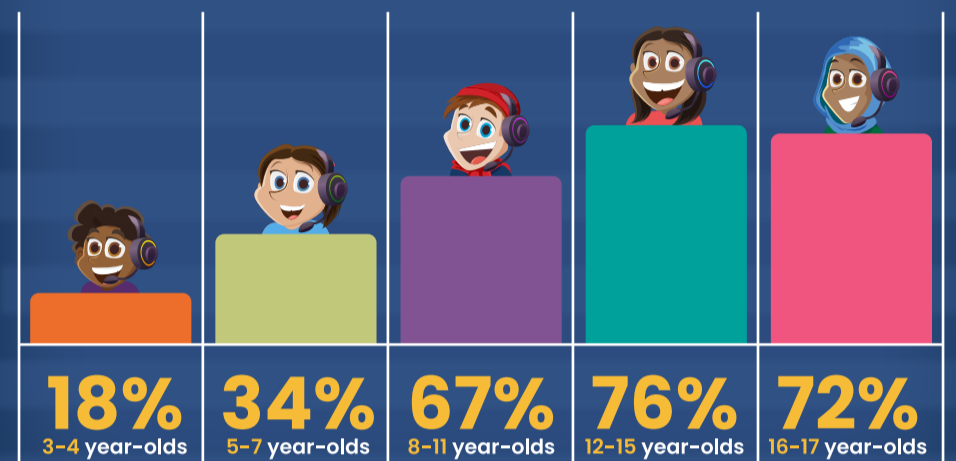# What Parents & Carers Need to Know about

# OFCOM'S 'CHILDREN AND PARENTS: MEDIA USE AND ATTITUDES' REPORT 2023

Each year, Ofcom – Britain's regulatory body for communications – produces an overview of children and parents' media experiences across the previous year. The latest version has just been released, and we've pulled out some of the report's most thought-provoking findings which relate to online safety ...
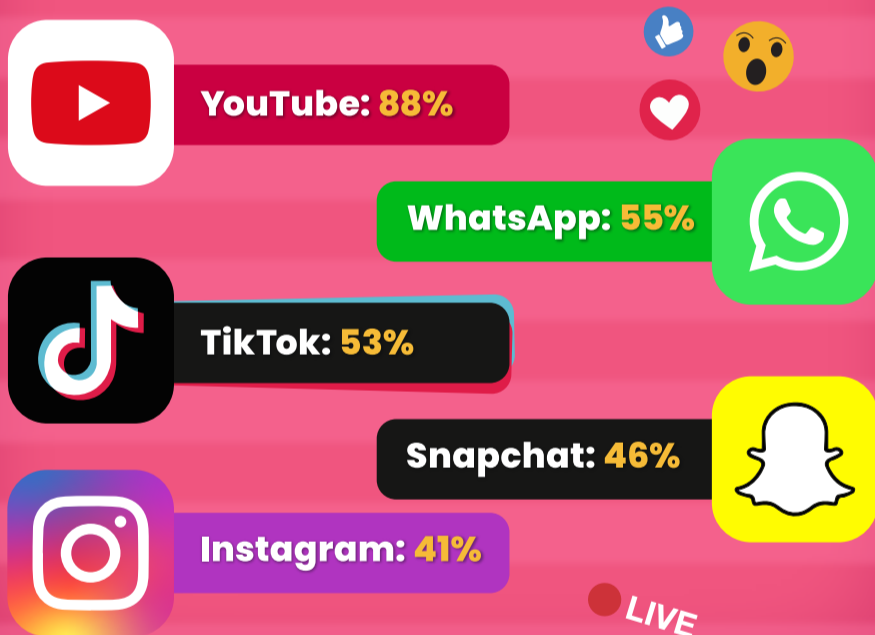
**97%** of children had access to the internet at home in 2022

**89%** of children played video games

**25%** played with people they didn't know

**22%** talked to people they didn't know

## POPULAR PLATFORMS

Most used by under-18s were ...

- YouTube: 88%
- WhatsApp: 55%
- TikTok: 53%
- Snapchat: 46%
- Instagram: 41%

LIVE

## PLAYING GAMES ONLINE

Who's playing – and at which age?

| 18% | 34% | 67% | 76% | 72% |
|-----|-----|-----|-----|-----|
| 3-4 year-olds | 5-7 year-olds | 8-11 year-olds | 12-15 year-olds | 16-17 year-olds |

## TALE OF THE TECH

Devices most often used to go online:

- 75% of 3-4s use **tablets**
- 86% of 5-7s use **tablets**
- 70% of 8-11s use **tablets**
- 96% of 12-15s use **phones**
- 97% of 16-17s use **phones**
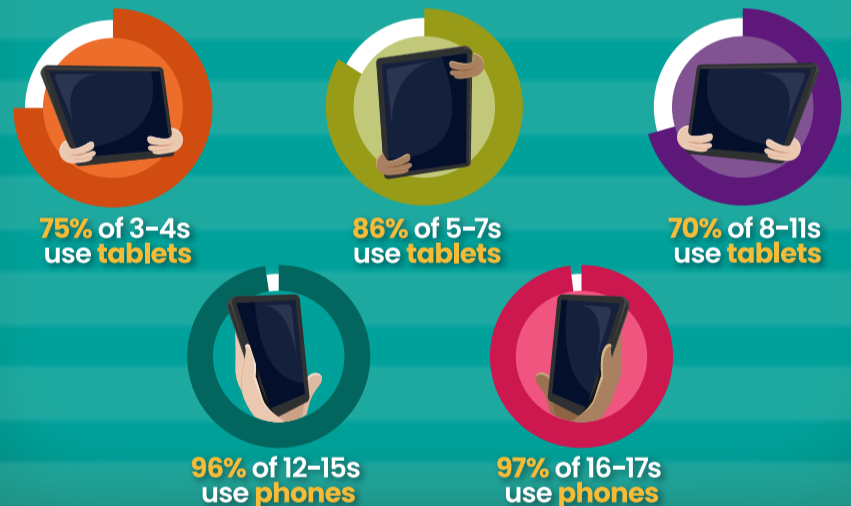
## PARENTAL CONCERNS

Parents and carers **most commonly** worried about their child ...

**75%** seeing age-inappropriate content

**70%** being cyber-bullied online

**70%** seeing pro-self-harm content

**65%** giving out personal details to strangers

**65%** having their data collected by companies

**NOS National Online Safety®**
#WakeUpWednesday
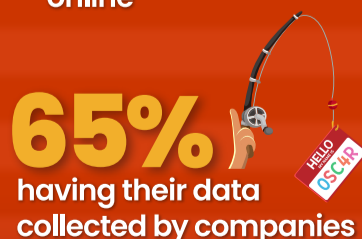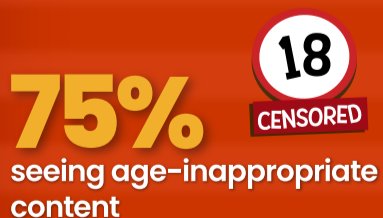
**D@*#!** **3 in 10** children had experienced someone being nasty or hurtful to them on apps or platforms.

**70%** of 12 to 17-year-olds were confident in their ability to identify a fake profiles. But **23%** were unable to do so when tested.

**£38** children's average monthly spend on video games