



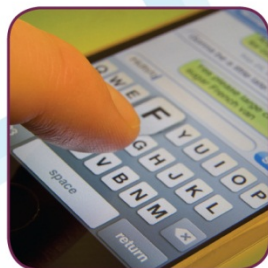
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THE LONDON SCHOOL
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Access, use, risks and opportunities
Norwegian children on the Internet
EU Kids Online survey, Norway 2018
Summary of Results

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The Norwegian EU Kids Online survey (2018) was undertaken by Professor Elisabeth Staksrud at the Department of Media and Communication at the University of Oslo in collaboration with Ipsos Norway, who collected the data. The data collection was funded by the Norwegian Ministry of Justice and Public Security.¹

The questionnaire used in this survey was developed in collaboration with the international team led by Professor Elisabeth Staksrud (University of Oslo in Norway), together with Kjartan Ólafsson (University of Akureyri, Iceland), and Professor David Smahel (Masaryk University, Czech Republic). For more information, see www.eukidsonline.net. Tijana Milosevic translated the report from Norwegian to English. Sara Skilbred Fjeld was the research assistant during the

development of the questionnaire and Kaija Risbakken was the research assistant during the preparation of the report. The report was developed in collaboration with Ipsos Norway where Linn Sørensen Holst was the main contact point.

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<https://www.hf.uio.no/imk/forskning/prosjekter/eu-kids-iv/rapporter/>

¹ Prop. 1 S (2016-2017) and Prop. 12 S (2016-2017): The strategic plan to address violence and assault (2017-2021) where the need to develop

research on children's management of online risk has been outlined.

SUMMARY OF RESULTS

Method

Data collection was executed by Ipsos Norway in the summer and fall of 2018. The representative sample included children aged 9 to 17 who had used the Internet during the past three months, and one of their parents.

Children and parents had been recruited by telephone interviews in advance of the survey. The survey itself was conducted by visiting the respondents at home. The respondents answered the survey using a tablet device.

Internet Access

- Most children and young people have an active Internet presence. The majority have their own devices.
- 96 % have their own mobile phone with Internet access. Just 2% answer that they do not have their own mobile phone. 1% did not wish to answer this question.
- For younger children, a tablet (49%) is more common than a PC (17%).
- Internet use is equally distributed between weekdays and weekends.
- On average, children and young people use the Internet for a little less than four hours each day.
- Girls use the Internet more than boys. The time spent online increases with age and doubles when comparing 9-10-year-olds with 15-17 year-olds.
- Girls (32%) report more often than boys (24%) that they are on their mobile phone «all the time».
- Significantly more boys report that they are online using a game console «almost all the time» (11%), when compared to girls (0%).
- There are no significant differences in weekday Internet use between boys and girls. The results show, however, that boys spend more time on the Internet at the weekend.
- Communication with friends and family stands out as the strongest reason for children's Internet use together with listening to music or watching different types of videos. Schoolwork is also important but to a lesser degree than other activities.
- 7 of 10 (68%) use the Internet daily to communicate with family and friends.
- Boys spend more time communicating with teachers on the Internet: 13% of boys do this daily, several times a day, or almost all the time. The corresponding rate for girls is 7%.
- Girls and boys use the Internet for schoolwork to the same extent. 42% use the Internet for schoolwork on a daily basis, several times a day or almost all the time.
- There are significant differences between boys and girls when it comes to Internet use via gaming consoles (45% of boys vs. 6% of girls use video game consoles to go online every day).
- 21% look for news online every day.
- 8 out of 10 children have their own profile on a social networking or gaming site. Most of them also have active relationships with other people on social networks and rarely state that they accept all requests for connection.
- Girls report more frequently than boys that the Internet takes too much time. 66% of girls agree with this statement vs. 43% of boys.
- Most Norwegian children (92%) say they feel safe on the Internet. This is more than those who say they feel safe at home (86%).
- While the feeling of safety increases with age, the majority of 9-12 year olds (85%) also feel safe on the Internet.

- 3 out of 4 think that others are kind and helpful online and 80% know what to do if someone is not - that is, if someone behaves in a way they do not like.
- 29% think that it is easier to be themselves online than face to face.
- Boys are more likely than girls to discuss personal things online that they would not discuss with others face to face.

Skills

- Considering the significant participation of the youngest children on social networks (84% report to have a profile on a social network), it is important to note that a smaller portion of them, and only half of the girls, know how to change their privacy settings.
- Boys report to a greater extent than girls that they have information and navigation-related skills.
- Less than half of Norwegian children and young people know how to change or make simple changes in the internet content that others have created. This skill is lowest amongst the youngest girls where only 16% report to have these skills vs. 38% of boys in the same age group.
- The average score for creative skills is 6,4 (of 10) for the entire group, but only 5,0 for girls between 11 and 12 years of age.
- Most children (97%) know how to download or install an app on a mobile phone.
- 8 out of 10 say they know how to control how much it costs to use mobile applications. Fewer girls report to know how to do this than boys.
- 6 out of 10 say they could use advice on how to distinguish between real and fake news.
- 4 out of 10 could use advice on how companies or authorities track what you do online.
- Almost half (45%) say they could use advice on how to help others who are bullied online.
- 1 out of 5 (21%) could use advice on sharing naked images online.

Risks

- When we compare the statistics from 2010 and 2018 we see that the portion of those who have

experienced something that has bothered or upset them online is stable. Almost one in four experience this. The proportion of those reporting negative experiences has gone down amongst the youngest and oldest age groups, while for 11-14-year-olds we see an increase. There are small differences between the genders.

- In the past year 5% of all children have had negative experiences regularly (i.e. at least each month) whereas 17% have experienced this a couple of times.

Excessive Internet use

- 19% of children aged 11-17 said they missed out on sleep or food several times during the past year because of the amount of time they spent on the Internet. 8% said this happened to them at least every month. 29% said that they tried to use the Internet less but without success several times during the past year; and 17% said this happened to them at least every month. 40% said that they spent less time than they should with their family or friends or doing homework, because of the amount of time they spent online, at least a few times during the past year; and 28% said this happened to them at least every month.

Bullying

- In 2018, 25% of children said they were bullied online or offline while in 2010 this number was 31%. The total number of those who report to have experienced bullying has therefore decreased even though the number of social media users and mobile phone users has increased during the same time period.
- In the survey, 25% of the children who answered the question on bullying said that they had experienced this during the past year, and 15% had experienced this online.
- There are significantly more girls in the oldest age group who say that they have been treated in such a hurtful or nasty way. The results show that among all children, 1% say that they were threatened or forced to do something they did not wish to do. Mean or hurtful messages were sent to 2% of children and 2% experienced that mean or hurtful messages about them were circulated online for others to see.

- Among those who have been bullied, girls speak more often with a brother or sister about this (43%), when compared to boys (4%). Girls also spoke more often to a teacher (37%) while no boys reported to have done that (0%). Finally, girls spoke more often with another adult they trusted (33%), while boys did not do that at all (0%).
- 12% of 9-17-year-olds say that they have bothered someone face-to-face or online during the past year.
- The most common reason for bullying or bothering someone else is revenge (41%), followed by «it just happened» (31%), and because they thought it was fun (21%).
- 36% of children say they did not know what to do when they saw someone else being bullied online.
- Almost half of the children who answered this question (49%) say they spoke to a friend of the same age afterwards, and a quarter did not speak to anyone.
- Children with parents with lower levels of education are more likely to try to help those who are bullied than those with parents with higher levels of education.

Hate speech

- Those who use the Internet for more than five hours per day are more likely to report that they disagree a lot when answering the question about the use of violence in connection with solving world problems, the use of bombs to address injustice and acts of terror.
- 34% report to have seen hate speech online during the past year. The likelihood of experiencing this increases significantly with age, from 7% of 9-10-year olds to 55% of 15-17-year-olds.
- 6% of 9-17-year-olds have received hateful messages online directed at themselves or at the group they belong to.
- 5% of 9-17-year-olds report that they have sent hateful or humiliating messages online.

Sexting/sexual messages

- 32% of Norwegian youth have received sexual messages during the past year – an increase of 20% from 2010.
- Experience with sexual messages increases strongly with age. More than half of all 15-17-year-olds (52%) have received one or more sexual messages during the previous year.
- About 7% of 11-12-year-olds have received one or more such messages during the previous year.
- There are no clear patterns in background variables when considering the platforms where children receive sexual messages, but most of those who receive such messages do so via social media, on their phones, on image sharing services or during mobile phone conversations.
- 19% of 13-17-year-olds have received sexual messages at least every week, daily or almost daily.
- A total of 11% report to have been very or quite upset after receiving sexual messages, while 14% were a little upset.
- 41% report that they were neither happy or upset, while 35% of the total, and 56% of the boys say they were happy.
- The results show that most children and young people (77 % of all children and 97 % of 11-12-year-olds) have not, during the past year, been asked to send sexual messages or images when they did not wish to.
- 10% have shared or posted sexual messages about themselves or others during the past year.

Sexual images/pornography

- In total, 40% of children between 9 and 17 say they have seen sexual images (online or offline), a decrease of 46% since 2010. Experiences with this kind of content increases with age –from 8% of 9-10-year-olds to 77% of 15-17-year-olds.
- 20 % say they have seen sexual images at least every month via a mobile phone, computer, tablet or similar device, while 15% have seen this on TV or film. 22% have visited a porn site, and 13% say they have done so at least every month.

- If we only consider children who have seen sexual images during the past year (n=402), then 21% report that they have often (at least every week) seen sexual images on porn sites, defined as sites containing adult content/sites that are forbidden for children. 8% say they have seen sexual images on such sites at least every month, while 47% say they have never done this.
- 58% of older boys have visited porn sites at least every month, compared to 9% of girls from the same age group.
- Among the 402 who have seen sexual images online, most of them report that they felt nothing special (42%) when they saw sexual images.
- More boys report positive feelings than girls (17% and 4%) when seeing sexual images, and more girls report being upset to a small, somewhat or large degree (11% compared to 27%).
- Other common feelings associated with these experiences include curiosity (20%), embarrassment (16%) and excitement (12%). Of these, boys are most likely to have felt curiosity or excitement, while girls are more likely to have felt embarrassment.
- Overall boys express far more positive reactions than girls.

Meeting online contacts

- In 2018, 60% of all Norwegian children said they had contact with someone on the Internet whom they previously had not met in person. Such experiences become more common with age, from 17% of 9-10-year-olds, to 83% of 15-17-year-olds.
- Boys (66%) have somewhat more experience with this kind of contact than girls (56%).
- As expected, offline meetings with people first met online, do not necessarily represent negative experiences for children. On the contrary, most of our respondents (82%) said they felt happy after having met in person with someone whom they first met online. 17% were neither happy or upset. At the same time it is important to note that 1% of those who had such meetings said they were very or quite upset afterwards. All of these were girls aged between 15 and 17.

Harmful content

- Overall 35%, and more than half of girls aged 14-17 (53%), have been on sites where people discuss or show ways to hurt or otherwise harm themselves physically (self-harm). Amongst the youngest girls (aged 11-13) 1 out of 5 report that they have done this.
- One in three (32%) and over half of girls aged 14, have seen online content or discussions about how to be very thin (pro-anorexia/pro-ana, pro-bulimia/pro-mia also known as *thinspiration*).
- Almost 1 in 3 have seen Internet content where people discuss experiences with taking drugs. About 1 in 10 (11%) of boys aged between 11 and 13 have experienced this, compared to 5% of girls in the same age group.
- One in four (26%) have been on Internet pages where ways to commit suicide are discussed. In this case we find the largest proportion amongst the older girls (33%).

Since 2010, the results have increased in all of these categories:

- Experiences with sites where ways to physically harm oneself are discussed have increased from 16% in 2010 to 35% in 2018. Amongst the oldest girls, the results have risen from one in four (23%) in 2010 to over half (53%) in 2018.
- Experiences with pages that discuss extreme thinness (pro-ana/pro-mia/thinspiration) have risen from 17% in 2010 to 32% in 2018. For girls aged 11-13, the number who have had such experiences has risen from 9% in 2010 to 22% in 2018.
- Experiences with websites/groups where drug use is discussed have risen from 9% in 2010 to 28% in 2018. Among the oldest boys, reports of such experiences have risen from 18% in 2010 to 38% in 2018.
- Experiences with suicide-related content have risen from 9% in 2010 to 29% in 2018. For the youngest boys, these numbers have tripled, from 4% in 2010 to 12% in 2018.

Privacy and personal information

- 12% of 11-17-year-olds reported that someone found out where they were by tracking their phone or device.

- 9% of these said they spent too much money on in-app purchases or online games.
- 5% in the same group said someone used their password to access their information or post something while impersonating them.

Coping with Risk

- Friends still represent the most important social support for those who have had negative experiences online.
- 57%, and mostly older children (13-17 years of age) spoke to a friend of the same age, while 33% (and mostly 9-12 year-olds) spoke to one or both of their parents.
- One of five (20%) did not speak to anyone the last time they experienced something negative online.
- 30% of 9-17-year-olds say they ignore the problem or hope it will solve itself after having a negative experience.
- Siblings also represent social support (12%), and 6% of children report to have spoken to another adult whom they trust. This category includes other family members or close social relationships, like grandparents.
- Teachers are not considered very relevant when it comes to discussing negative online experiences. Just 6% of children report to have spoken to teachers about this.
- Only 6% of children say they spoke to someone «whose job it is to help children.»

Parents

- Only 1 of 4 (25%) say that parents often or very often talk to them about what to do if someone or something on the Internet bothers or upsets them. One in four report that their parents do this occasionally.
- 33% of all children say their parents use parental controls which warn the parent when a

child wants to spend money on digital content such as in-app purchases; and 22% say their parents use controls that prevent them from accessing certain apps.

- Half the children report that their parents talk to them about what they do on the Internet but only 1 in 5 say their parents do that often or very often.
- Less than 1 in 10 (7%) have experienced that parents engage in joint activities with them online.
- More younger boys (14%) than girls (4%) have experienced that their parents have done something together with them on the Internet.
- 40% of 9-17-year-olds say they have rules about how long or when they are allowed to be online. This is interesting since we know that over half of Norwegian parents generally express significant concern or worry about the amount of time their children spend online. 54% of parents (70% of parents under 40 years of age) say they worry a lot that their child spends too much time on their phone. And 49% of parents say they worry a lot that their child is spending too much time playing video games.
- Half of the children and young people say they never ignore their parents' rules regarding Internet use, while 41% sometimes do this. Among those who often ignore their parents' rules (8% in total) we find somewhat more boys than girls.
- 33% of 11-17-year old children experienced that their parents shared something about them online (i.e. text, photo or video), without asking their permission first.
- 17% of the same age group asked their parents to remove something they had posted about them online; and 9% said they were upset about something that their parents or caregivers had posted online.