

# Cyber-awareness and Well-being

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# Setting the Scene

Sample: male and female pupils from year 7 and year 10 from two secondary schools in the wider Portsmouth area

393 pupils

213 from y10 / 180 from y7

195 male / 198 female



# Supervision

## In school

- Generally high supervision levels both on school and their own devices.
- Y10 (17.2%) almost 3x higher than Y7 (6.8%) felt they had unsupervised access on own devices

## At home


- Supervision is much lower in total and plummeting in home private areas with almost 1/2 of respondents reporting no supervision at all.

## Away from home / school

- High levels of low and no supervision



# Parental knowledge and monitoring

- Supervision reduced when moving to less controlled environments
  - Boys feel less supervised than girls in almost all cases examined (except public WiFi)
  - Trend for parents to put monitoring software on younger pupils' devices
  - Y10s have greater antipathy to having monitoring software installed
  - Students also report a tendency to bypass restrictions
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# Usage Habits and Impact

- Internet use has an impact on pupils lives
- more than 1/3 feel they always or often spend more time than they should

This mainly impacts on

1. doing their homework
2. interacting with family
3. getting enough sleep

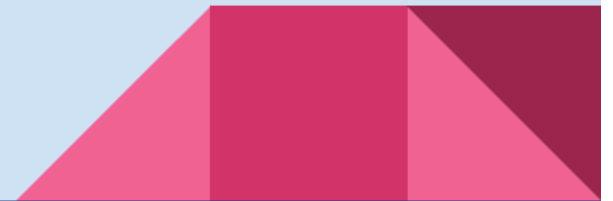
¼ indicated they had positive feelings about not having access

Indicative of a need to disconnect?



# Perceptions of risk - Sexting

- Pupils in principle disapprove of the sending of naked images between people of a different age or even of a similar age
- More acceptance when done in a relationship, esp. amongst y10 boys
- Equal number of y10 girls have responded positively, neutrally and negatively on this
- Similar percentages between boys and girls at y7 indicate similar levels of disapproval
- $\frac{1}{5}$  y10 girls report that someone their age has sent them messages with sexual content



# Issues causing pupils' distress

- Almost 50% have seen something online that upset them even if it would no longer do so.

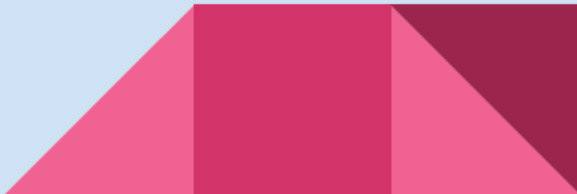
## Main themes

- bullying and harassing comments
- animal cruelty videos

## Other themes:

- nudity and pornography and
- cruelty and violence towards human beings

Issue arising: Dealing with animal cruelty




# Reporting of issues and getting advice - School

Most students know who to go to in order to get advice

Interesting fact: y7 answered higher than y10s despite not being in the school for as long

y10s feel less confident than y7s in terms of going to someone in school

General reasons:

- Lack of trust or confidence in the knowledge of the person responsible
  - Privacy compromise
  - Fear of repercussions
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# Reporting of issues and getting advice - Parents

y7s find parental advice much more relevant to them than y10s

Majority of y10 only find parental advice relevant sometimes

Similar main themes:

- Lack of knowledge on behalf of the parents
  - Exaggerated advice provided
  - No need for advice as they are more knowledgeable or compliant
  - A small number of pupils: not getting any parental advice
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# Overall conclusions

1. Supervision is very hard and should be supported by informed advice and open, non-punitive communication
2. Pupils will inevitably access materials they are not supposed to deliberately or accidentally - preparing them for it is crucial
3. Pupils will potentially send content that will be problematic (bullying/sexting) - Creating an early dialogue about expressing sexuality and aggression is important and needs trained staff and inclusive processes
4. Advice provided needs to be consistent with the pupils' norms and perceptions in order to attain more legitimacy and support
5. Many feel confident that nothing bad will happen to them online either because they are knowledgeable or compliant - it can happen to anyone and we all need to be prepared
6. Dealing more seriously with animal violence videos is a new issue to consider

Anyone interested in taking part or contributing in any way to the work we do for cyber awareness in the wider Portsmouth area should send an email to [cyber-awareness@port.ac.uk](mailto:cyber-awareness@port.ac.uk)

Thank you for your attention

Any questions/comments?

