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

PLAYING GAMES ONLINE
Who’s playing – and at which age?

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-4 year-olds</td>
<td>18%</td>
</tr>
<tr>
<td>5-7 year-olds</td>
<td>34%</td>
</tr>
<tr>
<td>8-11 year-olds</td>
<td>67%</td>
</tr>
<tr>
<td>12-15 year-olds</td>
<td>76%</td>
</tr>
<tr>
<td>16-17 year-olds</td>
<td>72%</td>
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</tbody>
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TALE OF THE TECH
Devices most often used to go online:

- 76% 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

POPULAR PLATFORMS
Most used by under-18s were...

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

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

Do#1!
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 profile. But 23% were unable to do so when tested.

£38 children’s average monthly spend on video games