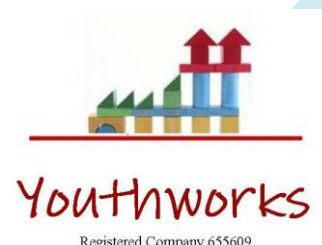# An analysis of

children and young people

involved in 'sexting'

Data from the Suffolk Cybersurvey (data collected autumn term 2014 for e-Safer Suffolk)

Undertaken by Adrienne Katz

Youthworks Consulting Ltd.

The Cybersurvey by Youthworks Consulting Ltd.   Adrienne Katz

Youthworks

Contents

Children and young people involved in 'sexting'.

In a sample of 2988 children and young people aged 10-16+ collected in the autumn term of 2014, there were 113 people who had personally been involved in sexting. 576 said it had happened to someone they know. This paper examines those involved personally.

| It happened to me	It happened to someone I know
113 people	**576 people**

> **Question 19. Some people post photos or videos of themselves online (Selfies). Often this is fun and harmless. But sometimes people are pressured into posting revealing pictures they would not want their family to see. If you have felt you were forced to post or send a personal or nude picture or video, or you know someone who had this experience, please tick the right box.**

- 113 said this happened to them personally. They represent 4% of the total sample.
- The age group at which it is most likely to occur is 14-15.
- 99 of them have a Smartphone, 82 have a tablet, 77 have a games console that connects to the internet and 78 use a laptop. 96 have a social networking page.
- They are more likely than peers to use social networks and chatrooms

Ten to eleven year olds involved in sexting

21 children aged 10-11 years old say 'it happened to me',
51 say 'it happened to someone I know'.

What do we know about these young people?
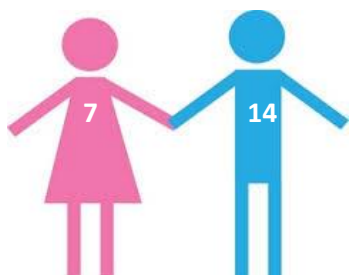
Among the 21 aged 10-11 years, 14 are boys while 7 are girls.

Internet access and devices

Two thirds of these children, 14 people, have a Smartphone and a further 3 have an old style mobile. 12 have a tablet, 11 a laptop and 17 use a games console that connects to the internet. 12 of them have a social network page, despite all being under the age of 13.

16 have access to a computer they can use at home, 7 have a tablet given to them by their school for learning and 11 can use a computer on their own at a club, library or café.

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They go online for gaming (17) messaging friends (17) and to watch videos or films (17). 11 of them go online for schoolwork. 7 admit to going online to look at pages meant for adults. 6 use chatrooms and forums.

Time spent online

Of 21 children, 9 spend more than 5 hours a day online. 12 say their parents/carers do not limit the time they spend online. They are most likely to go online at home or at a friend's house.

Internet activities, experiences and risk taking

Compared to their peers, this group of 21 children is more likely to take risks and also to experience more online aggression. Their online lives reveal many areas of concern:

- 7 have visited gambling sites,
- 8 have had their social media account hacked.
- 8 have had personal details hacked or stolen.
- As many as 5 out of the 21 children in question say they have had credit card details stolen and the card used.
- 10 have experienced online aggression including cyberbullying, homophobic or racist bullying, but another 10 say 'none of these has happened to me'.
- 8 of them 'often' look at websites talking about people hurting or trying to kill themselves, 6 have done so 'once or twice'.
- 5 children often look at very violent pictures or videos that they did not want to see while 6 say they have done so 'once or twice'.
- 14 out of 21 have been cyberbullied. This is in marked contrast to 19% of 10 -11 year olds in the total sample.

E-safety education

2 out of the 21 have not been taught how to stay safe online, but 16 were taught at school and 18 by parents or carers. 5 were taught at a youth club and 9 used a website. 9 people learned from a friend and 7 from a sibling or other relative. 3 people thought that what they were taught about e-safety was 'not good enough or useless' but 9 thought it was 'very good' and 7, 'quite good'. 5 of them thought they were taught about e-safety too early and one thought it came too late. The remainder believe it was given at the right time.

### Do these 10-11 year olds follow the e-safety guidelines?

9 of them always follow the guidelines. 7 sometimes do so. 3 never do so.

In contrast to their peers of the same age, this group of children are far less likely to follow the e-safety guidelines they have been taught. 63% of their peers say they 'always' follow e-safety advice but only 47% of those involved in sexting do so. Bearing in mind that the 10-11

year olds are the most obedient age group in our sample, this behaviour diverges markedly from the peer behaviour.

9 say they believe there are blocks set up at home. 4 'often' try to get round blocks, 5 do so 'sometimes'.

Following e-safety guidelines

10-11 year olds **64%**

14-15 year olds **28%**
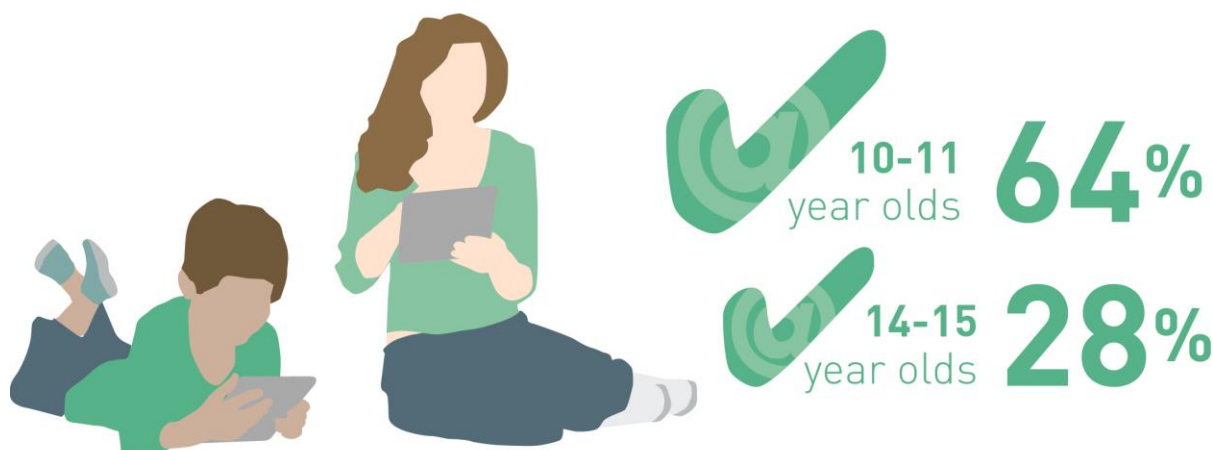
http://bit.ly/Cybersurveyreport2014 (c) e-Safer Suffolk/Youthworks Consulting Ltd

Among the 21 children aged 10-11 years who are involved in sexting, we found a high proportion were in 'vulnerable' groups.

2 are young carers, 3 are in care or have been in care, 7 say they require help with English, five say they have a mental health condition or difficulty and 6 have hearing difficulties. 4 say 'I have a physical disability' and 3 have learning difficulties.

The medium used

Mobiles and webcams are mentioned equally as the medium used. Snapchat, Facebook and Twitter are mentioned most often as the service used.

Motivation or pressure

10 children say they were 'pressured or blackmailed' by someone into doing this 'once or twice' and 4 say it happened 'lots of times'.

10 children say they were 'tricked' into posting or sending photos 'once or twice' and 3 say it happened 'lots of times'.

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6 people said they were in a relationship and *wanted* to share a picture and 4 did so 'lots of times'.

7 said they were in a relationship and *felt pressured* into taking the photo with a further 5 saying 'lots of times'

11 say they just 'tried it for fun'.

'I got tricked by my friend sent me a photo saying to put this in Instagram

'People putting photos of me on Instagram'

'I like my body'

'I did get comments from the picture but not bad comments'

What happened as a result of this?

- As a result of the photo/video, 7 people in this young age group said they were threatened or bullied
- 9 said 'I was not prepared for what happened when it got shared with other people'
- 7 say they were 'blackmailed' and told that if they did not send more photos or videos images would be sent to family and school etc.
- 5 say 'I had a lot of drama over sexy selfies'
- But for 12 children nothing happened as a result.

Did they tell someone?

Of the 21 children involved in sexting, 7 told nobody; 4 people told someone and their problem stopped, 4 told someone and things improved ' a bit', and for 5 children who reported it, things actually got worse.

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They use their experience to help friends.

8 of them say they have been able to help a friend who had a bad online experience.

'I deleted the friend who was being a twat'

'By telling them what to do.'

'By playing with them'

'I helped them by calming them down and telling the person or what was making the person have a bad experience and then close the page.'

Cyberbullying from 2011 to 2014

2011 — 17% 2012 — 19% 2013 — 20% 2014 — 23%

http://bit.ly/Cybersurveyreport2014 [c] e-Safer Suffolk/Youthworks Consulting Ltd

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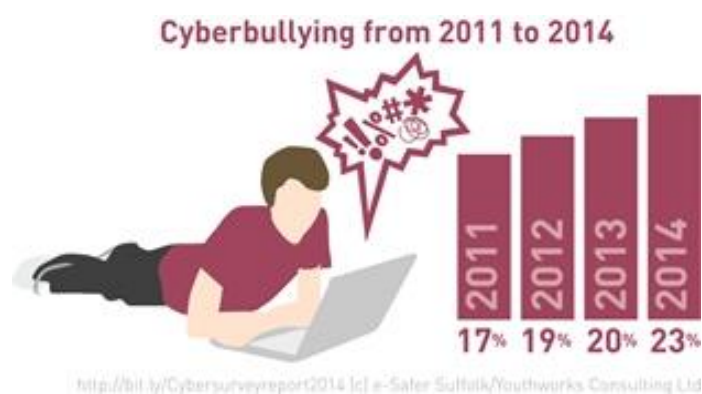
The next section explores answers from all respondents of any age who were personally involved in sexting.

Were those in vulnerable groups more at risk?

It appears that young people with multiple difficulties or challenging home circumstances may be more likely to be involved in sexting. This is true for young carers and those in care in particular.

Vulnerable groups

	It happened to me	It happened to someone I know		% it happened to
Carer	8	28	64 total	12.5%
LAC	7	22	61 total	11%
Help with English	22	69	224 total	10%
LD	13	52	170 total	8%
Other SEN	8	24	91 total	9%

Consider that among the total sample, 4% of young people were involved in sexting. Therefore these figures above, though the numbers are small, suggest that the young people in these groups are most at risk, often twice or even three times as likely to be involved in sexting as their peers. Some respondents have multiple disadvantages. For example they might be a carer and have been in care; others are in care and have learning difficulties, so they may be in jeopardy in more ways than is immediately evident. Young carers are the group most at risk.

'It was by my tablet on a webcam'

What happened after you posted this photo?

	Threatened Over it	Nothing	Not prepared for what followed	Blackmailed to send more	I had a lot of drama over this photo/video
Carer	5	8	4	3	8
LAC	7	7	7	8	9
ENGLISH*	14	27	11	11	14
LD	13	20	7	8	9
Other SEN	6	10	3	4	7

*English = I need help with English

- **Among the 35 most vulnerable children and young people involved in sexting, 23 are boys and 12 are girls.**
- **Among those involved in sexting: 8 out of 12 people with learning difficulties and 15 out of 21 who need help with English, spend more than five hours a day online.**
- **10 people out of 35 in these vulnerable groups said their e-safety education was not good enough or useless. 18 do not really (or never) follow the e-safety advice.**
- **26 out of the 35 have been cyberbullied (74% on contrast to 23% of the entire sample).**
- **For 16 of them nothing happened after they posted or shared the photo/video.**
- **12 were threatened or bullied after posting or sharing this image.**
- **8 say they were 'blackmailed' into sending further images.**
- **17 out of 35 told nobody.**
- **11 told the police.**
- **8 told some adult at school.**
- **12 told a parent or carer**
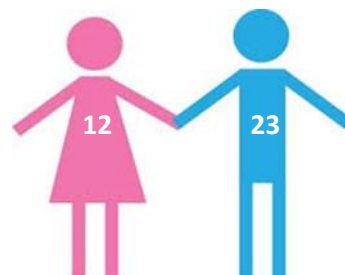
All those who said: 'It happened to me' 113 people.

What ages were the respondents who said 'It happened to me'?

10-11 19%

12-13 26%

14-15 44%   **peak age**

16+   12%

All percentages are rounded up.

Equal percentages of males and females reported this happened to them.

*Despite the fact that in the 10-11 year old age group and among the vulnerable groups, boys outnumber girls - in the wider group – i.e. anyone who said 'it happened to me' this gender difference disappears.
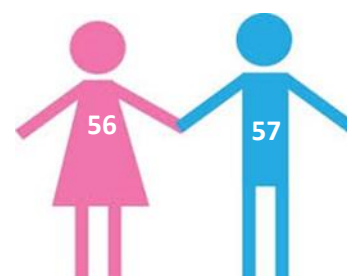
Access to the internet

88% have a Smartphone, 85% a Facebook page or other SNS, 35% use chatrooms regularly, 73% use a tablet.

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What do they go online to do?

82% of these young people go online to watch videos or films and 89% go online to message friends. 59% go online to post photos and 46% post about what I am doing. 32% look at pages meant for adults. Compared to their peers they are three times more likely to visit pages meant for adults.

51% or 56 people, spend five or more hours a day online (in contrast to less than 1/3 of their peers) and 30% spend 3-4 hours a day online, 76% say parents do not limit the time they spend online. They overwhelmingly access the internet from home. (94%)

Half of them say they have encountered online aggression including cyberbullying, racism and or homophobic bullying.

43% have had their social media account hacked. 13 individuals say they have had their credit card details stolen and used which equates to 12%, this is six times higher than their peers.

E-safety education

84% were taught about e-safety at school or college

56% by parents/carers and 12% at a youth club

27% relied on websites and 22% friends, 16% siblings or relatives.

8 people out of 113 have not been taught how to stay safe online.

33% think it was 'very good'

49% said it was 'quite good' and 18% 'not good enough' or 'useless'

55% say they were taught at the right time but 26% too late and 19% too early.

i.e. more than one in four say it was given too late and one in five say it was taught too early.

Of these 113 young people who say 'it has happened to me':

26% 'always' follow the e-safety guidelines, 33% 'sometimes' do so and as many as 41% say 'not really' or 'never'.

27% say adults have set up filters at home and 15% say there are filters on their mobile**. But 19% say they often try and get round filters or blocks and 21% sometimes do so. 4% have family members who get round these blocks.**

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Their online lives

of 113 people who said they had posted or shared a nude or revealing selfie:

69 people have visited 'websites urging you to be very thin'	**61%**
74 people have visited 'websites talking about people hurting or trying to kill themselves'	**65%**
75 people have 'come across nude pictures or videos that they did not search for'	**66%**
74 people have encountered 'very violent pictures or videos they did not want to see'	**65%**
52 people encountered 'websites promoting hatred or racist views'	**46%**
63 people have seen 'websites giving advice they think might be dangerous'	**56%**
57 people have had 'someone make you believe they are young and interested in you, but who later turns out to be someone quite different'.	**50%**
55 people have seen 'websites trying to sell you stuff that might be illegal'	**49%**
77 people say they have been cyberbullied.	**68%**

[Compare to Total sample, % who have been cyberbullied = 23%]

24 have visited gambling sites	**21%**
49 people had their social media page hacked	**43%**
39 use chatrooms and forums regularly	**35%**
52 'post about what I am doing '	**46%**
20 had personal details hacked or stolen	**18%**
17 had been tricked into 'paying for something you did not want'	**15%**
13 had credit card details stolen	**12%**
36 visit pages meant for adults	**32%**
56 experienced online aggression including homophobic and racist bullying	**50%**

'It is recognised that, while children are recovering from abuse and trauma, their patterns of behaviour may change including placing themselves at increased other risks. It is expected that staff recognise and understand these patterns of behaviour and take appropriate steps.' Ofsted Inspection of Children's Homes Framework from April 2015

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Experiences related to the image/s

Of the 113 people who sent or posted nude or revealing images:

37 said they tried it for fun

And 37 said they were in a relationship and they wanted to share the picture.

52 say they were 'pressured or blackmailed into posting or sending photos I did not want to make'

39 people were tricked into posting or sending the photos

41 say they were in a relationship and were pressurised into taking the photo

41 say they got a message that contained threats to make them send a photo

After they posted or shared this photo or video

27% were threatened or bullied because of a selfie like this

55% say 'nothing happened to me after I posted this photo'

19% say 'I was not prepared for what happened when it got shared with other people'

13% say 'I was blackmailed and told that if I did not send more photos or videos they would send them to my family and friends'

22% say 'I had a lot of drama over sexy selfies.'

36% told nobody

49% told friends

30% told parents or carers

20% told a sibling and 10% another relative

15% told an adult at school or college

14% told a student at school or college

17% told the police

12% told a social worker

9% told a youthworker

7% turned to an online support group

14% reported it to the website or service

6 people did not answer this question.

'I told someone one time not the other times'

If you told someone or reported it online, did the problem stop?

Yes it stopped   38%

Things improved a bit   26%

The situation stayed the same   15%

The situation got worse   21%

= 36% for whom it stayed the same or got worse

47 did not answer.

If you were worried about something that happened to you or a friend, would you know where to go to get help?

'I would tell my friend because she or he has experienced it'

Yes   49%

Not sure or no, 51%

They would be as likely to tell friends as they would be to tell parents or carers (48%)

27% would tell nobody

25% would tell a sibling and 17% another relative

24% would tell some adult at school or college

25% would tell the police

12% would tell a social worker and 13% a youth worker

15% would tell an online support group and 26% would report it online to the website or service provider.

65% say they have helped someone who had a bad experience online

Some of these responses display confidence; compassion and a sensible approach. Our work should focus on valuing and increasing this competence.

'Told them to ignore the pictures and deactivate their account for a couple of months'

'I told them that I was always there for them and if they ever wanted anyone to talk to, I'd be there for them. Also not to worry and that they will forget about it and to just block them or report them.'

'Reported the person who was doing the bullying to Riot'

'I comforted them'

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'I spoke to the person who said it and I said would you like that to happen to you and if you don't want to have that to you then don't say it to anyone else.'

'I talked them through it explaining that it wasn't their fault'

'I tried telling them about my experience'

'I told them to report, block and tell your parents.'

'Giving them all of my time, talking with them on chat/skype, cheering them up etc.'

'Advice and told a responsible adult'

'I knocked the f..... out'

'Gave them advice and messaged the person that was bothering them.'

'Tell their parents and mentioned it to their support officer at school.'

'Reported the person.'

'By deleting the app or blocking the person.'

'I urged my friend to speak to a teacher.'

'Told them to f... off.'

'I helped them realise it wasn't the end of the world and then I told a teacher who deals with cyberbullying to help the person further by trying the get the person bullying them reported.'

'Supported them and had a go at the people trying to upset/harm them.'

'That is not for you to know.'

'I told them that they needed to speak to someone because they are very close to me and I didn't want them getting hurt. I went with them to see someone.'

'I deleted the friend who was being a twat.'

'I got them to go and report the person and if they continue to block them, then if it carried on to go and tell the police.'

'Gave ace advice.'

'Gave them moral support and helped them stand up to the bullies.'

'Told someone when they said they were not going to tell anyone!'

'Told their mother and had a go at the person who was doing it.'

'Told them to deactivate their social media account they got threatened on.'

'I blocked the person who was bothering them off their account.'

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'I helped them by calming them down and telling the person what was making the person have a bad experience and then close the page.'

'I got them to report it to the website'

'I met the m in person and I hugged them.

'I told them who to go to and what they should do to get the help they need and make sure it doesn't happen again.'

Who are the 113 people who say 'It has happened to me?'

8 people are carers

7 are LAC

22 require help with English

4 have a longstanding illness

22 have a mental health condition or difficulty

8 have a physical disability

10 have sight difficulties

9 have hearing difficulties 11 have speech difficulties

13 have LD

8 have other SEN

56 say they have none of these difficulties

(NB. many people have more than one difficulty)

This suggests that among the people in our vulnerable groups, a higher proportion are likely to have become involved in sexting than in the sample as a whole.

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Vulnerable groups and their online lives.

Support is needed across a range of online activities and experiences. All were cyberbullied considerably more than their peers with no difficulties.

Red: These results show a group is markedly more likely than peers to experience this. Several factors combine to produce high risk. It is essential to consider many facets of a young person's online life. Any one factor could be the presenting problem concealing others.

	I am a carer	I am in or leaving care	I have a longstanding illness	I have learning difficulties	I need help with English	I have other special educational needs	I have mental health difficulties	Young people involved in sexting	I was Cyber-bullied	I have none of these difficulties
	64 people	61 people	64 people	170 people	224 people	91 people	156 people	113	676	1658
I often visit gambling sites	17%	18%	17%	16%	18%	13%	18%	21%	7%	5%
I often visit pages meant for adults	28%	31%	27%	22%	20%	21%	23%	32%	12%	9%
I have had my social media account hacked	36%	38%	25%	21%	21%	21%	35%	43%	30%	15%
I often try to get round blocks/filters	19%	23%	17%	18%	14%	15%	20%	19%	11%	7%
I have had personal details hacked/ stolen	22%	30%	19%	12%	15%	16%	17%	18%	12%	4%
I have had credit card details stolen	14%	8%*	8%*	5%	4%	8%	6%	12%	3%	1%
I've been tricked into paying for items I did not want	22%	25%	22%	12%	12%	13%	15%	15%	9%	3%
I've been tricked into buying fake goods	14%	16%	11%	8%	8%	10%	10%	12%	7%	3%
I've experienced online aggression including racism and homophobia	34%	36%	27%	19%	20%	24%	44%	50%	52%	17%
I often visit websites urging you to be very thin	33%	39%	36%	24%	28%	24%	44%	36%	30%	17%
I often visit websites encouraging self-harm or suicide	31%	36%	31%	23%	28%	26%	44%	37%	32%	17%
I often encounter very violent images or videos I did not want to see	37%	30%	25%	25%	25%	24%	35%	32%	28%	16%
I often see websites promoting hatred or racist views	20%	20%	30%	18%	17%	18%	26%	21%	18%	10%
I have often seen websites giving advice that is dangerous	34%	26%	22%	28%	19%	26%	27%	32%	22%	13%
I regularly use chatrooms and forums	33%	43%	33%	36%	25%	22%	29%	35%	30%	21%
I often see websites trying to sell you stuff that might be illegal	36%	25%	25%	30%	21%	30%	24%	21%	17%	12%
Sexting: it happened to me	13%	11%	6%*	8%	10%	9%	14%	100%	11%	3%
I have been cyberbullied	58%	48%	39%	36%	33%	32%	47%	68%	100%	25%
I spend more than 5 hrs a day online	50%	41%	45%	38%	38%	35%	54%	51%	42%	28%
I post about what I am doing	36%	43%	30%	24%	29%	30%	37%	46%	41%	28%
I post photos	52%	52%	42%	37%	40%	38%	51%	59%	56%	44%

*Numbers are small.

©Adrienne Katz 2015   The Cybersurvey, an online tool run annually since 2008.

First draft of a screening tool, in development and piloting stage

Screening tool for young people's online lives requiring intensive support

	Presenting problem/incident involves:		Duration		Specific group		Social situation		Emotional health and wellbeing		Online life
6+4	'Sexting' problem has developed involves adult	6	Multiple times	6	Young carers	6	Homeless or unaccompanied arrival	6	Suicidal or attempts made	6	Further blackmail or pressure to post or share images/videos
6	Credit card details stolen	4	Recent	5	LAC	6	Known to services	6	Severe paranoia	6	Stolen card used
3	SNS page hacked	5	3+ months	4	SEN	4	Insecure or inadequate	6	Hallucinations/voices	4	Online 5 +hrs a day
4	Humiliating photo mis-used	4	Recurring at intervals	3	Home difficulties	4	Parental neglect	5	Extreme weight loss	5	Gaming: meeting players in real life
4	Cyberbullied	4	Last three weeks	4	Requires help with English or poor communication skills	4	Poor attendance	5	Self-harm	4	(Flashy) Phone provided by someone unexpected i.e. 'boyfriend'
3	Rumours circulated about me	3	A while ago	4	Gay or questioning	5	At risk of exclusion	4	Bouts of Depression	5	Visits pro- anorexia websites
4	Homophobic bullying	5	Ongoing 12 months+	6	Age below 12	3	At risk of suspension	4	Anxiety	4	Friends or followers exceed 500
2	Relational aggression/friendship issue	6	More than one year	4	Age 12 - 16	3	Parent/carer unemployed	3	Sleep problems	4	Active in chatrooms
4	Other prejudice driven behaviour/ racism/disablism	3	Just started	3	Learning Difficulties	2	Online life unsupervised no filter in place	2	Cannot concentrate	5	Using dating apps adults use
4	Extortion	3	Happens sometimes	3	Minority ethnic group			2	Low self -esteem	6	Visits pro self-harm or suicide encouraging websites.
	Total		Total		Total		Total		Total		Total

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Presenting incident/issue	Duration	Specific group	Social situation	Emotional health	Online life
4 and under Risk = 1 monitor regularly and support. Update e-safety advice Use peer mentors. Alert carers and other teachers. Check filter on phone is on.	**4 and under** Risk = 1 monitor regularly and support. Update e-safety advice Use peer mentors. Alert carers and other teachers. Check filter on phone is on.	**4 and under** Risk = 1 monitor regularly and support. Update e-safety advice Use peer mentors. Alert carers and other teachers. Check filter on phone is on.	**4 and under** Risk = 1 monitor regularly and support. Update e-safety advice Use peer mentors. Alert carers and other teachers. Check filter on phone is on.	**4 and under** Risk = 1 monitor regularly and support. Update e-safety advice Use peer mentors. Alert carers and other teachers. Check filter on phone is on.	**4 and under** Risk = 1 monitor regularly and support. Update e-safety advice. Alert carers and other teachers. Teach how to save evidence and keep a diary. Check filter on phone is on.
5-7 Risk = 2 intervene, support and re-visit e-safety basics, do a follow up check. Monitor. Explore other factors outlined in table 1. Filter on phone? Alert Safeguarding officer	**5-7** Risk = 2 intervene, support and re-visit e-safety basics, do a follow up check. Monitor. Explore other possibilities outlined in Table 1. Alert Safeguarding officer	**5-7** Risk = 2 intervene, support and re-visit e-safety basics, do a follow up check. Monitor. Explore other possibilities outlined here. Alert Safeguarding officer	**5-7** Risk = 2 intervene, support and re-visit e-safety basics, do a follow up check. Monitor. Explore other possibilities outlined here. Alert Safeguarding officer	**5-7** Risk = 2 intervene, support and re-visit e-safety basics, do a follow up check. Monitor. Explore other possibilities outlined in Table 1. Alert Safeguarding officer.	**5-7** Risk = 2 intervene, support and re-visit e-safety basics, do a follow up check. Monitor. Explore other possible behaviours outlined here. Alert Safeguarding officer
7-10 Risk = 3 Involve other agencies, Preserve evidence, provide targeted support. Action Safeguarding policy.	**7-10** Risk = 3 Involve other agencies, teach e-safety intensely, Preserve evidence, provide targeted support. Action Safeguarding policy.	**7-10** Risk = 3 Involve other agencies, teach e-safety intensely, Preserve evidence, provide targeted support. Action Safeguarding policy.	**7-10** Risk = 3 Involve other agencies, teach e-safety intensely, Preserve evidence, provide targeted support. Action Safeguarding policy.	**7-10** Risk = 3 Involve other agencies, teach e-safety intensely, Preserve evidence, provide targeted support. Action Safeguarding policy.	**7-10** Risk = 3 Involve other agencies, teach e-safety intensely, Preserve evidence, provide targeted support. Action Safeguarding policy.
10 + Risk = 4 Involve local authority social care. Intensive support and e-safety 'service'. May be a matter for police. Use Child Protection policy. Urgent action may be required. Preserve evidence. CAF likely.	**10 +** Risk = 4 Involve local authority social care. Intensive support and e-safety 'service'. May be a matter for police. Use Child Protection policy. Urgent action may be required. Preserve evidence	**10 +** Risk = 4 Involve local authority social care. Intensive support and e-safety 'service'. May be a matter for police. Use Child Protection policy. Urgent action may be required. Preserve evidence. Consider Equality Act 2010	**10 +** Risk = 4 Involve local authority social care. Intensive support and e-safety 'service'. May be a matter for police. Use Child Protection policy. CAF likely. Temporary foster care or other arrangements may be needed.	**10 +** Risk = 4 Involve local authority social care. Intensive support and e-safety 'service'. May be a matter for police. Use Child Protection policy. Respond to professional advice. Collaborate with agencies and professionals. CAF likely.	**10 +** Risk = 4 Involve local authority social care. Intensive support and e-safety advice. May be a matter for police. Use Child Protection policy. Record all actions taken. Preserve evidence. Respond to professional advice. ICT manager to assist CAF likely.

Recommendations

An intense focus is needed to support children and young people in care, with learning difficulties, requiring help with English, other forms of SEN and young carers. A number of at risk young people in this analysis had other physical disabilities in addition.

They need new ways to access e-safety advice and support when things go wrong for them online. The results when they do report problems are not encouraging and that might lead to increased risk if they refrain from coming forward again. Teachers and carers need training to be able to respond more effectively. But even more importantly, they need to know when to trigger professional help. If young people are visiting websites encouraging self-harm; discussing suicide or some of the other sites discussed here such as Pro anorexia sites, their situation should be escalated to high risk.

Young people who have been involved in sexting report an exceptionally high rate of cyberbullying. This could serve as a trigger for action. Therefore when anyone within this profile is cyberbullied the further intensive support should be provided beyond simply looking at the current incident. Help with relationships and emotions should be considered alongside advice on how to be safe online.

These respondents tend to spend five or more hours online daily and some suggest that in the holidays this is twice that. One simply wrote that they were online 24/7. It appears that young carers are spending hours online and often looking to substitute teenage social life if they are missing out on going out with friends due to having to be at home.

It is among the 113 people who say they have personally been involved in sexting, that we see several other risky situations reported. These range from problems with hacking, having credit card details stolen, or visiting websites that are offering dangerous advice, violent images or porn. In general their online lives can be described as requiring targeted and intensive multi-agency support. Great concern is expressed over the very youngest children involved in sexting. Although this group is small and it is possible that some did not fully understand the question, it is clear that there are some children involved in sexting at this young age and being influenced by someone else.

It is recommended that if a young person comes forward presenting with any of the problems outlined in this report, anyone who fits this profile however loosely, should receive counselling and e-safety support, while sensitive investigation of their online lives is pursued.

It is highly likely that many other risky scenarios will be revealed.

More holistic help can then be planned.

In all cases it should be a priority to examine whether or not the young person is visiting pro suicide sites.

Action plans should be shared with all agencies working with the young person and the progress evaluated. Training on e-safety might be required for some agency staff.

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SUMMARY

Compared to their peers, children and young people involved in sexting are more likely to:

- Have a Smartphone
- Spend 5 or more hours per day online
- Have other vulnerabilities such as being a young carer or being in care, SEN, mental health problems, learning difficulties or require help with English.
- Say they do not always follow the e-safety guidelines they were taught
- (64% vs.34% of their peers)
- Visit sites talking of self –harm or suicide once or twice (65% vs.35%)
- Have personal details hacked
- Experience online aggression
- Have a SNS page at age 10-11
- Visit chatrooms regularly
- Post photos
- Post about what I am doing
- 'Come across very violent pictures you did not want to see'
- 'Come across nude pictures you did not search for'

They are twice as likely to say they:

- Have had their social network pages hacked
- Have had someone pretend they are the same age and interested in them, but who turns out to be someone quite different
- Visit sites encouraging anorexia
- *'Often'* visit websites encouraging self-harm or suicide
- '*Often*' try and get round blocks or filters

They are three or more times more likely to say they:

- Visit gambling sites
- Were cyberbullied
- *'Often'* view pages meant for adults
- Experience online aggression including racism and homophobia
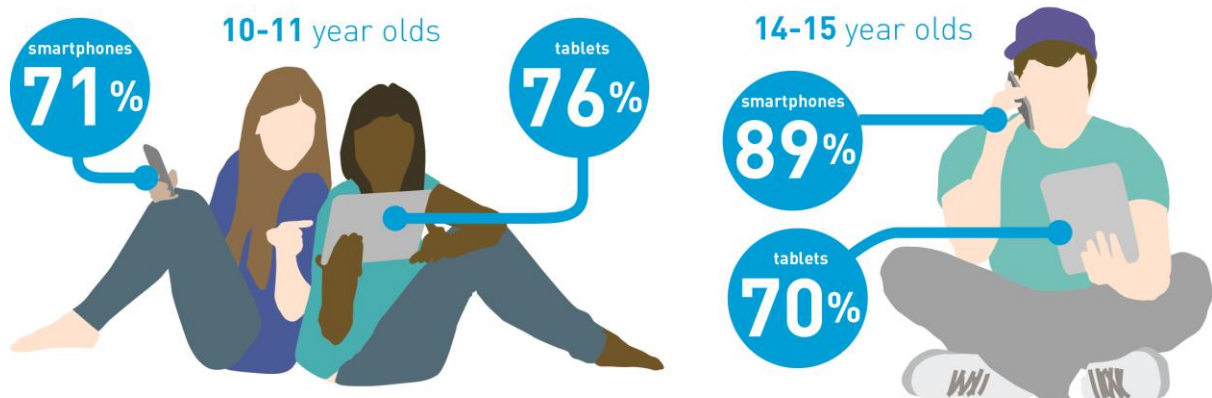
They are six times more likely than peers to say:

- I have credit card details stolen (6 x more likely than peers)

Young carers are the group most likely to say they have personal experience of sexting, followed by those in care.

If any of these experiences are present or reported, it is an opportunity to trigger intensive support and explore their online lives with them, offering e-safety and relationship advice. We are currently developing and testing a screening tool based on this information, for further enquiries or suggestions, please contact Youthworks Consulting Ltd.

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Smartphones vs tablet ownership

10-11 year olds

smartphones **71**%

tablets **76**%

14-15 year olds

smartphones **89**%

tablets **70**%

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For further information:

akatz@youthworksconsulting.co.uk

www.youthworksconsulting.co.uk

The Cybersurvey by Youthworks Consulting Ltd.   Adrienne Katz