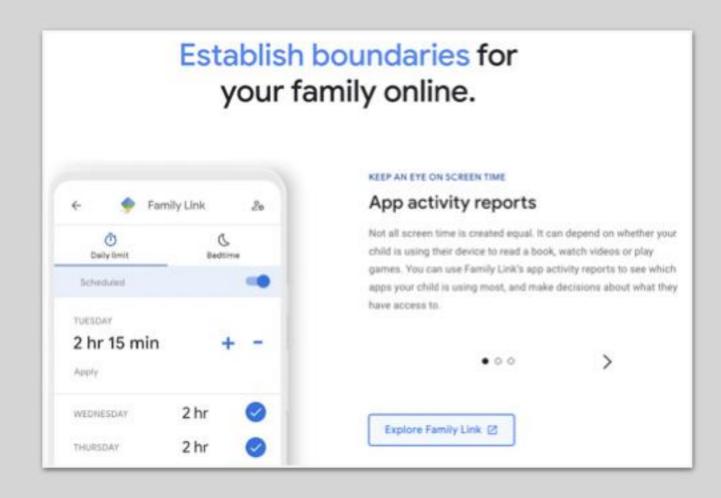




Google Family Link

Available on App and Android Stores and from here you can:

- Monitor Screen Time.
- Manage Apps.
- Set sleep time.
- See where they are.





Apple Parental Control

From here you can:

- Restrict Apps
- Set time limits
- Filter web content
- Restrict the game centre.



11:37	•e1 46 🖿	0
< Back Content €	Restrictions	
Ratings For	United Kingdom	>
Music, Podcasts, News	& Workouts Explicit	>
Music Videos	On	>
Music Profiles	On	>
Movies	Allow All Movies	>
TV Shows	Allow All TV Shows	>
Books	Explicit	>
Apps	Allow All Apps	>
App Clips	Allow	>
WEB CONTENT		
Web Content	Unrestricted Access	>
SIRI		
Web Search Content	Allow	>
Explicit Language	Allow	>
GAME CENTER		
Multiplayer Games	Allow with Everyone	>
Adding Friends	Allow	>

What you'll find in this section

Internet
matters also
contains a
wide variety of
resources to

- ? Why it matters: Facts and stats
- **Q** Online issues that affect teens
- Parent guides
- Activities to do together
- * Age-specific apps
- Related article and resources

https://www.internetmatters.org/advice/14plus/

Support for you

- You can alway speak to:
 - CEOP
 - NSPCC
 - School
- · Or for more general information you can visit these sites:
 - UK Safer Internet Centre (https://www.saferinternet.org.uk/)
 - Internet Matters (https://www.internetmatters.org/)
 - The Parent Zone (https://parentzone.org.uk/home)