Nottinghamshire Cybersurvey 2015
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Executive Summary

Hearing from young people is the foundation of good practice. Without this dialogue it is inevitable that adults will be out of sync with the lives young people lead online.

For frontline professionals and practitioners this information is intended to assist with practice and form a benchmark against which progress can be measured. It is carried out with the Cybersurvey, an online tool developed in 2008 and used every year since then in several local authorities. Further research studies will be undertaken with academic colleagues and the papers made available to all. These results may also be used with young people in lessons, discussions or debates about e-safety.

The sample

2986 children and young people across the county took part in the Cybersurvey in the autumn term of 2015. The sample is evenly balanced between boys and girls; the largest age cohort is aged 10-11 years old: 46%, while 30% of respondents are aged between 14 and 16+, 23% are aged 12-13. The sample is inclusive and diverse with a wide range of abilities. 14% require help with English.

Access – Smartphones decrease slightly and tablets increase.

- 77% have a smart-phone slightly lower than the 80% who owned one in 2012/3.
- 78% have a tablet (up from 62% in 2012/3)
- By age 12-13 years, 79% have a social network page. This major change in their online lives requires that they are well prepared at age 11.
- This sample is young which might account for the low smartphone ownership rate.

State of mind governs online health

Young people were asked how they feel most of the time, thinking about their life and future. 50% are happy and confident, with boys more likely than girls to feel this way, 40% believe ‘I will achieve my goals’. But 11% feel that they are ‘not good enough most of the time’. 14% have worrying thoughts and 16% find it hard to concentrate. A strong association between emotional health and online health was found. This does not prove cause and effect between the internet and young person’s emotional state, but it clearly shows that those who are emotionally vulnerable are more likely to experience the internet adversely and their conduct can often put them at higher risk than their happier counterparts. This finding was echoed throughout on different aspects of online life and forms the strongest message of this report.

- The mid-teens were the least likely to say they felt ‘happy and confident most of the time’ and this age coincides with a peak in online risk behaviour and encounters.
Those who reported adverse impacts of the internet were the people with emotional vulnerabilities, never happy or confident, never believe they will achieve their goals and feel ‘I am not good enough’ most of the time.

Online life

Watching films or videos is the most popular activity followed by chatting with friends or ‘finding out things for homework/studies or for me’. Two thirds are gaming, half are downloading films or music, more than a third are shopping, 30% go online to see the news and one in five is ‘sharing what I am doing.’

A quarter of children and young people go online to find out about gigs, matches or tickets and 9% go online to plan travel. 15% go online to find new friends, or talk to new people and the same percentage use chatrooms and forums. 15% also like to learn new IT skills, fixes or coding. The majority use the internet to relax after school or to prevent boredom. Some say the internet has helped them make a good relationship with someone.

22% of the total sample spends 5 or more hours a day online but certain young people are much more likely to do so than their peers:

- By age 14-15, 36% are spending more than 5 hours a day online.

Among the most vulnerable children and young people, certain groups are more likely to spend more than 5 hours a day online: These include:

- 24% of young carers
- 27% of those in care
- 30% of those with learning difficulties
- 36% of those with mental health difficulties
- 20% of those who need help with English
- 28% of those with speech difficulties
- 32% of those who cannot hear very well
- 24% of those with a longstanding illness
- 33% of those who are cyberbullied
- 39% of those involved in sexting

Hacking one another’s social media pages is common among the teenagers: more than one in five report this experience. This may be a form of cyberbullying.

18% of 10-11 year olds say they use a chatroom regularly, but chatrooms lose their allure and older teens move away from them after a peak at age 12-13.

If ten year olds are spending more than 5 hours a day online and visiting chat rooms or have a social media page, this should trigger concern about their online lives.
Cyberbullying is stable

21% of the total Nottinghamshire sample said they had been cyberbullied (22% in 2012/3). After several years during which cyberbullying in England increased every year, we are beginning to see a plateau or a decrease in some areas. This is potentially good news. However, in this sample there remain too many young people who do not tell someone what has happened, but the situation either remains the same or worsens. Training in effective responses is recommended. The age at which cyberbullying is of real concern in Nottinghamshire is 12-13 years, at which age students report high levels of cyberbullying.

Parental input

Parents appear reluctant to try and limit their children’s time online and only a little more than half check games ratings for suitability. The least happy and confident children and young people report low parental input. What parental input there is drops sharply as the children grow older almost falling away by the mid-teen years.

As seen in 2012/3, parents continue to talk to their daughters about e-safety more than they talk to sons.

e-safety education is better regarded and followed, but taught less

- The percentage of students who always follow the e-safety guidelines has risen since the survey undertaken in 2012/13 to 62% up from 41%. More people think the e-safety education was good and they are more inclined to follow it than in 2012/3. Students who are in their mid-teens today are the students who were 10-11 years old in 2012/3 when schools were delivering e-safety to almost every child. Any gains seen could be lost if this teaching falls away as seems to be the case.
- The percentage of those who say they were taught about e-safety in school has declined from 88% in 2012/3 to 75% in 2015.

Online scams and fraud

Young people appear to be fairly alert to scams and small percentages have bought goods which turned out to be fake. 9% have hacked someone else and hacking social media pages appears common.

Sites in favour of religious extremism or terrorist acts

- NB. Young people who were ‘happy and confident most of the time’ were compared with those who never feel this way - the latter were over three times more likely to have encountered this type of site than their happier counterparts.

30% of young people involved in sexting also said they saw this type of site, compared to 13% of young people who had no difficulties or vulnerabilities. This pattern is seen among several of the more vulnerable groups of young people.
In the total sample 8% have seen such sites once or twice and 4% have seen them often.

**Meeting up in real life with someone only known online**

- Of the total sample, 19% met up in real life with someone they met online.

Two thirds of the 12-13 year olds who met up and three quarters of the 14-15 year olds told someone what they were going to do. As many as 84% of the 16 and over age group also told someone of their intention to do this. The majority explained that they partly knew this person, through a friend or had seen them somewhere.

**Manipulative relationships**

- While experience of a manipulative relationship appears relatively low among the general population of our respondents, although more common as teens get older, the ‘vulnerable’ groups tell a different story.

- 30% of those with speech difficulties say they have experienced someone met online trying to persuade them into sexual activity they did not want, while among those people who are involved in sexting, 26% said that the images were posted or shared by an ex-partner or friend as a form of revenge.

- Although over 90% have no experience of someone trying to persuade them into sexual activity they do not want, nor any experience of photo sharing as a form of revenge after a relationship has ended, the small but worrying numbers within vulnerable groups show just how devastating a manipulative relationship can be for a young person who is already vulnerable, susceptible and lacking confidence.

- Other vulnerable young people with experience of manipulative relationships are illustrated in the tables on pages 26 and 34.

**Sharing explicit or intimate photos**

148 young people are involved in sharing explicit or intimate pictures (6%). 55 were aged 10-11, 24 aged 12-13, 155 aged 14-15 and 13 aged 16+. This behaviour is most common at age 14-15.

16% of those who were sexting said they were blackmailed or pressured into doing it once or twice while 4% said this happened to them often.

**After they shared the image,**

- 83% said that nothing happened to them.
- But 9% were bullied and 4% were blackmailed and told to send further photos.
12% said they were not prepared for what happened when it got shared with other people. Half of the young people involved said they told nobody although some reported it online.

About the Cybersurvey

The Cybersurvey has run annually since 2008. It is a time series of comparable data allowing us to track trends, measure effectiveness of interventions and provide key messages to practitioners and professionals.

Currently there are over 24,000 young people who have contributed over 8 years. It has been used in 11 local authority areas, many repeatedly. While a core of questions remains for comparison purposes, the survey is continually updated and responsive to current issues. In some years it has a particular focus on a chosen theme, such as cyber-homophobia in 2011.

The Cybersurvey was developed with the help of four local authorities in the West Midlands, their e-safety champions, anti-bullying co-ordinators, community safety officers and panels of young advisors. My thanks are due to the 2008 youth participation team in Dudley and their anti-bullying lead for considerable help in development, and to Essex for kindly piloting the first questionnaire. Various local authority teams have contributed questions over several years. E-Safer Suffolk has played a major role since 2011 in the development of the tool and I wish to thank Nottinghamshire and Dudley for their further contribution in 2015.

The Cybersurvey has a strong tradition of youth participation. Results are frequently taken back to young people in the form of workshops to explore the findings and delivered to teachers, in an accredited training programme. The findings are shared in books, reports and presentations. (www.esafetyforschools.com).

Young people answer anonymously, using a code given to them by their school, which can be used if a safeguarding concern emerges about that child. Schools are identified only by codes and the data is held on an encrypted site. We do not share the individual data of any particular school unless requested to do so by the school, academy chain or local authority.

The survey and the resulting reports are intended as practical useful evidence for practitioners, they are not academic studies. The goal is to hear from young people in order
to influence or improve e-safety education and workforce practice in response to the online experiences of children and young people. However with the kind assistance of Dr Aiman El Asam, we are now undertaking work on research papers which we hope to make available during 2016.

About the sample

This sample was collected in schools and services in Nottinghamshire in autumn 2015. 2986 respondents were achieved after cleaning. The survey is completed online, pupils are anonymous and schools are represented by codes given to them by the local co-ordinator. The sample is evenly spread between males and females.

The sample: Gender

- Boys: 49%
- Girls: 48%

The largest age cohort is aged 10-11 years old.
30% are between 14 and 16+, 23% are aged 12-13.
The sample is inclusive and diverse.

### The sample: Inclusion, Tell us about you.

- I have other special educational needs
- I have learning difficulties
- I have speech difficulties
- I cannot hear very well, or at all
- I cannot see very well or at all
- I have a physical disability
- I have a mental health condition or...
- I have a long-standing illness
- I am in care (or have been in care)
- I need help with English
- I am a carer
- I have none of these difficulties
Identifying who is vulnerable

Vulnerable groups of young people this data has identified include:

Young carers, those in or leaving care, those with learning difficulties, mental health difficulties, speech difficulties, hearing difficulties, chronic illness and those who need help with English.

Young carers and those in care particularly require targeted support. Those who have learning difficulties are often left for hours playing games online and they are similarly at risk. 30% of those with learning difficulties spend 5 or more hours a day online, while 36% of young people with mental health difficulties and 39% of those involved in sexting do so too.

Emotional health indicates vulnerability

In addition to these vulnerable groups, this year new groups of vulnerable children have emerged from the questions on emotional health. People who ‘hardly ever or never feel happy and confident’, or feel that they are ‘not good enough most of the time’ along with those who are ‘depressed most of the time’ have been found to be more likely to be at risk online.

Victims of cyberbullying should also be considered at risk, they are the group most likely to have seen websites in favour of religious extremism and terrorist acts, and also tend to visit pro-anorexia sites more than their peers.

It is clear that those involved in sexting are of concern by definition, but our focus should also take in additional areas of their online lives. So many of them report spending long periods online, they also report visiting sites that encourage self-harm and suicide more than their peers. Half of them have met up with someone they only knew online. Multiple vulnerabilities overlap, for example those involved in sexting are among the young people most likely to say they have been cyberbullied (41%).

Mental health difficulties

Young people with mental health difficulties were the group most likely to say that ‘the internet left me with thoughts and feelings that were upsetting.’ This suggests that their mental health difficulty is made worse by their online experiences, or that they interpret the online situation or encounter more negatively than their peers. Almost one in five had seen sites in favour or religious extremism and terrorist acts, and 42% have been cyberbullied.

Those who need help with English

This group of 390 children and young people requires attention to ensure that they understand e-safety lessons fully. Our research in the Cybersurvey shows that those who say
they need help with English, although often overlooked in terms of online skills, particularly require targeted support. They appear very active online, 29% spend 5 or more hours a day online. 24% have met up with someone they met online and 25% have been cyberbullied. This means they should possibly be seen as requiring tailored e-safety support that ensures their understanding.
1. State of mind

Early in the questionnaire students were asked about how they feel ‘most of the time’, ‘sometimes’, or ‘never’. There were marked differences in the responses of boys and girls and also between age groups. The first chart below shows answers on how all respondents feel ‘most of the time’. However, it is also possible to construct a score across all the options including ‘sometimes’ and ‘never’.
Boys are more likely to just take life as it comes than girls (55% vs. 48%) and far more likely to say they feel happy and confident (59% vs 42%). Boys are also more likely to believe they will achieve their goals than girls tend to be, but there is no difference between the genders on feeling depressed or feeling ‘I am not good enough.’ It is of concern that girls should be so much more likely than boys to say ‘I have worrying thoughts’ (17% vs 10%).

Exploring the sample by age reveals other differences. While ten to eleven year olds are the most positive and hopeful about their lives and the future, optimism fades in the mid teen years.

With the exception of those who feel depressed most of the time, there are marked changes as children grow older. They are more likely to struggle to concentrate, while the percentage who feel happy and confident decreases from 57% at age 10-11, to just 42% at age 14-15. ‘I feel I am not good enough’ peaks at age 12-13 and appears to decrease slightly after that. The percentage who believe ‘I feel I will achieve my goals’ falls from 47% to 31% across these teen years.
2. Access & Activities

Smartphones (77%) and tablets (78%) are very widely used and almost three quarters of respondents have access to a computer at home. 64% have a social network they use regularly and 24% use chatrooms. 70% use a games console. 9% use school tablets. A small group use old style mobile phones that are not connected to the internet (8%). 18% rely on using computers in clubs, libraries or cafes while 23% use computers without an adult at a friend’s house.

In a few short years between the ages of 11 and 14 young people’s online lives change remarkably fast. Younger children have adopted tablets over smartphones in contrast to the mid-teens. At age 12-13, as many as 79% have a social network page and almost 1/3 use a chatroom regularly. The attraction of chatrooms appears to wear off after this age.
### Changing patterns in age groups

<table>
<thead>
<tr>
<th>Activity</th>
<th>10-11 yrs</th>
<th>12-13 yrs</th>
<th>14-15 yrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have a social network page</td>
<td>40%</td>
<td>79%</td>
<td>89%</td>
</tr>
<tr>
<td>Use a chatroom regularly</td>
<td>18%</td>
<td>32%</td>
<td>29%</td>
</tr>
<tr>
<td>Use a computer at a friend’s house without adults</td>
<td>22%</td>
<td>24%</td>
<td>26%</td>
</tr>
<tr>
<td>Use a computer at a club, library or café</td>
<td>15%</td>
<td>22%</td>
<td>21%</td>
</tr>
<tr>
<td>A tablet given to them by their school for learning</td>
<td>13%</td>
<td>5%</td>
<td>5%</td>
</tr>
</tbody>
</table>
In several questions we asked what they go online to do. We balanced the questions between positive and negative experiences with the aim of avoiding a questionnaire that focused only on dangers or risks. Watching films or videos is the most popular activity followed by chatting with friends or ‘finding out things for homework/studies or for me’. Two thirds are gaming, half are downloading films or music, more than a third are shopping, 30% go online to see the news and one in five is ‘sharing what I am doing.’

A quarter of children and young people go online to find out about gigs, matches or tickets and 9% go online to plan travel. 15% go online to find new friends, or talk to new people and the same percentage use chatrooms and forums. 15% also like to learn new IT skills, fixes or coding.

By the age of 12-13 almost half are posting photos and videos (48%) 78% are online chatting with friends, 50% are downloading music or films, 76% are seeking information for schoolwork, 24% are sharing what they are doing, 78% are watching videos or films and 40% are shopping. 16% go online to find new friends, or talk to new people and 14% like to learn new IT skills, fixes or coding. 1/3 go online to see the news. In this question fewer said they go online to use chatrooms than in the previous question which suggests some confusion over the access question.
Here only 17% said they go online to use chatrooms and forums whereas in the previous question 32% said they had a chatroom they use regularly.

They go online to chat to family in other parts of the world, ‘to order chicken’, to watch FIFA, to play games, watch movies, watch all types of sport, they watch tv shows, find new music to listen to, enjoy the ‘wide range of resources’.

‘I use google to help me with homework and i also look at photos on google images. I also watch videos on youtube but, I only watch things I am comfortable with watching.’

‘texting my friends meeting new people seeing the latest gossip and watching’youtube videos’

‘browsing and reading about stuff that has happened like on the news or on social websites or watching videos of famous youtubers like zoella’

‘Netflix, snapchat and pintrest’

‘Communicating with my friends, making new friends and listening/watching YouTube videos.’

‘listening to music, going on tumblr sometimes and chatting to my friends I know in real life.

‘Play online games on my games console.’

‘Talking to friends and gaming as a ps4 player’

‘Shopping’

‘Researching places to go.’

‘Being able to chat in a group with my friends to organise things and stuff that we will be doing, like on a Friday night or during Saturday.’
The changing patterns of online time are shown in the chart below. The percentage who spend 5+ hours online per day rises steeply with each age group from 11% of 10-11 year olds, until by age 14-15, 36% are spending over five hours a day online.

Spending more than five hours a day online may be a fairly arbitrary measure but it turns out to be revealing. People who spent lengthy stretches online also reported adverse impacts or tended to be unhappy, depressed or risk takers.
People who spend more than five hours online each day are more at risk in several ways. They may be looking to their online life to compensate for something lacking such as friends or affection, validation and affirmation from others. They may react intensely to incidents that occur online.

**These people spend lengthy periods online per day:**

5+ hours online

- 24% of young carers
- 27% of those in care
- 30% of those with learning difficulties
- 36% of those with mental health difficulties
- 20% of those who need help with English
- 28% of those with speech difficulties
- 32% of those who cannot hear very well
- 24% of those with a longstanding illness
- 33% of those who are cyberbullied
- 39% of those involved in sexting

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**Friends**  Instagram  **Social Media**  Homework  Finding  Netflix  **Facebook**  **Mates**  Videos  Talking to  People  **Friends**  Tube  Games  **Doing Youtube**  Videos  **Music**  **Pictures**  Instagram  Minecraft  Shopping  Football  **Xbox**

**What do you enjoy most online?**
Parents appear to take least interest in limiting the time their children spent online (29%) and relatively little interest in games ratings (39%). But as expected, parental input is highest for the younger respondents:

When their child is aged 10-11 years old, 57% check that films are suitable, 54% check games ratings and 35% limit their child’s time online. (For other information on parental input at different ages please see the chart below.)

57% of children and young people say they do listen to their parents’ advice and only 16% admit to downloading films or TV content that their parents do not know about.

Parental input in terms of limiting the time spent online by their child and the content viewed: such as TV and film content, or checks on the suitability of games, drops away sharply by age 12 and may take other forms such as discussions around e-safety and online life. By the mid-teens 23% of respondents download film/TV content that their parents do not know about.
Parental input was reported as low by those young people who are never happy and confident.
Young people naturally become more adventurous and skilled online with each succeeding year as they grow and mature. Equally they can become exposed to violence or racism or other unwanted content. They also encounter aggression aimed at them.

In the tables that follow, the experiences of different age groups are set out so that e-safety messages can be tailored and age appropriate.

Some behaviour becomes entrenched worldwide, such as young people increasingly download movies or music and expect not to have to pay for them.

- We note a level of hacking into other people’s social media pages that affects one in five in the mid-teens. If a young person reports having their social media page hacked it is recommended that practitioners look into this person’s online life and how they feel about themselves and their future. In research we undertook on 2014 Cybersurvey data it was found that having social media hacked was often a sign of other more serious online issues going on in the life of the targeted young person.
Young people feel very confident that they have been able to look after themselves online at least occasionally. This may be because they have not encountered any serious difficulties yet, or because they were able to solve problems for themselves. It may be youthful over confidence but it is encouraging that they feel so resilient and competent.

### Have you come across websites in favour of religious extremist views or terrorist acts?

<table>
<thead>
<tr>
<th></th>
<th>10-11 yrs</th>
<th>12-13 yrs</th>
<th>14-15 yrs</th>
<th>16+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes once or twice</td>
<td>3%</td>
<td>8%</td>
<td>13%</td>
<td>20%</td>
</tr>
<tr>
<td>Yes often</td>
<td>2%</td>
<td>6%</td>
<td>7%</td>
<td>5%</td>
</tr>
</tbody>
</table>

- **Sites in favour of religious extremism or terrorist acts**
- **NB** Young people who were happy and confident most of the time were compared with those who never feel this way - the latter were over three times more likely to have encountered this type of site than their happier counterparts.
- 30% of young people involved in sexting also said they saw this type of site compared to 13% of young people who had no difficulties or vulnerabilities.
Young people’s experiences of websites that promote hatred or racist views increase sharply from age 12 upwards until at age 16, 44% have encountered this type of content. At the same time cyberhomophobia appears low. It is in fact low in the total sample but the reverse is true among the more vulnerable groups where it features more strongly among students who report mental health difficulties and those with speech difficulties. Those who ‘never feel happy and confident’ say that 1 in 5 of them have experienced online bullying or aggression that is homophobic.

### Have you come across websites such as these?

<table>
<thead>
<tr>
<th>Have you come across websites that display nude pictures of videos that I did not search for? (Often)</th>
<th>10—11 yrs</th>
<th>12-13 yrs</th>
<th>14-15 yrs</th>
<th>16+</th>
</tr>
</thead>
<tbody>
<tr>
<td>I have come across websites that display nude pictures of videos that I did not search for? (Often)</td>
<td>5%</td>
<td>7%</td>
<td>16%</td>
<td>19%</td>
</tr>
<tr>
<td>I have come across websites that display very violent pictures or videos that I did not want to see? (Often)</td>
<td>5%</td>
<td>7%</td>
<td>12%</td>
<td>16%</td>
</tr>
<tr>
<td>I have come across websites that promote violence, hatred, or racist views? (Often + once or twice)</td>
<td>6%</td>
<td>15%</td>
<td>32%</td>
<td>44%</td>
</tr>
</tbody>
</table>

### Have you experienced any of these?

<table>
<thead>
<tr>
<th>Have you experienced any of these?</th>
<th>10-11 yrs</th>
<th>12-13 yrs</th>
<th>14-15 yrs</th>
<th>16+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bullying or aggression aimed at LGBT or gay people</td>
<td>3%</td>
<td>4%</td>
<td>5%</td>
<td>2%</td>
</tr>
<tr>
<td>Bullying or aggression that is racist</td>
<td>4%</td>
<td>5%</td>
<td>4%</td>
<td>6%</td>
</tr>
<tr>
<td>Bullying or aggression because of disability</td>
<td>2%</td>
<td>3%</td>
<td>3%</td>
<td>4%</td>
</tr>
<tr>
<td>Aggression that is sexist</td>
<td>4%</td>
<td>4%</td>
<td>5%</td>
<td>5%</td>
</tr>
<tr>
<td>Threats to harm someone</td>
<td>8%</td>
<td>12%</td>
<td>10%</td>
<td>8%</td>
</tr>
</tbody>
</table>

### I have seen this happen to others

<table>
<thead>
<tr>
<th>I have seen this happen to others</th>
<th>10-11 yrs</th>
<th>12-13 yrs</th>
<th>14-15 yrs</th>
<th>16+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bullying or aggression aimed at LGBT or gay people</td>
<td>12%</td>
<td>31%</td>
<td>39%</td>
<td>52%</td>
</tr>
<tr>
<td>Bullying or aggression that is racist</td>
<td>13%</td>
<td>31%</td>
<td>40%</td>
<td>54%</td>
</tr>
<tr>
<td>Bullying or aggression because of disability</td>
<td>9%</td>
<td>24%</td>
<td>33%</td>
<td>42%</td>
</tr>
<tr>
<td>Bullying or aggression that is sexist</td>
<td>9%</td>
<td>24%</td>
<td>33%</td>
<td>43%</td>
</tr>
<tr>
<td>Threats to harm someone</td>
<td>10%</td>
<td>26%</td>
<td>35%</td>
<td>13%</td>
</tr>
</tbody>
</table>
I have done this to others

| Bullying or aggression aimed at LGBT or gay people | 1% | .5% | 3% | 2% |
| Bullying or aggression that is racist | 1% | 1% | 4% | 2% |
| Bullying or aggression because of disability | 1% | .5% | 2% | 1% |
| Bullying or aggression that is sexist | .3% | 1% | 2% | 4% |
| Threats to harm someone | 1% | 4% | 4% | 5% |

The extent to which all groups of young people are visiting pro-anorexia websites is illustrated in the chart below which compares online experiences of those involved in sexting, those who are cyberbullied and finally with those who are happy and confident most of the time.

Online experiences. Comparing those involved in sexting, those who are cyberbullied and those happy and confident.

Have you seen sites that:

- Are in favour of religious extremist views or terrorist acts?
- Dare you to do risky things?
- Promote violence, hatred or racist views?
- Display very violent pictures or videos that you did not want to...
- Display nude pictures or videos that you did not search for?
- Often seen sites that promote self-harm or talk about suicide
- Urge people to be very thin
- Try to sell you stuff that might be illegal?

Happy & confident
Cyberbullied
Involved in sexting
5. Vulnerable groups online

Some young people emerged in our earlier research as vulnerable online. These are:

- Young carers, those in care or leaving care, those with learning or speech difficulties, those who are hard of hearing or who have a longstanding illness.

They are studied along with people who have:

- Mental health difficulties and those who need help with English as the groups who were most vulnerable online.

They are joined by those who are either cyberbullying victims or involved in sexting. Their online lives differ markedly from their peers. Their experiences are far more negative and troubling and yet they tend to spend a lot of time online. In this report we have studied them alongside the new groups developed through questions about how young people feel about their life and future. (Pages 30/31)

While the majority of young people are resilient and capable online, many take risks but still manage to take care of themselves or solve problems they encounter, but for these groups we have called vulnerable – life is entirely different.

There can be no ‘one size fits all’ e-safety education that suits all ages and all states of mind and circumstances.

What this further illustrates is the way in which a positive statistic in the whole sample can mask troubling messages from a few young people such as these.

Those involved in sexting appear troubling in many other areas of their online lives: They have the highest percentage of their group spending more than five hours a day online and 30% of them have seen sites in favour of religious extremism or terrorist acts. 41% of them have been cyberbullied and 52% have met up with someone only known online. 26% have been the victim of revenge sharing of personal or humiliating photos.

*Marked in red are figures which are particularly high.*
<table>
<thead>
<tr>
<th>NOTTINGHAMSHIRE CYBERSURVEY 2015</th>
<th>I have none of these difficulties 2288</th>
<th>I am a carer</th>
<th>I am in care</th>
<th>I have learning difficulties</th>
<th>I have mental health difficulties</th>
<th>I need help with English</th>
<th>I have speech difficulties</th>
<th>I cannot hear very well if at all</th>
<th>I have a long standing illness</th>
<th>Cyber-bullied</th>
<th>Not Cyber-bullied</th>
<th>Involved in sexting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Internet ‘often’ left me feeling depressed</td>
<td>4%</td>
<td>5%</td>
<td>9%</td>
<td>10%</td>
<td>16%</td>
<td>6%</td>
<td>10%</td>
<td>7%*</td>
<td>9%</td>
<td>13%</td>
<td>3%</td>
<td>14%</td>
</tr>
<tr>
<td>Internet ‘often’ left me feeling edgy &amp; nervous</td>
<td>5%</td>
<td>7%</td>
<td>8%</td>
<td>11%</td>
<td>15%</td>
<td>7%*</td>
<td>9%*</td>
<td>12%</td>
<td>5%</td>
<td>14%</td>
<td>4%</td>
<td>17%</td>
</tr>
<tr>
<td>Internet ‘often’ affected my school/college work</td>
<td>5%</td>
<td>7%</td>
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<tr>
<td>Internet ‘often’ caused difficulties with my friends</td>
<td>7%</td>
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<td>8%</td>
<td>8%</td>
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<td>9%</td>
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<td>15%</td>
<td>5%</td>
<td>19%</td>
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<tr>
<td>Internet ‘often’ caused difficulties with family</td>
<td>4%</td>
<td>8%</td>
<td>13%</td>
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<td>6%</td>
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<td>13%</td>
</tr>
<tr>
<td>Internet ‘often’ left me with thoughts &amp; feelings that were upsetting</td>
<td>6%</td>
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<td>11%</td>
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<td>11%</td>
<td>19%</td>
<td>4%</td>
<td>24%</td>
</tr>
<tr>
<td>Internet ‘often’ left me tired and sleepy</td>
<td>15%</td>
<td>20%</td>
<td>20%</td>
<td>18%</td>
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<td>31%</td>
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<tr>
<td>Internet ‘often’ helped me relax after school</td>
<td>58%</td>
<td>53%</td>
<td>56%</td>
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<td>58%</td>
<td>56%</td>
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<td>51%</td>
<td>62%</td>
<td>56%</td>
<td>60%</td>
</tr>
<tr>
<td>I spend 5+ hours per day online</td>
<td>20%</td>
<td>24%</td>
<td>27%</td>
<td>30%</td>
<td>36%</td>
<td>29%</td>
<td>28%</td>
<td>32%</td>
<td>24%</td>
<td>33%</td>
<td>19%</td>
<td>39%</td>
</tr>
<tr>
<td>‘Often’ visit sites encouraging self-harm/suicide</td>
<td>3%</td>
<td>3%</td>
<td>3%</td>
<td>1%</td>
<td>9%</td>
<td>5%</td>
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<td>9%</td>
<td>2%</td>
<td>14%</td>
</tr>
<tr>
<td>Someone you met online tried to persuade you into sexual activity you did not want</td>
<td>8%</td>
<td>9%</td>
<td>17%* small numbers</td>
<td>10%</td>
<td>15%</td>
<td>9%</td>
<td>30%</td>
<td>22%</td>
<td>13%</td>
<td>19%</td>
<td>5%</td>
<td>28%</td>
</tr>
<tr>
<td>NOTTINGHAMSHIRE CYBERSURVEY 2015</td>
<td>I have none of these difficulties</td>
<td>2288</td>
<td>I am a carer</td>
<td>I am in care</td>
<td>I have learning difficulties</td>
<td>I have mental health difficulties</td>
<td>I need help with English</td>
<td>I have speech difficulties</td>
<td>cannot hear very well if at all</td>
<td>I have a long standing illness</td>
<td>Cyberbullied</td>
<td>Not Cyberbullied</td>
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</tr>
<tr>
<td>Have ever seen sites in favour or religious extremism or terrorist acts. * Small numbers</td>
<td>13%</td>
<td>12%</td>
<td>10%*</td>
<td>8%</td>
<td>19%</td>
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<td>23%</td>
<td>9%</td>
<td>30%</td>
</tr>
<tr>
<td>Have ‘often’ visited pro-anorexia sites</td>
<td>12%</td>
<td>11%</td>
<td>7%</td>
<td>8%</td>
<td>21%</td>
<td>11%</td>
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<td>20%</td>
<td>10%</td>
<td>26%</td>
</tr>
<tr>
<td>Experienced threats to harm</td>
<td>7%</td>
<td>10%</td>
<td>12%</td>
<td>15%</td>
<td>20%</td>
<td>11%</td>
<td>21%</td>
<td>14%</td>
<td>17%</td>
<td>26%</td>
<td>5%</td>
<td>20%</td>
</tr>
<tr>
<td>Met up with someone known only online</td>
<td>16%</td>
<td>25%</td>
<td>28%</td>
<td>20%</td>
<td>24%</td>
<td>24%</td>
<td>28%</td>
<td>23%</td>
<td>15%*</td>
<td>28%</td>
<td>15%</td>
<td>52%</td>
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<tr>
<td>Ex-partner/friend shared images in revenge</td>
<td>5%</td>
<td>11%</td>
<td>15%</td>
<td>10%</td>
<td>15%</td>
<td>9%</td>
<td>6%*</td>
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<td>11%</td>
<td>17%</td>
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<tr>
<td>Involved in Sexting</td>
<td>4%</td>
<td>11%</td>
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<td>12%</td>
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<td>100%</td>
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<tr>
<td>Cyberbullied</td>
<td>19%</td>
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<td>37%</td>
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<td>29%</td>
<td>100%</td>
<td>0%</td>
<td>41%</td>
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<tr>
<td>Bullying/aggression LGBT</td>
<td>2%</td>
<td>6%</td>
<td>8%</td>
<td>8%</td>
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<td>6%</td>
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<td>12%</td>
<td>2%</td>
<td>11%</td>
</tr>
<tr>
<td>Bullying/aggression racist</td>
<td>3%</td>
<td>6%</td>
<td>5%</td>
<td>5%</td>
<td>7%</td>
<td>7%</td>
<td>9%</td>
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<td>6%</td>
<td>11%</td>
<td>2%</td>
<td>10%</td>
</tr>
<tr>
<td>Bullying/aggression disability</td>
<td>1%</td>
<td>3%</td>
<td>3%</td>
<td>13%</td>
<td>11%</td>
<td>5%</td>
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<td>3%</td>
<td>5%</td>
<td>7%</td>
<td>1%</td>
<td>6%</td>
</tr>
</tbody>
</table>
6. Meeting up in real life

- 3 people aged 10-11 years old met up in real life with someone they met online.
- 83 people aged 12-13 did so (15%)
- 132 people aged 14-15 did so (21%)
- 27 people aged 16+ did so (22%)
- Of the total sample, 19% met up in real life with someone they met online.

Before they met up, one of the 10-11 year olds told someone what they were going to do. The person was not unknown to them: ‘We spent 3 hours together because we knew each other before but had never met up.’ The other two did not answer subsequent questions.

Two thirds of the 12-13 year olds and three quarters of the 14-15 year olds told someone what they were going to do. As many as 84% of the 16+ age group also told someone of their intention to meet up with someone. The majority explained that they partly knew this person, through a friend or invited them to their party. ‘They were just a friend’ is a common theme. ‘I spent 3 hours with them, I was also with my best friend and my guy bff.’ Or: ‘I had already seen them, just hadn’t met them properly’

An analysis of the words they used in the open question produced this image:

**Friend**  **Half**  **Couple of Hours**  **Not Long**  **School**

**How long did you spend together?**

The older students tended to give explanations for their reason for meeting up such as:

‘Not too long, both of our mothers were there and had talked about it before. There’s also a community for a Japanese fashion where we all join a facebook group and meet up with people in the area in to the fashion. Each time my parents travel with me and they always double check there is a responsible adult in the area to look after me for the time we are there. I always have fun and feel safe at these meetups- and we’re all genuinely interested in the fashion. We all look after each other and there has never been a fake or protester or whatever come to a meet up.

‘A while because I met them through a friend and that spoke to them online.’

‘It wasn’t long they was a friend of a friend so I was with them also. It was most probably a hour or so.’

76% of the 14-15 year olds had told someone what they planned to do.
While most of the ‘meetups’ went without a hitch and the majority took steps to stay safe, nevertheless large numbers were worried about something that happened and told someone about this:

- 34 of those aged 12-13 (41%)
- 43 of those aged 14-15 (34%)
- 5 16+ year olds (20%)

did tell someone about something that happened that they were worried about.
7. Has the internet affected you?

When respondents were asked whether the internet affected them, the positive sides of young people’s internet use was seen. Apart from the reasons they go online explained in chapter 2, they also often use it to prevent boredom (71%) and often use it to relax after school (57%).

- But 17% of young people are often left tired and sleepy by it.
- 8% report that the internet left them with thoughts and feelings that were upsetting.
- 6% believe it often affects their schoolwork.
- 6% also say it often leaves them feeling edgy and nervous.
- 5% are often left feeling depressed.
- The internet can cause difficulties in relationships: 6% said it often caused difficulties with a boyfriend or girlfriend. 5% said it often caused difficulties with their family and 8% cited ‘difficulties with friends’.

However this picture changes when we look at age groups and the more vulnerable students. The percentage who are left feeling depressed increases to 8% of those 14-15 years old and 12% feel they are left with thoughts and feelings that were upsetting. The internet is said to have caused more difficulties with friends (14%) and family (7%) by the mid-teen years. But it is a source of enjoyment and relaxation for all age groups.

Girls are slightly more likely than boys to say:

- The internet caused difficulties with my friends 9% vs 6%
- The internet has often left me feeling edgy and nervous 7% vs. 5%
- The internet has left me feeling depressed, 6% vs. 4%
- The internet has left me feeling tired and sleepy 18% vs. 6%
Has the internet affected you in any of these ways in the last week? All.

- Caused difficulties with your friends: 8% No, 28% Sometime, 64% All
- Caused difficulties with your family: 5% No, 17% Sometime, 78% All
- Caused difficulties with your girlfriend/boyfriend: 10% No, 6% Sometime, 84% All
- Left you feeling tired and sleepy: 17% No, 39% Sometime, 44% All
- Affected your school or college work: 6% No, 19% Sometime, 75% All
- Left you with thoughts and feelings that were upsetting: 8% No, 24% Sometime, 67% All
- Left you feeling edgy and nervous: 6% No, 21% Sometime, 73% All
- Left you feeling depressed: 5% No, 15% Sometime, 79% All
- Helped you relax after school: 14% No, 28% Sometime, 57% All
- Stopped you feeling bored: 8% No, 21% Sometime, 71% All
The mid-teens, the 14-15 year olds, report the highest levels of family conflict in connection with the internet and as teenagers get older they are increasingly more likely to say that ‘the internet left me tired and sleepy’ or ‘affected my school or college work’.

The total sample masks problems facing vulnerable children

In this total sample these ‘difficulties’ appear to affect a small number of young people, however when we examine the vulnerable groups and those who have emotional vulnerabilities, we see that they are disproportionately affected by their interactions online and by the way the internet causes difficulties with friends and family or impacts their emotional life.
Those who feel ‘depressed most of the time’ report that in contrast to their peers who hardly ever or never feel depressed:

- 28% say the internet has ‘often’ left me with upsetting thoughts and feelings vs. 4%
- 18% have ‘often’ visited pro-anorexia sites, compared with 10%
- 9% have ‘often’ visited sites encouraging self-harm or suicide compared to 2%
- 20% say the internet has caused difficulties with my friends compared to 5%
- 18% say the internet has caused difficulties with my family compared to 3%
- 49% have been cyberbullied compared to 15%

Young people are say they ‘never feel happy and confident’ report the most adverse impacts:

- 36% say the internet has ‘often’ left me with upsetting thoughts and feelings
- 25% have ‘often’ visited pro-anorexia sites
- 20% have ‘often’ visited sites encouraging self-harm or suicide
- 14% say the internet has caused difficulties with friends and family
- 41% have been cyberbullied

Victims of cyberbullying are more likely to say that the internet causes difficulties with friends; they are also more likely to visit pro-anorexia and pro self-harm or suicide websites. 1 in 5 said they ‘often’ visit pro anorexia websites while 1 in 4 of those involved in sexting say they often visit pro-anorexia sites.

➢ The difficulties are hidden within the broader population of young people and often not reported by the young people involved. This data shows the need for a screening or assessment tool, to help identify who might be in need of targeted or intensive support. It also illustrates that emotional health over rides e-safety advice.

These messages are illustrated in the table that follows.
### Nottinghamshire CYBERSURVEY 2015
**BY Adrienne Katz for Youthworks**

<table>
<thead>
<tr>
<th></th>
<th>I am happy and confident most of the time</th>
<th>I hardly ever/never feel depressed</th>
<th>I hardly ever/never feel I am not good enough</th>
<th>I feel depressed most of the time</th>
<th>I mostly feel I am not good enough</th>
<th>I never feel happy + confident</th>
<th>Cyber-bullied</th>
<th>Involved in sexting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Threats to harm received online</td>
<td>7%</td>
<td>5%</td>
<td>6%</td>
<td>24%</td>
<td>22%</td>
<td>33%</td>
<td>26%</td>
<td>21%</td>
</tr>
<tr>
<td>Victim of revenge sharing by ex-partner/friend</td>
<td>5%</td>
<td>4%</td>
<td>4%</td>
<td>17%</td>
<td>15%</td>
<td>12%</td>
<td>17%</td>
<td>26%</td>
</tr>
<tr>
<td>Been Cyberbullied</td>
<td>14%</td>
<td>15%</td>
<td>14%</td>
<td>49%</td>
<td>43%</td>
<td>41%</td>
<td>100%</td>
<td>41%</td>
</tr>
<tr>
<td>Often visit self-harm/suicide sites</td>
<td>5%</td>
<td>2%</td>
<td>3%</td>
<td>9%</td>
<td>8%</td>
<td>20%</td>
<td>9%</td>
<td>14%</td>
</tr>
<tr>
<td>Met up in real life with person known online</td>
<td>16%</td>
<td>8%</td>
<td>15%</td>
<td>32%</td>
<td>26%</td>
<td>26%</td>
<td>28%</td>
<td>52%</td>
</tr>
<tr>
<td>Involved in sexting</td>
<td>5%</td>
<td>5%</td>
<td>4%</td>
<td>15%</td>
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<tr>
<td>Internet has often left me tired and sleepy</td>
<td>11%</td>
<td>4%</td>
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<td>34%</td>
<td>30%</td>
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<tr>
<td>Internet has often left me with upsetting thoughts and feelings</td>
<td>4%</td>
<td>4%</td>
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<td>28%</td>
<td>27%</td>
<td>36%</td>
<td>19%</td>
<td>24%</td>
</tr>
<tr>
<td>Spend 5+ hours per day online</td>
<td>17%</td>
<td>18%</td>
<td>17%</td>
<td>42%</td>
<td>34%</td>
<td>44%</td>
<td>33%</td>
<td>39%</td>
</tr>
<tr>
<td>Victim of cyber-homophobic bullying/aggression</td>
<td>3%</td>
<td>2%</td>
<td>3%</td>
<td>17%</td>
<td>12%</td>
<td>20%</td>
<td>12%</td>
<td>11%</td>
</tr>
<tr>
<td>‘Often’ visited pro – anorexia websites</td>
<td>15%</td>
<td>10%</td>
<td>9%</td>
<td>18%</td>
<td>20%</td>
<td>25%</td>
<td>20%</td>
<td>26%</td>
</tr>
<tr>
<td>Have ever seen sites in favour of religious extremism or terrorist acts</td>
<td>6%</td>
<td>10%</td>
<td>9%</td>
<td>9%</td>
<td>23%</td>
<td>20%</td>
<td>24%</td>
<td>30%</td>
</tr>
<tr>
<td>Have ‘often’ been able to look after myself online</td>
<td>44%</td>
<td>43%</td>
<td>58%</td>
<td>40%</td>
<td>43%</td>
<td>45%</td>
<td>46%</td>
<td>44%</td>
</tr>
<tr>
<td>Nottinghamshire CYBERSURVEY 2015</td>
<td>I am happy and confident most of the time</td>
<td>I hardly ever/never feel depressed</td>
<td>I hardly ever/never feel I am not good enough</td>
<td>I feel depressed most of the time</td>
<td>I mostly feel I am not good enough</td>
<td>I never feel happy + confident</td>
<td>Cyber-bullied</td>
<td>Involved in sexting</td>
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</tr>
<tr>
<td>‘Often’ see websites promoting hatred or racist views</td>
<td>5%</td>
<td>15%</td>
<td>5%</td>
<td>8%</td>
<td>9%</td>
<td>10%</td>
<td>12%</td>
<td>18%</td>
</tr>
<tr>
<td>‘Often’ see sites displaying very violent images/videos</td>
<td>6%</td>
<td>7%</td>
<td>6%</td>
<td>13%</td>
<td>10%</td>
<td>10%</td>
<td>15%</td>
<td>21%</td>
</tr>
<tr>
<td>Someone you met online tried to persuade you into sexual activity you did not want</td>
<td>6%</td>
<td>6%</td>
<td>5%</td>
<td>18%</td>
<td>17%</td>
<td>20%</td>
<td>19%</td>
<td>28%</td>
</tr>
<tr>
<td>Are there ways in which the internet helped you make a good relationship with someone? Answer: ‘Yes’</td>
<td>39%</td>
<td>38%</td>
<td>38%</td>
<td>56%</td>
<td>57%</td>
<td>57%</td>
<td>60%</td>
<td>61%</td>
</tr>
<tr>
<td>Internet often caused difficulties with my friends</td>
<td>5%</td>
<td>5%</td>
<td>4%</td>
<td>20%</td>
<td>16%</td>
<td>14%</td>
<td>15%</td>
<td>19%</td>
</tr>
<tr>
<td>Internet often caused difficulties with my family</td>
<td>3%</td>
<td>3%</td>
<td>2%</td>
<td>18%</td>
<td>13%</td>
<td>14%</td>
<td>9%</td>
<td>13%</td>
</tr>
</tbody>
</table>
8. Manipulative Relationships

A block of questions was developed to explore manipulative online relationships.

- Respondents were asked: Have you ever felt someone was trying to control you through smartphone or social media?

After the age of 12 years, 16% said it had happened to them once or twice. Ages 12 - 15 years said 4% had experienced this ‘often’ in contrast to 4% of them (3% of 10-11 year olds). But it was more common at age 16, when it was reported as happening ‘often’ by 8% of respondents in this age group. The answers below represent those who had experienced this behaviour in a relationship.

![Manipulative Relationships. By age.](image)

- Has an ex-partner or friend tried to take revenge by sharing/posting personal images?
- Has someone you met online tried to persuade you into sexual activity you did not want?
- Have you ever been made to feel uncomfortable or scared by someone online who tried to make you give personal details?
- Have you ever been asked to give our SNS passwords to a close friend?
Being pressured to share passwords with a close friend is commonly experienced among young people aged 12 and over. E-safety education could focus on urging young people to regularly change their passwords.

- While experience of a manipulative relationship appears relatively low among the general population of our respondents, rising with age groups, the ‘vulnerable’ groups tell a different story.
- 30% of those with speech difficulties say they have experienced someone met online trying to persuade them into sexual activity they did not want, while among those people who are involved in sexting, 26% said that the images were posted or shared by an ex-partner or friend as a form of revenge.
9. Cyberbullying

Young people were asked if they had ever cyberbullied someone else.

2% of boys and 3% of girls admitted that they had done so.

Do you think you have been cyberbullied?

18% of boys said yes
24% of girls said yes

21% of the total sample said they had been cyberbullied. (22% in 2012/3).

509 people had been cyberbullied. Boys were more likely to report it online than to tell someone about it whereas girls preferred the face to face option. If boys told someone, they overwhelmingly chose parents but their reticence remained: (I told) ‘My dad, but I didn’t tell him the whole story.’

‘Nope. I kept it to myself as I knew it would probably mean my access to the internet being restricted’

<table>
<thead>
<tr>
<th>If you were cyberbullied, did you tell anyone?</th>
<th>Boy</th>
<th>Girl</th>
</tr>
</thead>
<tbody>
<tr>
<td>I told nobody</td>
<td>31%</td>
<td>25%</td>
</tr>
<tr>
<td>I told someone about it</td>
<td>43%</td>
<td>60%</td>
</tr>
<tr>
<td>I reported it online</td>
<td>27%</td>
<td>16%</td>
</tr>
</tbody>
</table>

Did the cyberbullying stop after you told someone or asked for help?

<table>
<thead>
<tr>
<th></th>
<th>Boy</th>
<th>Girl</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>66%</td>
<td>62%</td>
</tr>
<tr>
<td>It stayed the same</td>
<td>24%</td>
<td>27%</td>
</tr>
<tr>
<td>It got worse</td>
<td>10%</td>
<td>11%</td>
</tr>
</tbody>
</table>

A troubled group

Victims of cyberbullying appear throughout this survey in situations where they are at risk, 11% are involved in sexting and 30% have seen websites in favour of religious extremism and terrorist acts. 26% of them have often visited pro-anorexia websites and 14% often visit websites encouraging self-harm or suicide. 28% have had someone try to persuade them into sexual activity they did not want. Over half (52%) have met up with someone they only knew online.
Does age play a part?

Cyberbullying is relatively low among 10-11 year olds but strikingly at age 12-13 it is at a peak. It is among this age group that work needs to be focused. The 14-15 year olds report a level of cyberbullying which is commonly found among these mid-teens, but it does appear to have stopped rising and is amenable to delivery of good practice.

Among the older students it is prevalent but numbers are relatively small in this sample.

A decrease in cyberbullying has begun to appear in different samples of the Cybersurvey. Emerging at first among one or two age groups, the following year it seemed to have decreased among all ages. (Suffolk 2014/5). This may be happening in Nottinghamshire too, but it is too early to be certain. There is certainly a slight drop this year.
10. ‘Sexting’

148 young people are involved in sharing explicit or intimate pictures. (6%). 55 were aged 10-11, 24 aged 12-13, 155 aged 14-15 and 13 aged 16+. This behaviour is most common at age 14-15.

Below are the reasons they gave for sharing these images and the number of times they did so.

After they shared the image,

- 83% said that nothing happened to them.
- But 9% were bullied and 4% were blackmailed and told to send further photos.
- 12% said they were not prepared for what happened when it got shared with other people.

‘They threatened me with murdering my cat’

‘I sent a photo then it got shared to the whole school and I didn’t go to school for a week’

‘I posted a selfie and nothing happened’
'I got into bad trouble'

*My friends just said positive things*

*People asked me why I was dancing topless on YouTube.*

113 people told someone what had happened to them. For the majority of these people the problem stopped (60%) but for 14 people things only improved ‘a bit’ and for 16 people the situation ‘stayed the same’ and a further 15 said ‘it got worse’ after they told someone.

Half of the young people involved said they told nobody although some reported it online.

- 34% told friends
- 19% told parents/carers/family
- 11% told a trusted adult
- 7% reported it online
- 50% told nobody

➢ **Who is most likely to be in the group involved in sharing explicit images?**

11% of young carers

11% of young people in care

10% of those with learning difficulties

11% of those with mental health difficulties

12% of those who need help with English

15% of those with speech difficulties

7% of those with hearing difficulties and those with a chronic illness

11% of those who have been cyberbullied

**Emotional Health is a predictor of this behaviour:**

15% of those who feel depressed most of the time

11% of those who hardly ever or never feel they are good enough

10% of those who hardly ever or never feel happy and confident

are all involved in image sharing, compared to:

- 4% of those who have not been cyberbullied
- 4% who have none of the above difficulties, needs or responsibilities
- 5% of those who feel happy and confident most of the time
11. E-safety Education

The Cybersurvey has run for 8 years during which a pattern has emerged and stayed unchanged. Those aged 10-11 years old attempt to follow the-safety guidelines, whereas the 14-15 year olds tend to drift away from following what they have been taught. In 2015 in Nottinghamshire, 37% of the mid-teens said they always follow the guidelines, up from 31% in 2013. 43% follow them ‘sometimes.’

➢ 62% of the total sample say they ‘always’ follow the guidelines, up from 41% in 2013.

18% of those aged 14-15 say they have not been taught to stay safe online – this is the largest age group giving this answer. (16% of those age 16+, 13% of those aged 12-13 and 11% of those aged 10-11 years).

If you have been taught to stay safe online how good was this information?

<table>
<thead>
<tr>
<th>Response</th>
<th>Percentage</th>
<th>Change from Previous Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very good</td>
<td>52%</td>
<td>up from 38% in 2012/13</td>
</tr>
<tr>
<td>Quite good</td>
<td>41%</td>
<td>down from 51% in 2012/3</td>
</tr>
<tr>
<td>Not good enough</td>
<td>4%</td>
<td>down from 6% in 2012/3</td>
</tr>
<tr>
<td>Useless</td>
<td>3%</td>
<td>down from 4% in 2012/3</td>
</tr>
</tbody>
</table>
If you have been taught to stay safe online, do you actually follow these guidelines?

- Endorsement of the e-safety education has increased this year along with adherence rates. More people think the e-safety education was good and they are more inclined to follow it than in 2012/3.

- 62% say they always follow the e-safety guidelines compared to 41% in 2012/3
- 7% say they don’t really or never follow the guidelines compared to 14% in 2012/3

Reasons for their choice not to follow the advice:

‘Because sometimes things just don’t need to be followed’

Sometimes, some information is unnecessary and some are just common sense.’

‘Sometimes but it really isn’t very comprehensive. Like do they tell you what to do about clicking on ‘one dollar skinny pill’? No.’

‘Boring’

‘I still post selfies but my account is private.’

But others follow the advice:

“Because it is good to stay safe online’

‘Because I don’t want to put myself in danger’
‘Because I know there will be consequences.’

The young people were asked how they prefer to get their information about staying safe online and this is a text analysis of their replies:

If you wanted to report something that has happened to you or to a friend, or get some online help, would you talk to any of these people or services? You can tick more than one box.

<table>
<thead>
<tr>
<th>Option</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>I would not know where to report it</td>
<td>13%</td>
</tr>
<tr>
<td>I don’t think reporting helps</td>
<td>12%</td>
</tr>
<tr>
<td>I would tell friends</td>
<td>38%</td>
</tr>
<tr>
<td>I would tell parents/carers</td>
<td>69%</td>
</tr>
<tr>
<td>I would tell a brother/sister/relative</td>
<td>36%</td>
</tr>
<tr>
<td>I would tell a trusted adult</td>
<td>59%</td>
</tr>
<tr>
<td>I would tell another student/peer mentor</td>
<td>17%</td>
</tr>
<tr>
<td>I would tell the police</td>
<td>27%</td>
</tr>
<tr>
<td>I would visit an online support group</td>
<td>9%</td>
</tr>
<tr>
<td>I’d use a charity or helpline</td>
<td>8%</td>
</tr>
<tr>
<td>I’d report it to the website or service where it happened</td>
<td>27%</td>
</tr>
</tbody>
</table>
30% had helped a friend who had a bad experience

Someone who was bullied – I told their parents and carers about it.

‘I said I am there for them if they need help’

‘I had a friend who was having troubles online which was causing her to self-harm. I told her parents and ensured she had help.’

‘A girl I knew was feeling very suicidal at the time and she was putting worrying things on her snapchat story which made me and my friend, who’s house I was at at the time this happened, worry about her, therefore we rang Childline and they gave us some good advice to help with the situation, however most of things they told us was pretty useless. Generally I think you can only help yourself sometimes because people like adults don’t understand so can’t help.’

‘I would tell them to tell a trusted adult and the website manager’

‘I spoke to them and told them they were worth something and they don’t need to worry because they’re amazing.’

‘I have told them that the best thing to do it report it to someone that they trust (I have given my advice) then I have told a trusted adult about the situation for them to then take it further to come up with a solution in some way.’

‘I tried to reassure them and make them feel ok, and that they could do nothing, to hurt them, think of them as an ant behind a mound of dirt, and you a giant, shadowing them, overpowering them.’

‘I spoke to them because they were in my class and it helped them because I told her that there was many people in the world who go online to be nasty and you have just got to ignore them.’

The LAW

Students were asked if they know that some online behaviour is illegal.

86% said they understand what is illegal

11% are not sure

3% do not understand what is illegal

Do you think young people need lessons on online life and what the law says?

Two third believe young people need lessons on online life and what the law says.

25% do not know

9% do not think young people need this.
Research Mathletics Tube CHAT Homework Football Scores Pictures Learn Friends Apps Play Instagram Games Emailing Youtube Family Look Sport Videos Stuff Listen to Music Making Anonymous Confessions Facebook Instagram School Wechat Check

What I go online to do