

Public opinion survey on the functioning of the telecommunications service market and consumer preferences

Report from the survey carried out among children and parents

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Basic information

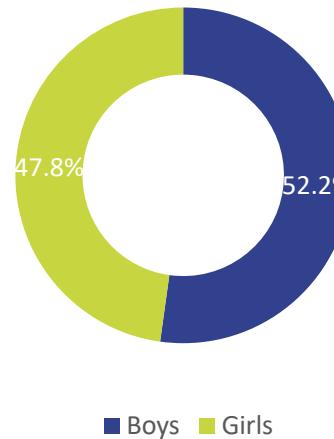


Title	Understanding public opinion on the functioning of the telecommunications service market
Procurer	Office of Electronic Communications The logo for the Office of Electronic Communications (UKE) consists of the letters "UKE" in a bold, black, sans-serif font, with the letter "K" in yellow.
Contractor	Danae Sp. z o.o. and Realizacja Sp. z o.o. The logo for Danae Sp. z o.o. consists of the word "DANAЕ" in a white, serif font. The logo for Realizacja Sp. z o.o. consists of the word "realizacja" in a white, lowercase, sans-serif font, enclosed within a thin orange circle.
Sample size	N=500 children aged 7–15 with their parents
Sample selection	Random quota sampling, stratified by location, gender and age of the child
Technique	CAPI – Computer Assisted Personal Interviewing
Location	Nation-wide survey
Dates	October – November 2019

Characteristics of the sample

Characteristics of the sample – children

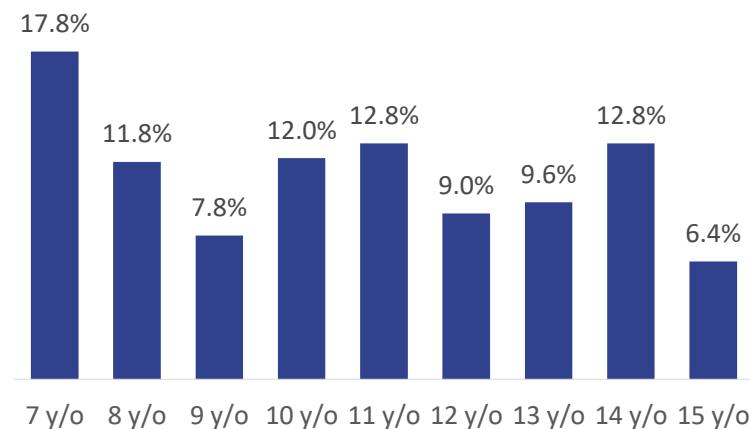
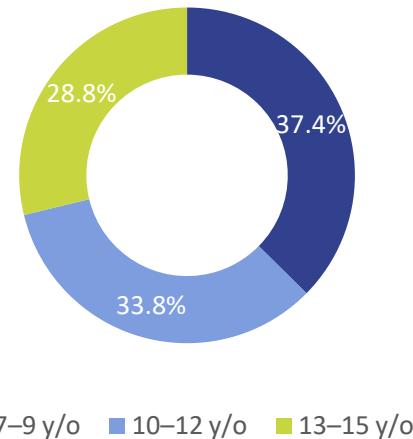
Gender



There were slightly more boys (52.2%) than girls (47.8%) among the surveyed children.

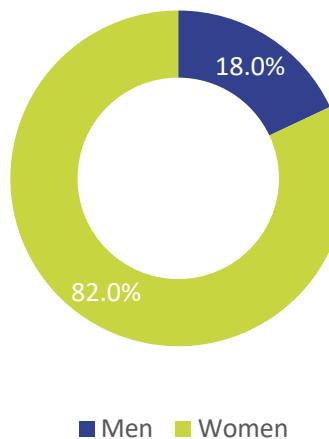
The most numerous group were children between the ages of 7 and 9 – almost 40% (37.4%). A slightly lower percentage was recorded for children aged 10–12 (33.8%) and 13–15 (28.8%).

Age

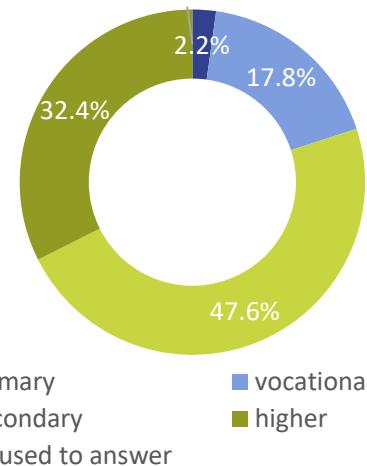


Characteristics of the sample – parents

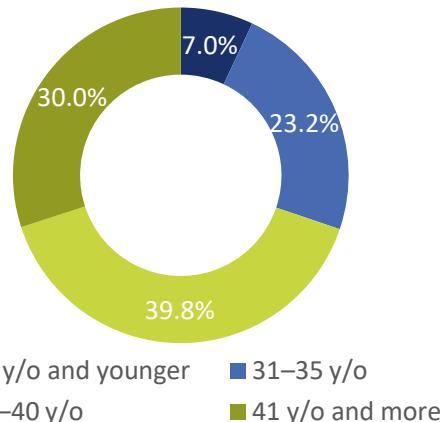
Gender



Education



Age



Reference group (parents): All respondents, N=500

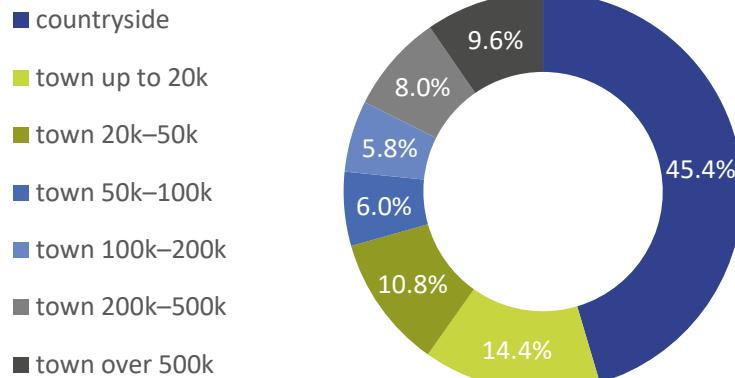
The group of surveyed parents included mostly women – 82.0%.

In terms of age, the most numerous group were people in the 36–40 age bracket (39.8%).

The respondents mostly had secondary education (47.6%) or held higher education degrees (32.4%).

Characteristics of the sample – parents

Town size

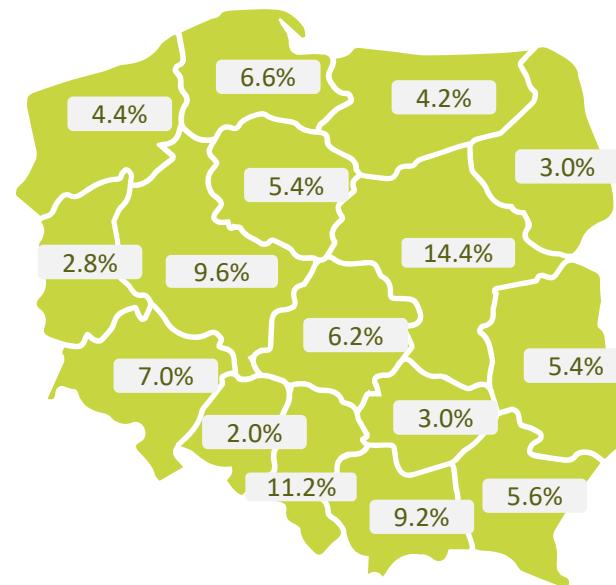


Residents of rural areas constituted 45.4% of the respondents, while those who live in cities – 54.6%.

The largest group of respondents in terms of geography are residents of the Mazowieckie Voivodeship (14.4%). This group was followed by residents of Śląskie (11.2%), Wielkopolskie (9.6%) and Małopolskie (9.2%) voivodeships. The Opolskie Voivodeship was the least represented (2.0%).

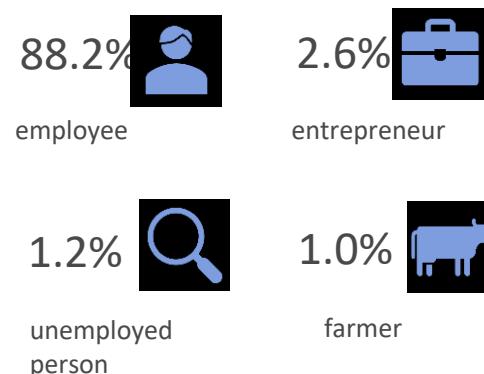
Reference group (parents): All respondents, N=500

Voivodeship



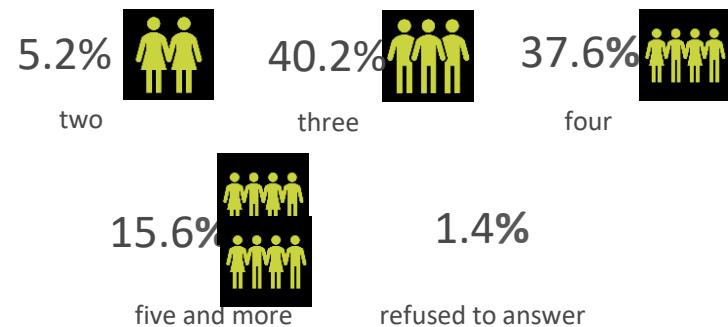
VOIVODESHIP	%	VOIVODESHIP	%
Dolnośląskie	7.0%	Podkarpackie	5.6%
Kujawsko-pomorskie	5.4%	Podlaskie	3.0%
Lubelskie	5.4%	Pomorskie	6.6%
Lubuskie	2.8%	Śląskie	11.2%
Łódzkie	6.2%	Świętokrzyskie	3.0%
Małopolskie	9.2%	Warmińsko-mazurskie	4.2%
Mazowieckie	14.4%	Wielkopolskie	9.6%
Opolskie	2.0%	Zachodniopomorskie	4.4%

Occupational situation

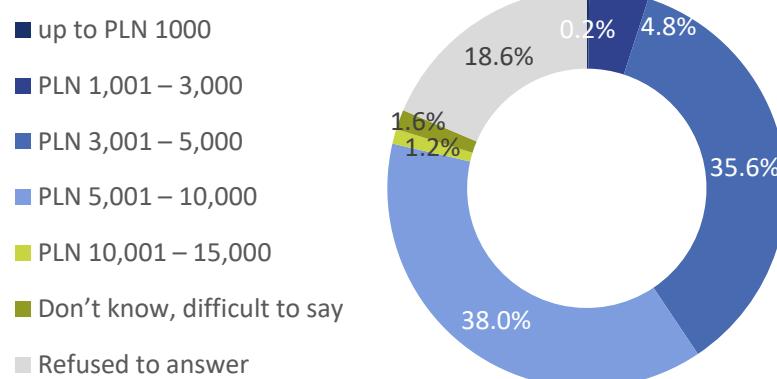


Other – 0.4%
Don't know, difficult to say – 0.4%
Refused to answer – 0.2%

Number of people in a household



Household income



The vast majority of respondents (88.2%) are employed.

Respondent households usually comprised three (40.2%) or four people (37.6%).

Household income was most often in the ranges of PLN 3,001–5,000 (35.6%) and PLN 5,001–10,000 (38.0%).

Every fifth respondent refused to disclose their income.

Mobile telephony

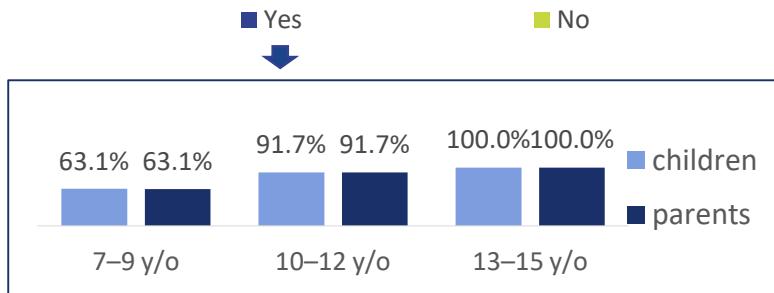
Owning a mobile phone

Do you have a mobile phone? / Does your child have a mobile phone?

CHILDREN:



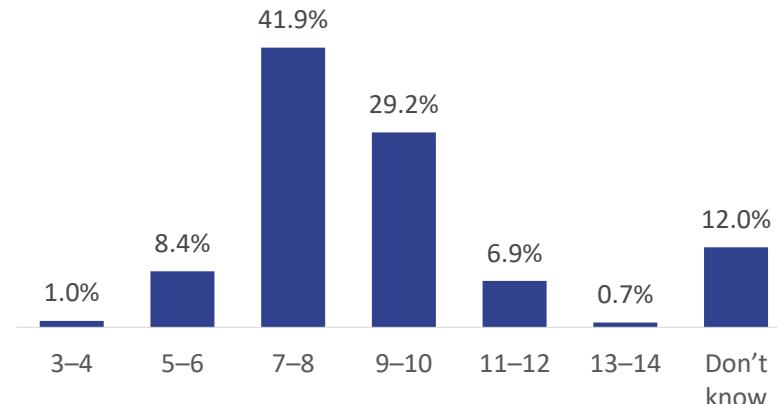
PARENTS:



More than 8 in 10 children aged 7–15 have mobile phones. This percentage increases with children's age (7–9 y/o – 63.6%, 10–12 y/o – 91.7%, 13–15 y/o – 100%).

Parents' responses are consistent with those of their children's.

When did you start using your own mobile phone?

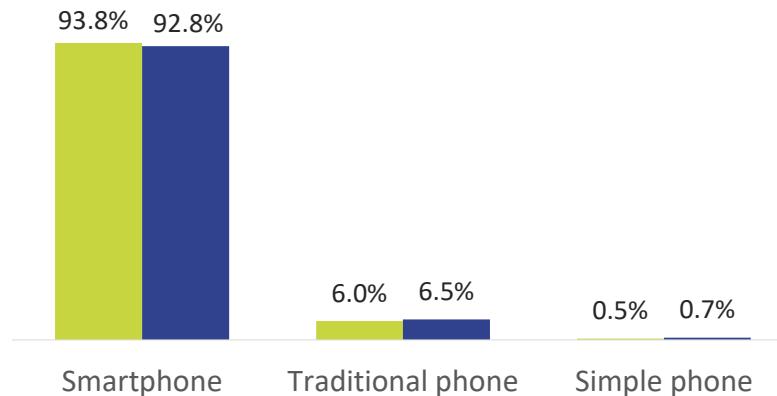


Usually children start using their own mobile phones between 7 and 10 years of age (41.9% – 7–8 y/o and 29.2% – 9–10 y/o). Almost every tenth young user had a mobile phone before they turned 7 (1.0% – 3–4 y/o and 8.4% – 5–6 y/o).

Type of phone

What phone are you using now? / What kind of phone is your child using?

■ children ■ parents



The vast majority of children use smartphones. This response was given by 93.8% of children and 92.8% of parents. Every fifteenth child uses a traditional phone (children: 6.0%, parents: 6.5%). A negligible percentage of children use simple phones.

Reference group (children): Children who have a mobile phone, N=418
 Reference group (parents): Parents whose children have mobile phones, N=417

Choosing a phone

Did you choose your phone on your own or did your parents help you? / Did your child choose a phone on their own or did you help them?

CHILDREN:



PARENTS:

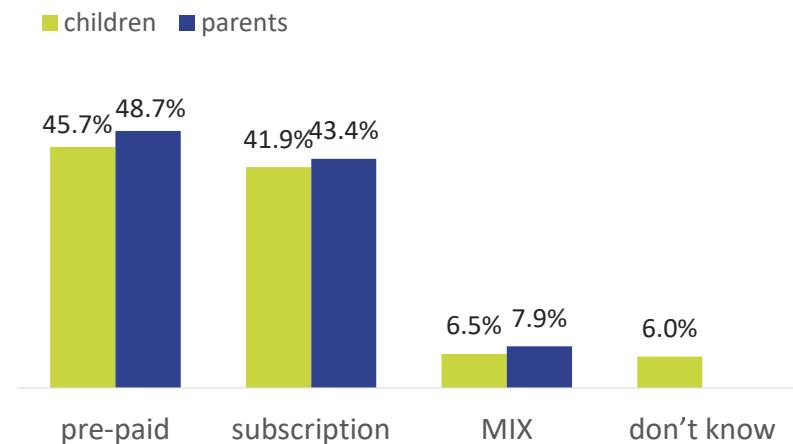


■ Child ■ Parent ■ Together ■ Don't know, don't remember

Most often parents and children chose a mobile phone together (parents – 43.2%, children – 42.3%) or a parent chose it (parents – 40.7%, children – 39.3%). Over 16% of children chose the phone model (parents – 16.3%, children – 17.3%).

Type of plan

Is it a phone: / What type of plan does your child use?

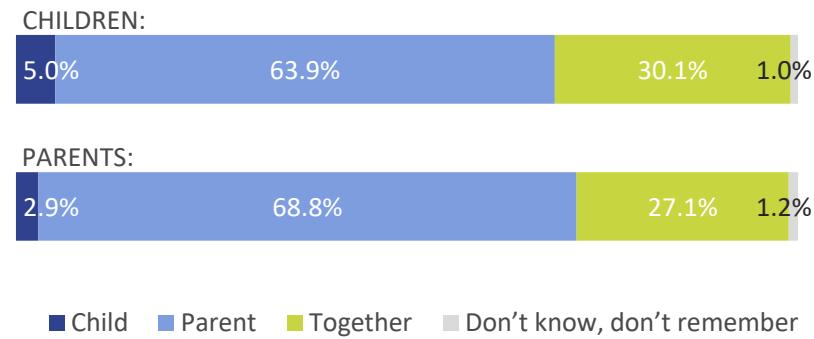


The most popular plan used by children is pre-paid (parents – 48.7%, children 45.7%). Another popular plan was subscription (parents – 43.4%, children – 41.9%). A small percentage of children use a MIX-type plan (parents – 7.9%, children – 6.5%). 6.0% of children do not know what type of plan they are using.

Reference group (children): Children who have a mobile phone, N=418
 Reference group (parents): Parents whose children have mobile phones, N=417

Choosing a plan

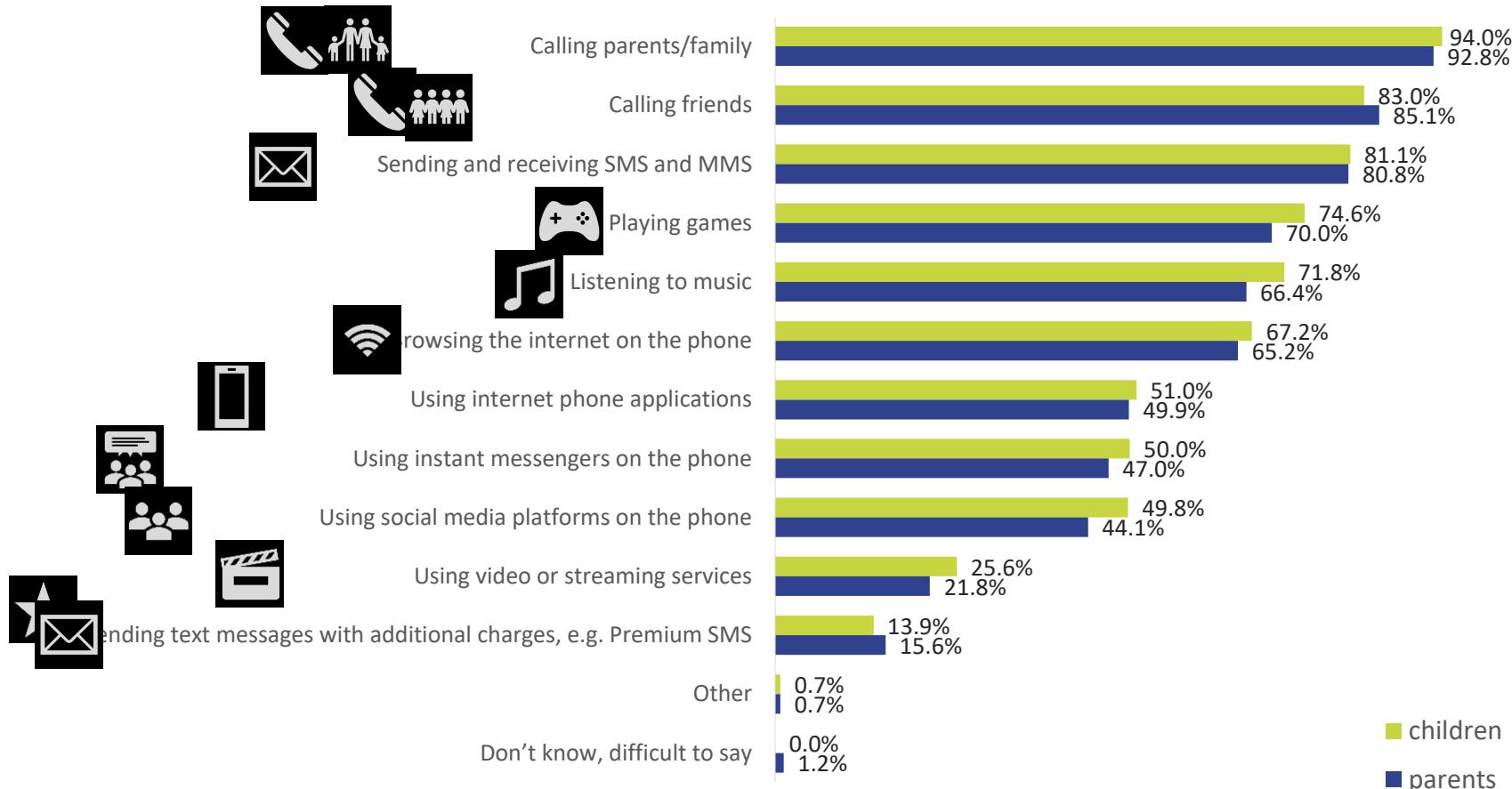
Did you choose the plan that you are using on your own or did your parents help you? / Was the plan that your child is using chosen by them or did you decide?



The choice of a mobile plan is usually influenced by parents only (parents – 68.8%, children – 63.9%). In 3 out of 10 cases, the decision was made together with the child. A small percentage of children chose the plan they are using on their own (parents – 2.9%, children – 5.0%).

Services used

Which services do you use on your phone? / Which services do you think your child is using on their phone?



Reference group (children): Children who have a mobile phone, N=418

Reference group (parents): Parents whose children have mobile phones, N=417

Services used

Which services do you use on your phone? / Which services do you think your child is using on their phone?

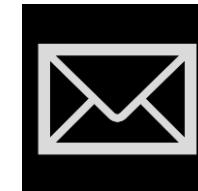
TOP 4



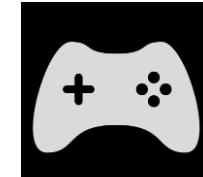
Calling parents/family



Calling friends



Sending and receiving
SMS and MMS



Playing games

CHILDREN 94.0%

83.0%

81.1%

74.6%

PARENTS 92.8%

85.1%

80.8%

70.0%

Children mostly use their phones to call their parents/family (children – 94.0%, parents – 92.8%) or friends (children – 83.0%, parents – 85.1%) and to send and receive text messages (children – 81.1%, parents – 80.8%). A phone is also often used for playing games (children – 74.6%, parents – 70.0%), listening to music (children – 71.8%, parents – 66.4%) and browsing the internet (children – 67.2%, parents – 65.2%). Nearly every other young mobile phone user uses internet applications, instant messengers or social media platforms. Video or streaming services and premium text messages are the least popular among children. The comparison of parents' responses with children's responses shows that parents know which services their children are using.

Installing applications

Do you install applications on your phone by yourself? / Does your child install applications on their phone by him-/herself?

CHILDREN:

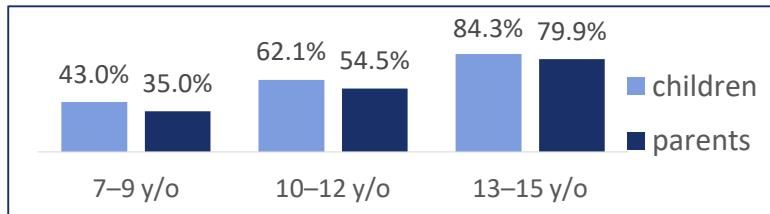


PARENTS:



yes

no
don't know



Two thirds of smartphone users stated that they install applications on their phones by themselves. This percentage increases with children's age (7–9 y/o – 43.0%, 10–12 y/o – 62.1%, 13–15 y/o – 84.3%).

Reference group (children): Children who have smartphones, N=392

Reference group (parents): Parents whose children have smartphones, N=387

Average monthly expenses

On average, how much do you spend on your child's mobile phone?

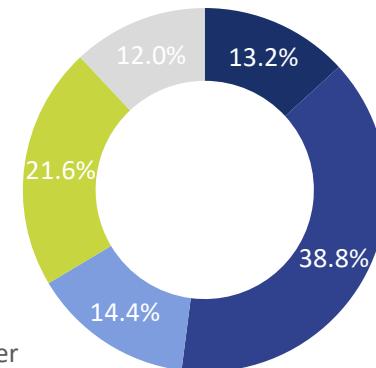
up to PLN 20

PLN 21–30

PLN 31–40

over PLN 40

I don't know, I don't remember

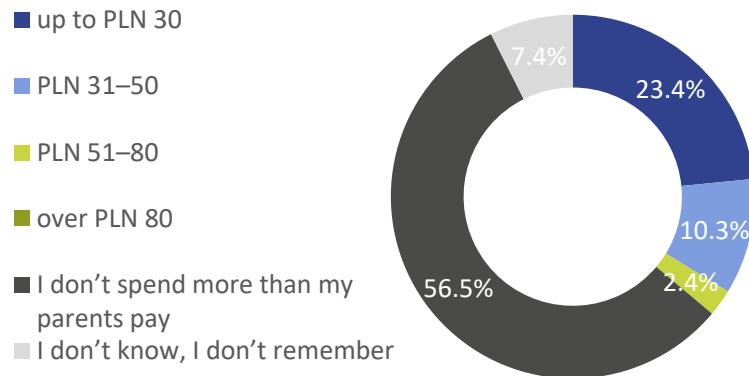


Parents usually spend PLN 21–30 a month on their children's mobile phones – 38.8%. 13.2% of parents admitted that their expenses do not exceed PLN 20. Meanwhile, 14.4% spend PLN 31–40, and 21.6% – over PLN 40. Furthermore, 12.0% of the respondents were unable to determine how much they spend.

Reference group (parents): Parents whose children have mobile phones, N=417

Additional expenses

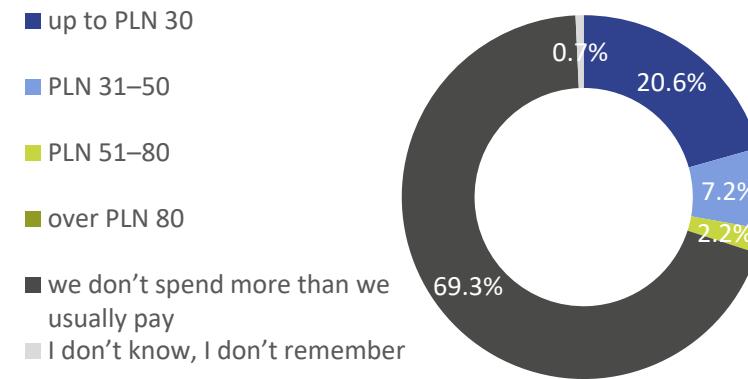
How much per month do you or your parents (guardians) spend on extra paid services related to your mobile phone, e.g. SMS Premium and microtransactions in mobile video games?



More than half of children stated that they do not generate expenses related to using extra paid services. Nearly every fourth child admitted that they spend extra up to PLN 30 and every tenth – PLN 30–50. A small percentage of respondents declared that they spend more than that. Moreover, 7.4% answered '*I don't know, I don't remember*'.

Reference group (children): Children who have a mobile phone, N=418

How much per month do you or your child spend on extra paid services related to using your mobile phone, e.g. SMS Premium and microtransactions in mobile video games?



More than two thirds of parents stated that they do not incur any costs associated with extra paid services related to their children's mobile phones. Every fifth respondent stated that their additional expenses are PLN 30, while 7.2% – PLN 30–50. A small percentage of respondents declared that they spend more than that.

Reference group (parents): Parents whose children have mobile phones, N=417

Parental control

Do parents control your phone use in any way (e.g. they installed a special application, they check which applications you use)? / Do you control your child's phone use?

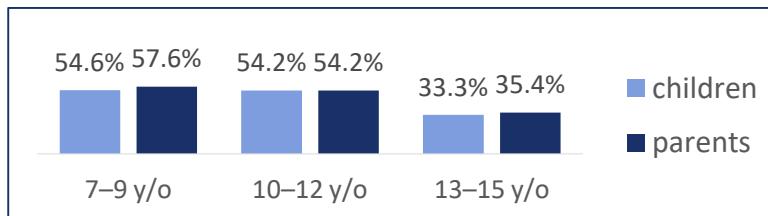
CHILDREN:



PARENTS:



■ Yes ■ No ■ Don't know, difficult to say



Nearly half of parents control how their children use their phones. This percentage decreases with the child's age. At the same time, it is worth noting that children are usually aware that their parents have control over how they use their phones.

The most commonly used control method is to establish phone use rules together with the child (children – 84.3%, parents – 75.9%).

Reference group (children): Children who have a mobile phone, N=418

Reference group (parents): Parents whose children have mobile phones, N=417

How do your parents ensure that you use your phone safely? / Which elements of parental control do you use for your child's phone?

We establish phone use rules with the child

We configure safety settings on the child's device

We use parental control programmes/applications

We buy safe starters designed for children

Other

Don't know, difficult to say

■ children
■ parents

Reference group (parents): Parents who control how their children use their phones, N=197

Reference group (children): Children whose parents control how they use their phones, N=203

Phone use in school

Do you know the rules for using mobile phones in your school? / Do you know the rules for using mobile phones in your child's school?

CHILDREN:



PARENTS:



■ Yes

■ No

■ Don't know

The vast majority of the children and parents surveyed stated that they know the rules for using mobile phones in the child's school (children – 93.6%. parents – 89.0%).

Reference group (children): All respondents, N=500
Reference group (parents): All respondents, N=500

Did a teacher ever ask you to hand them your mobile phone during a class? / Did a teacher ever ask your child to hand them their mobile phone during a class?

CHILDREN:



PARENTS:



■ Yes

■ No

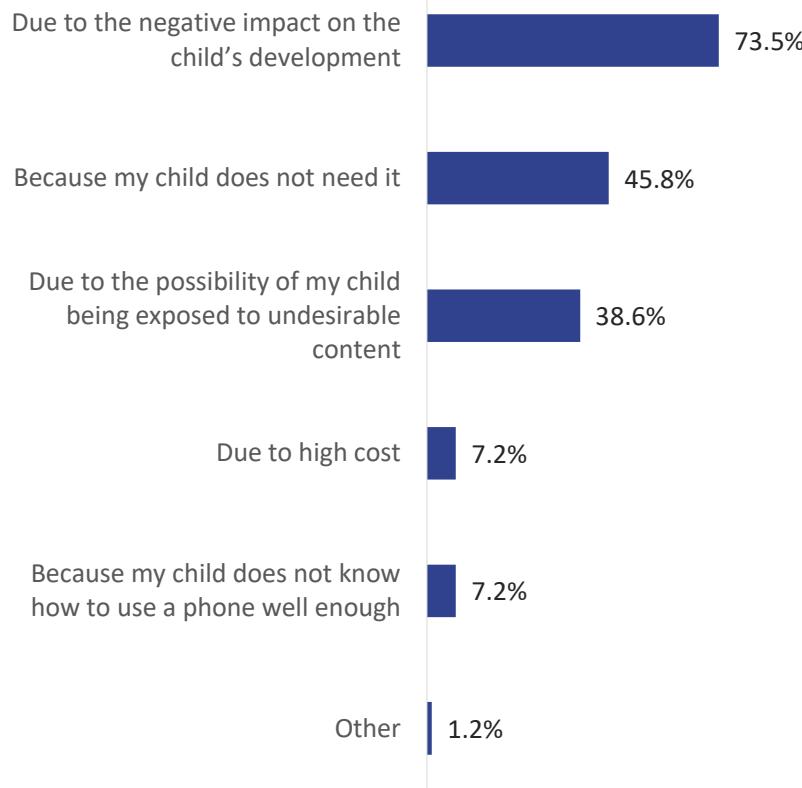
■ Don't know

Every fourth child admitted that a teacher asked them to hand them their mobile phone during a class. Parents are not always aware of such situations. The percentage of affirmative responses among the parents is 16.1%.

Reference group (children): Children who have a mobile phone, N=418
Reference group (parents): Parents whose children have mobile phones, N=417

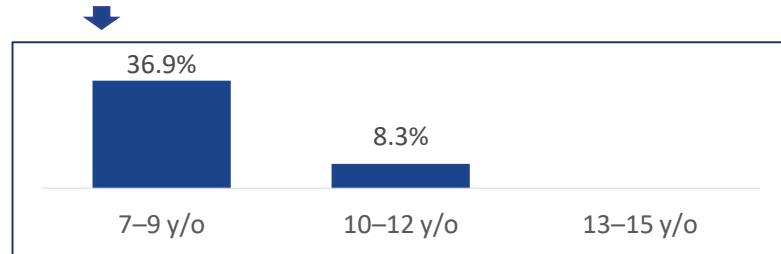
Reasons for not having a phone

Why does your child not have a mobile phone?



16.6%

of parents stated that their children do not have mobile phones.



Every sixth (16.6%) parent stated that their child does not have a mobile phone.

The most frequently indicated reason why a child does not have their own phone was that it has a negative effect on the child's development (73.5%). Lack of such need on the part of the child (45.3%) and the possibility of being exposed to undesirable content (38.6%) were also mentioned quite often. Most children in the 7–9 age bracket (36.9%) do not have a phone. Only 8.3% of children aged 10–12 do not have a mobile phone. In the oldest age group (13–15 years old), all children have a phone.

Internet use

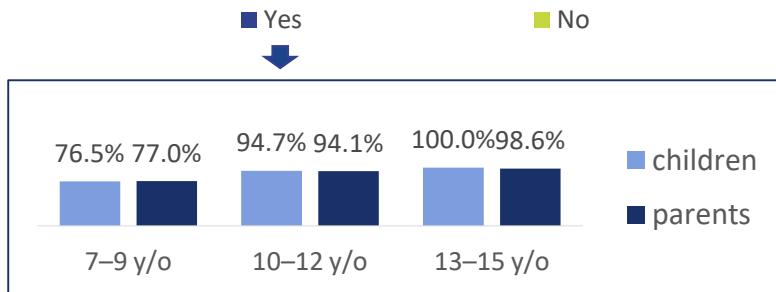
Internet use

Do you use the internet? / Does your child use the internet?

CHILDREN:



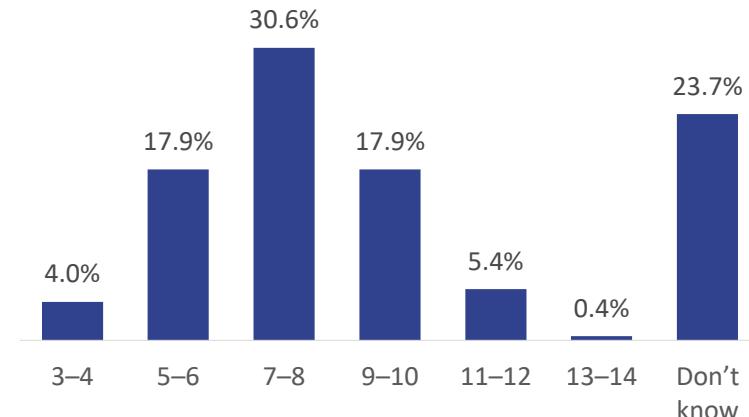
PARENTS:



Nine out of ten children aged 7–15 use the internet. This percentage increases with children's age (7–9 y/o – 76.5%, 10–13 y/o – 94.7%, 13–15 y/o – 100%).

Parents' responses are almost identical to those of their children's.

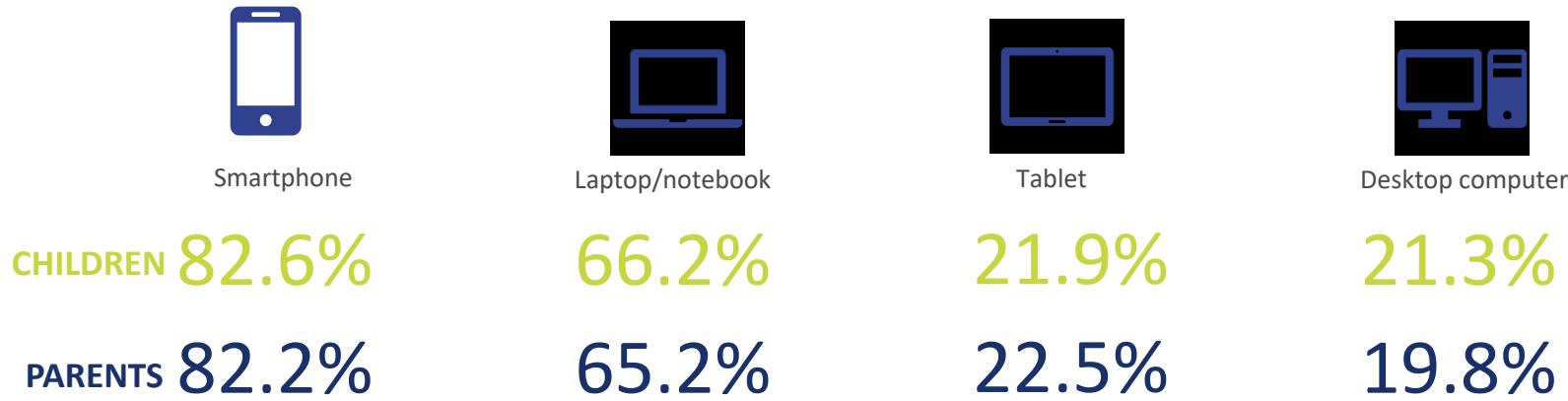
How old were you when you started using the internet?



The age at which children started using the internet is most often 7–8 years old (30.6%). 17.9% indicated the age of 5–6 years. The same percentage stated that it was 9–10 years old. A small percentage of the children surveyed started using the web before they were 5 or after they turned 10. Moreover, nearly every forth child was unable to determine the exact age.

Devices

On which devices do you use the internet? / On which devices does your child use the internet?



Children mostly use the internet on smartphones (82.6% – children, 82.2% – parents) and laptops (66.2% – children, 65.2% parents). Every fifth child uses the internet on tablets (21.9% – children, 22.5% – parents) and laptops (21.3% – children, 19.8% parents).

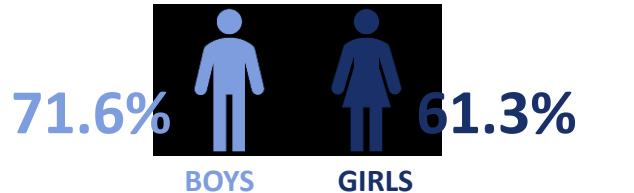
Shopping via mobile applications

Do you know how to shop via mobile applications? / Does your child know how to shop via mobile applications?

CHILDREN:



PARENTS:



Reference group (children): Children aged 13–15 who use the internet on tablets or smartphones, N=136

Reference group (parents): Parents of children aged 13–15 who use the internet on tablets or smartphones, N=136

Do you buy applications or games via mobile applications on your own? / Does your child buy applications or games via mobile applications on their own?

CHILDREN:



PARENTS:



49.3% of parents stated that their children know how to shop via mobile applications. However, it turns out that children know more about this than their parents think – 66.9% of young internet users surveyed gave a positive answer.

Boys have broader knowledge than girls in this respect (71.6% to 61.3%). Even though children know how to shop via mobile applications, they do it relatively infrequently.

Reference group (children): Children who know how to shop via mobile applications, N=91

Reference group (parents): Parents whose children know how to shop via mobile applications, N=67

Shopping via mobile applications

Do you know how to check how much it costs to use mobile applications? / Does your child know how to check how much it costs to use mobile applications?

CHILDREN:



PARENTS:



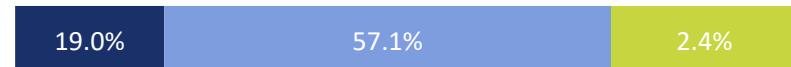
■ Yes

■ No

■ Don't know, difficult to say

Prior to making a purchase via a mobile application, do you read the user license agreement or terms and conditions? / Prior to making a purchase via a mobile application, does your child read the user license agreement or terms and conditions?

CHILDREN:



PARENTS:



■ Yes, they always read it

■ They sometimes read it

■ They never read it

■ Don't know, difficult to say

Children who shop online via mobile applications know how to check how much it costs to use the applications (95.2%), which is also what the majority of their parents declare (83.3%). When it comes to reading the user license agreement or terms and conditions, a fifth of children stated that they always do it, half of them do it occasionally and almost 25% don't read them at all. The survey shows that the parents are not aware that their children often only skim these documents.

Reference group (children): Children who shop via mobile applications on their own, N=21

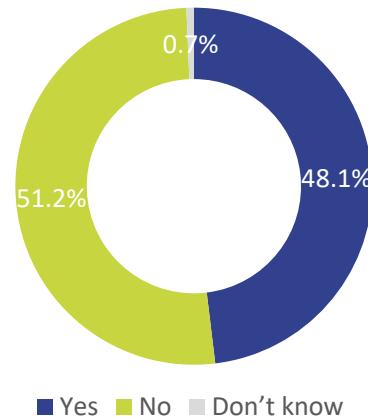
Reference group (parents): Parents whose children shop via mobile application on their own, N=24

Reference group (children): Children who shop via mobile applications on their own, N=21

Reference group (parents): Parents whose children shop via mobile application on their own, N=24

Parental control

Do you apply parental control in the context of your child's use of the internet?



Every other parent uses parental control in the context of their child's use of the internet. This percentage decreases with children's age (7–9 y/o – 59.7%, 10–12 y/o – 52.2%, 13–15 y/o – 31.7%).

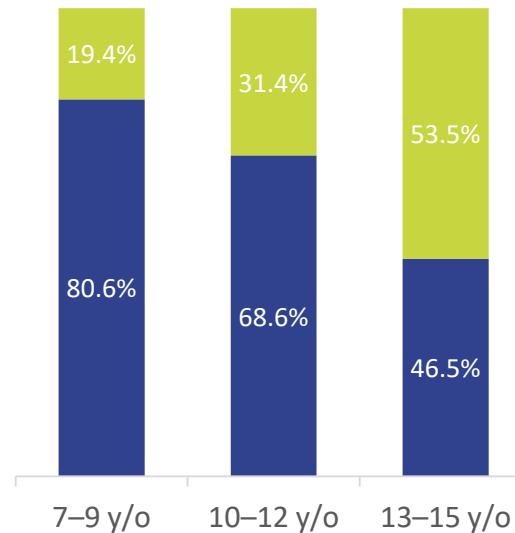
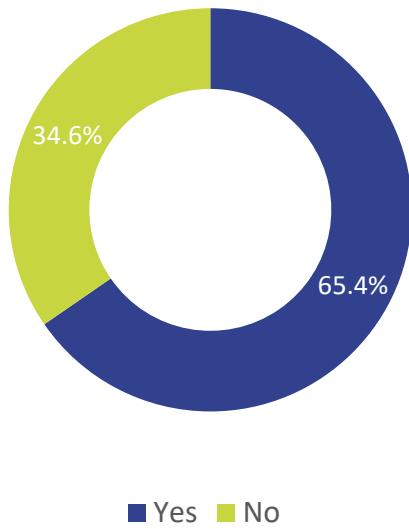
The most frequently used elements are rules for internet use established together with the child (66.8%) and talking with the child about their online experiences (50.0%). Furthermore, every third parent uses parental control programmes and configures safety settings on the devices that the child uses and every fourth parent makes only positive and safe content available to the child.

Please state which elements of parental control you apply in the context of your child's use of the internet.



Limiting use

Does your child have restrictions on internet use?



Two thirds of the parents surveyed admitted that their children have restrictions on internet use. This percentage decreases with the child's age (7-9 y/o – 80.6%, 10-12 y/o – 68.6%, 13-15 y/o – 46.5%).

Frequency of use

How often do you use the internet in a week? / How often does your child use the internet in a week?

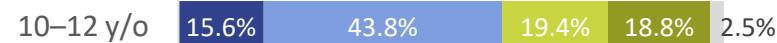
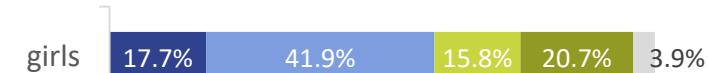
CHILDREN:



PARENTS:



- Only on selected days, e.g. on weekends
- Every day, from thirty minutes to 2 hours
- Every day, from 2 to 3 hours
- Unlimited internet access
- Don't know, difficult to say



Children usually use the internet every day for half an hour to 2 hours (children – 40.7%, parents – 42.2%). 17.9% of the children and 18.0% of the parents surveyed declared using the internet only on selected days. Nearly every fifth child spends 2–3 hours online a day and an equal percentage of children have unlimited access to the internet. Parents' responses are mostly consistent with those of their children's.

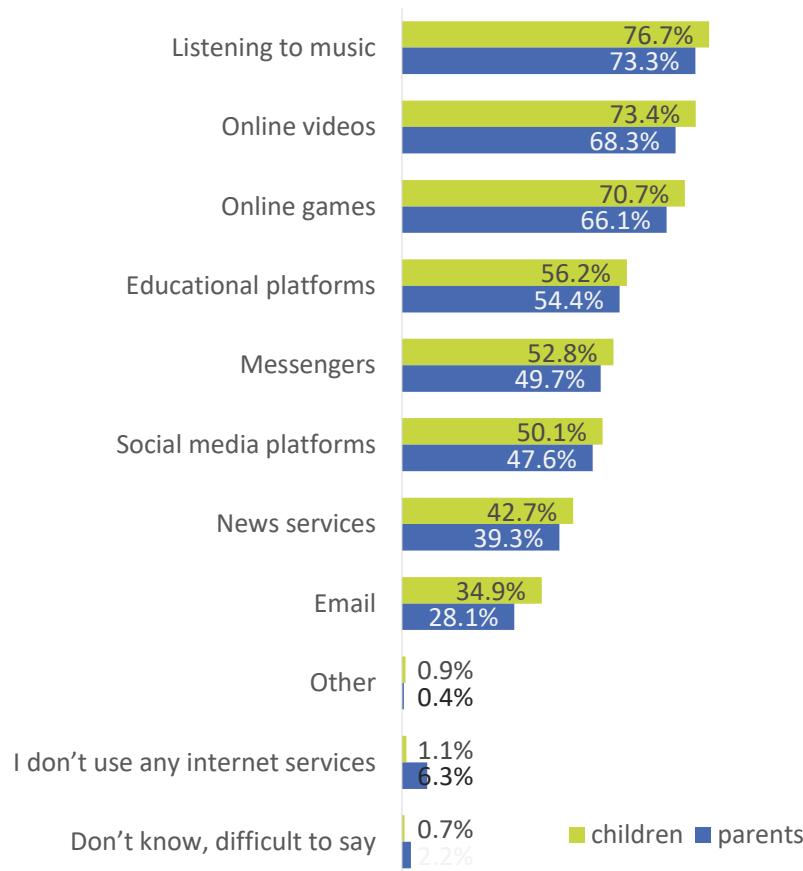
Boys and girls use the internet with similar frequency. However, the child's age is of significance here. The amount of time spent online increases with age.

Reference group (children): Children who use the internet, N=447

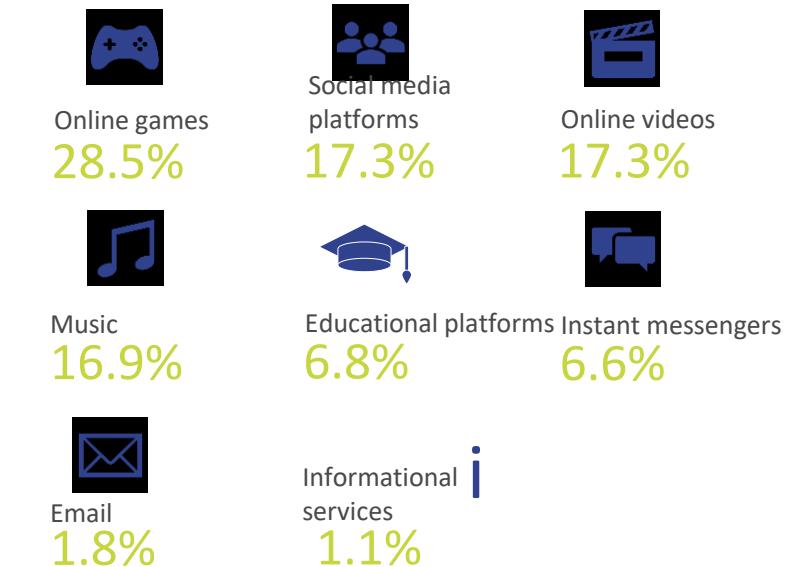
Reference group (parents): Parents whose children use the internet, N=445

Services

Which internet services do you use? / Which internet services does your child use?



Which activities do you engage in most often?

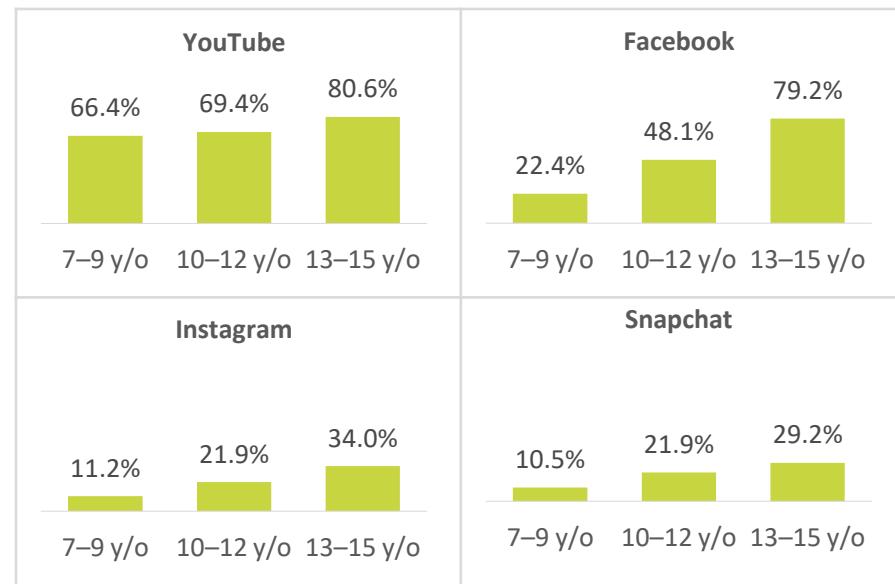
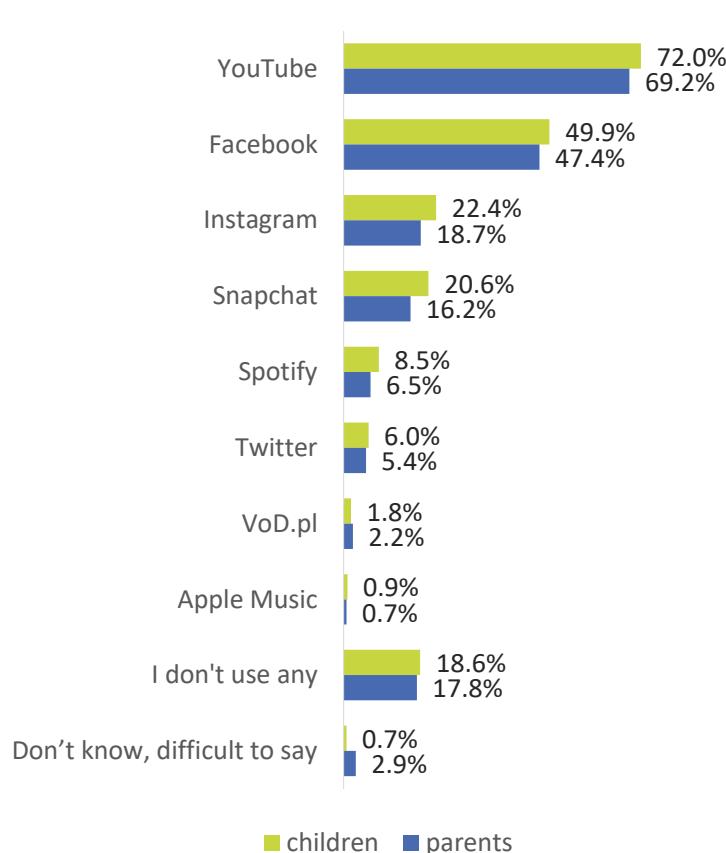


The most popular online activities among children include listening to music, watching films and gaming. Using educational platforms, instant messengers and social media platforms is also quite popular. The least popular online activities among children are emailing and visiting news services.

Children were asked which of these services they use the most. 3 out of 10 chose online games. Social media platforms and online videos got 17.3% of answers each.

Social media platforms

Which social media platforms do you use? / Which social media platforms does your child use?



The most popular service or social media platform among children is YouTube, followed by Facebook. Every fifth young internet user uses Instagram or Snapchat. Other platforms are not very popular. Nearly 20% of young internet users stated that they do not use social media platforms or services. Their use increases with the children's age. Parents' responses show that they usually know which social media platforms their children use.

Social media platforms – posting content

Do you post any content on social media platforms? / In your opinion, does your child post any content on social media platforms?

CHILDREN:



PARENTS:



■ Yes

■ No

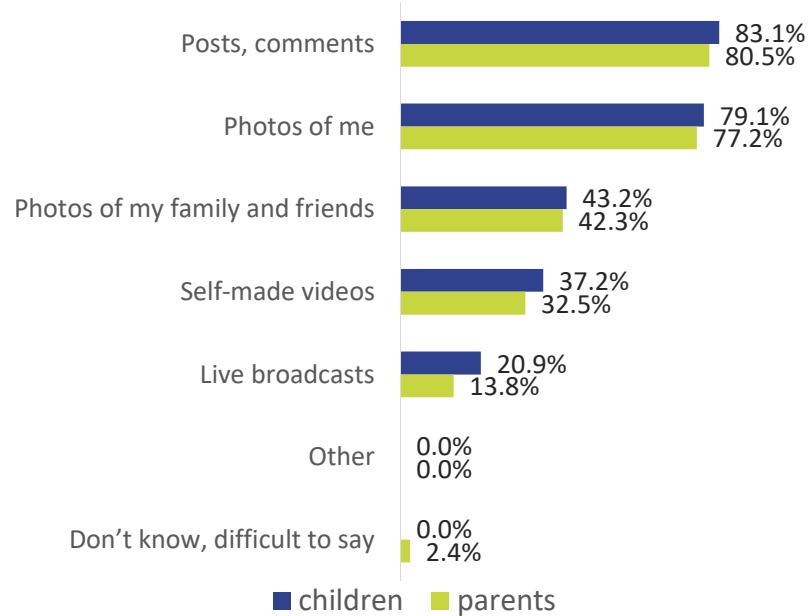
■ Don't know

Among children aged 10–15 who use social media, 56.7% stated that they post content of some sort.

It is worth noting that among the parents surveyed this percentage was almost 8pp lower – 48.8% of the parents admitted that their children post content on social media.

Reference group (children): Children aged 10–15 who use social media, N=261
 Reference group (parents): Parents whose children aged 10–15 use social media platforms, N=252

What kind of content is it? / What kind of content is it?

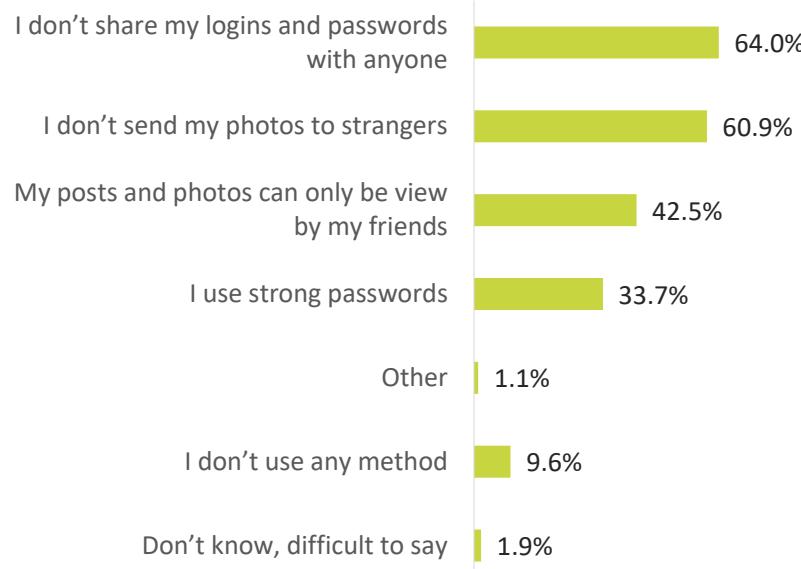


The most popular type of content posted by children on social media platforms are posts and comments as well as their photos. These are followed by photos of a child's family and friends and self-made videos. Although live broadcasts are least popular, it should be noted that this concerns every fifth respondent child.

Reference group (children): Children who post content on social media, N=148
 Reference group (parents): Parents whose children post content on social media, N=123

Privacy on platforms

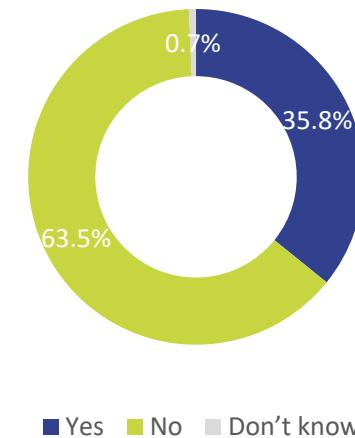
How do you protect your privacy in social media?



The vast majority of children protect their privacy while using social media platforms. The most common way to protect your privacy is not to share your profile login and password (64.0%) and not to send your photos to strangers (60.9%). Moreover, every fourth child adjusts their privacy settings and the content they post can only be viewed by their friends, while one in three uses strong passwords to protect.

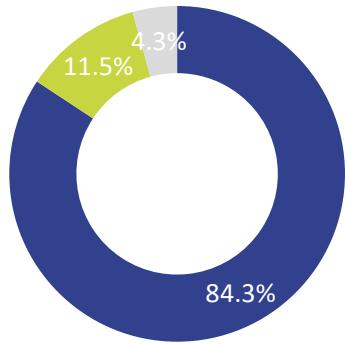
Geotagging

Do you use the geotagging option in social media?



Online safety rules

Have you heard of online safety rules?



■ Yes ■ No ■ Don't know, difficult to say

The vast majority of parents (84.3%) have heard of online safety.

Reference group (parents): Parents whose children use the internet, N=445

Have your parents ever discussed online safety with you? /
Have you ever discussed online safety with your child?

CHILDREN:



PARENTS:



■ Yes

■ No

■ Don't know

Most children stated that their parents discussed online safety with them (81.4%). However, it should be noted that the percentage was slightly higher among parents – 89.2%.

Reference group (children): Children who use the internet, N=447
Reference group (parents): Parents whose children use the internet, N=445

Online safety

Were there any online safety classes organised in your school? / Were there any online safety classes organised in your child's school?

CHILDREN:



PARENTS:



■ Yes

■ No

■ Don't know

More than two thirds of the children stated that there were classes on online safety organised in their school. Meanwhile, the share of parents was 10pp lower. It should be noted that every fourth parent admitted that they did not know whether such classes were organised in their child's school.

Reference group (children): All respondents, N=500
Reference group (parents): All respondents, N=500

Who taught online safety classes in your school?

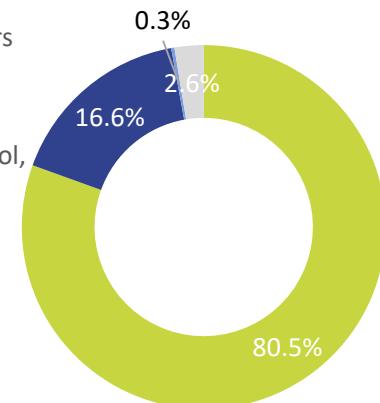
■ One of the teachers/educators

■ Person from outside the school,
e.g. a non-governmental
organisation or foundation

■ Someone else

■ Don't know, difficult to say

■

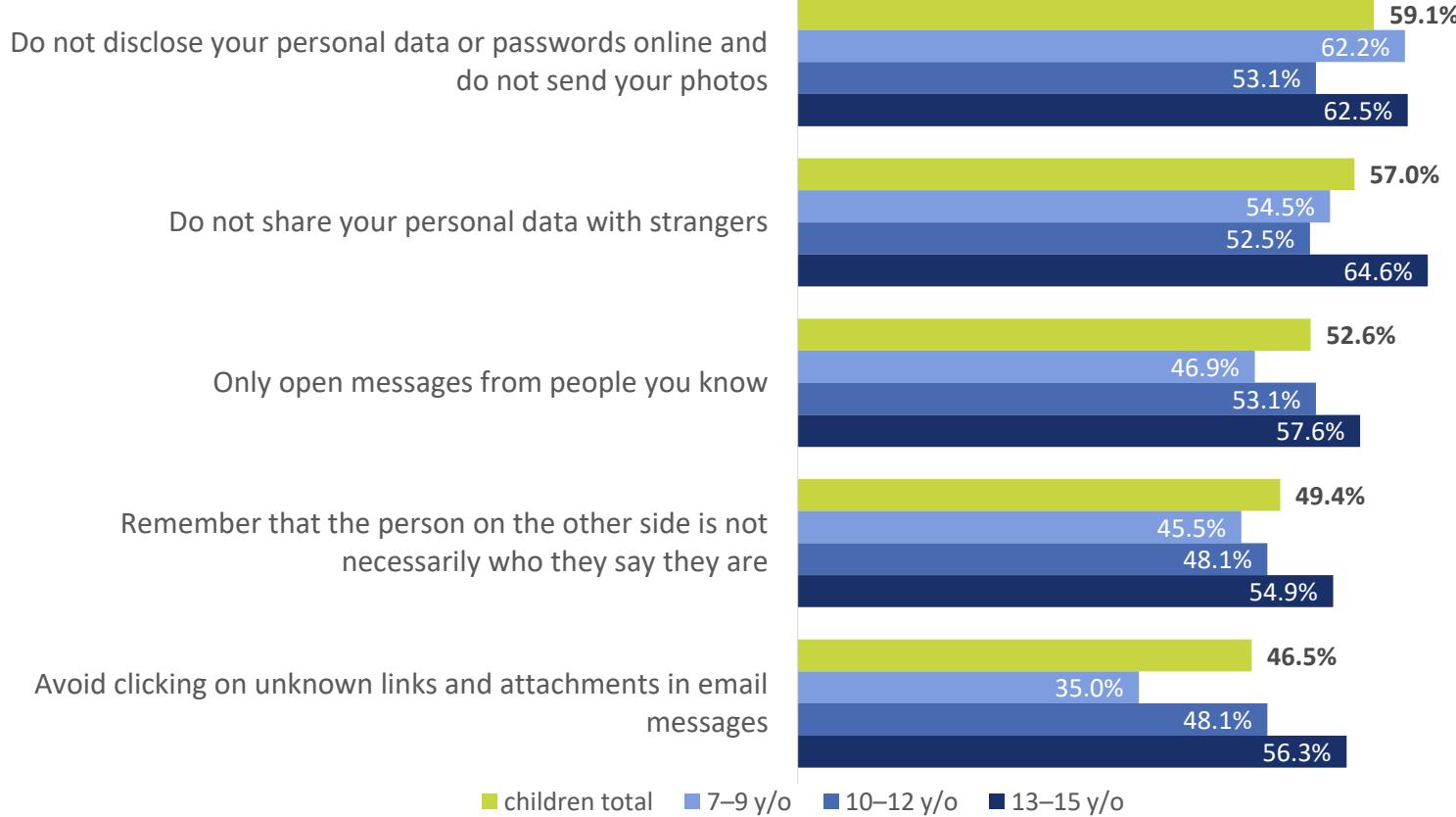


Classes on online safety organised in the school were usually taught by one of the teachers (80.5%).

Reference group (children): Children who stated that there were online safety classes organised in their school, N=349

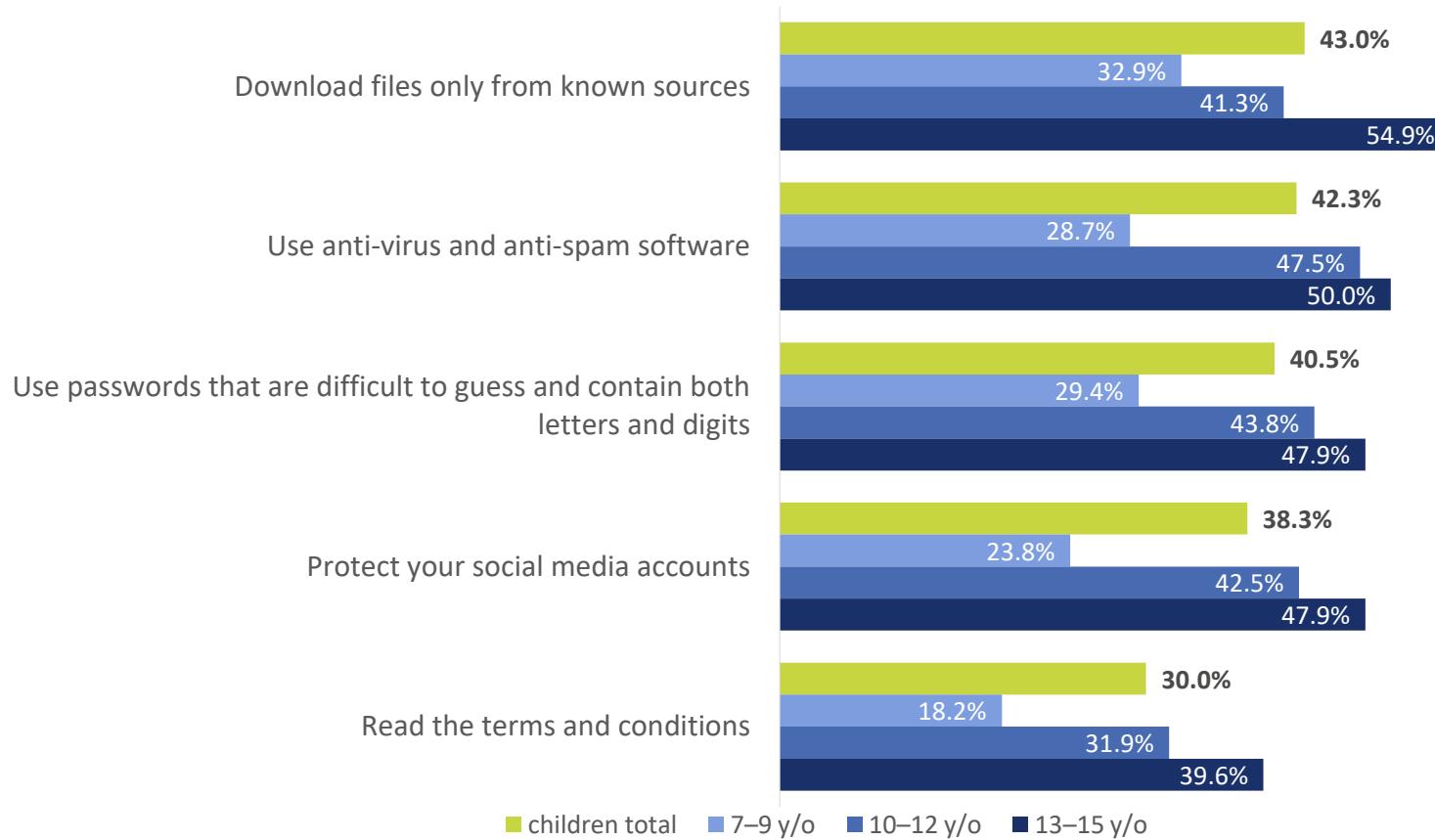
Online safety rules

Which online safety rules have you heard of?



Online safety rules

Which online safety rules have you heard of?



Online safety rules

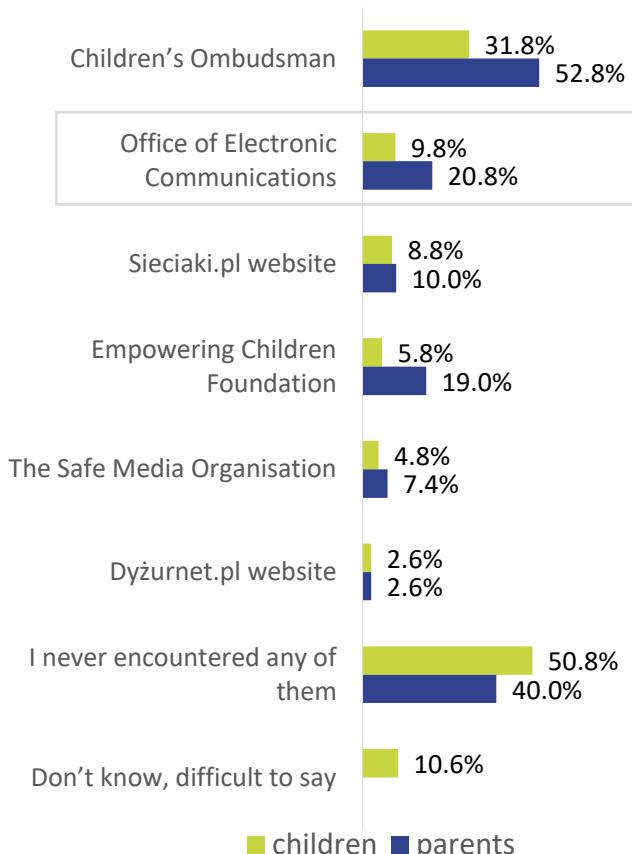
Which online safety rules have you heard of?

TOP 3	CHILDREN total	7–9 y/o	10–12 y/o	13–15 y/o
Do not disclose your personal data or passwords online and do not send your photos	59.1%	62.2%	53.1%	62.5%
Do not share your personal data with strangers	57.0%	54.5%	52.5%	64.6%
Only open messages from people you know	52.6%	46.9%	53.1%	57.6%

Children were asked to state the online safety rules that they know. The following were mentioned most often: *do not disclose your personal data or passwords online and do not send your photos* (59.1%) and *do not share your personal data with strangers* (57.0%). Every other child knows only to open messages from people they know and that the person on the other side is not necessarily who they say they are. The least frequently mentioned rule was *read the terms and conditions* – only a third of children have heard about it. Awareness of online safety rules increases with the child's age.

Familiarity with organisations

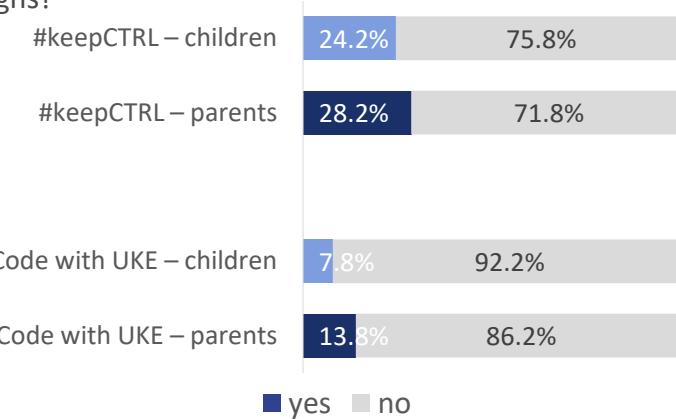
Are you familiar with: / Are you, as a parent, familiar with:



Reference group (children): All respondents, N=500
Reference group (parents): All respondents, N=500

Campaigns – online safety

Have you heard of the following social campaigns? /
Have you, as a parent, heard of the following social campaigns?



Every other child and 4 out of 10 parents are not familiar with any of the listed organisations/institutions. The largest percentage of the respondents have heard of the Ombudsman for Children (children – 31.8%, parents – 52.8%).

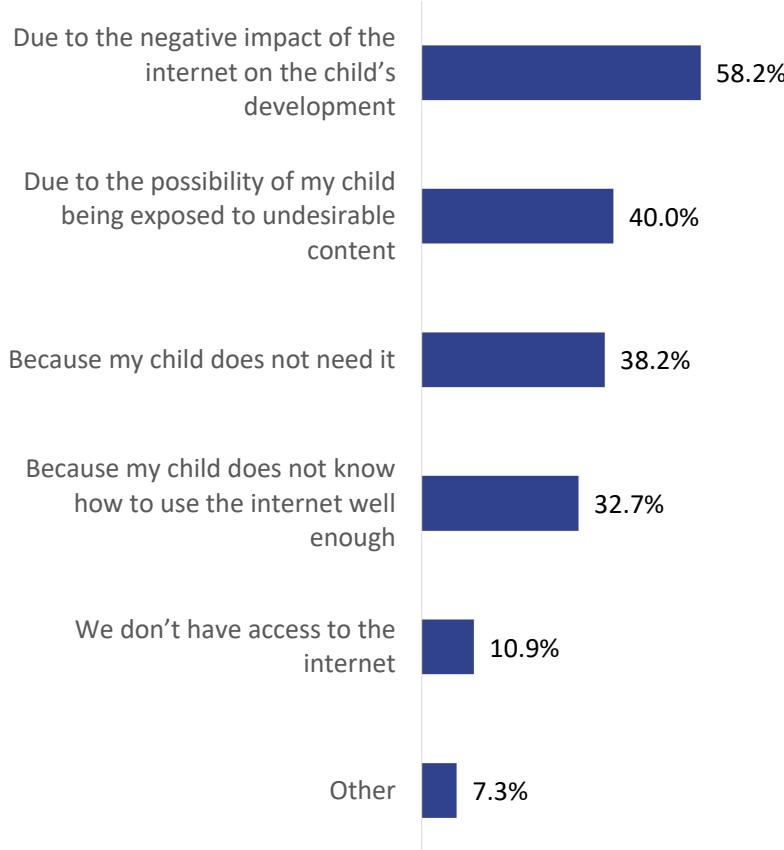
Every tenth child and every fifth parent is familiar with the Office of Electronic Communications. The least recognisable organisation among both children and parents was Dyzurnet.pl (children and parents – 2.6% each).

24.2% of children and 28.2% of parents have heard of the '#keepCTRL' campaign. The 'Code with UKE' campaign was less popular (children – 7.8%, parents – 13.8%).

Reference group (children): All respondents, N=500
Reference group (parents): All respondents, N=500

Reasons for not using the internet

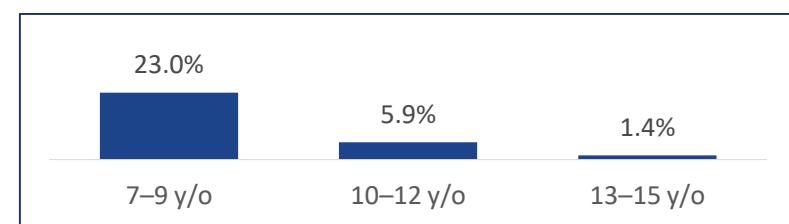
Why does your child not use the internet?



11.0%



of the parents surveyed stated that their children did not use the internet.



Every tenth child aged 7–15 does not use the internet. The most frequently indicated reason why a child does not use the internet was that it has a negative impact on the child's development (58.2%). The possibility of being exposed to undesirable content and lack of such need on the part of the child were also often mentioned. One third of the parents surveyed stated that their children were not skilled enough.

The largest group of non-users are children aged 7–9 (23.05%).

Negative phenomena on the internet

Threats and dangerous behaviours

What do you think are the threats and dangerous behaviours related to internet use? Select 3 most relevant answers: / In your opinion, what do you think are the threats and dangerous behaviours related to the child's use of internet? Choose 3 most relevant answers:

TOP 3 – CHILDREN

Contact with strangers – a stranger may not be the person they claim they are	39.5%
You can become a victim of fraud (e.g. hacking, personal data theft)	35.5%
Going to websites where there may be viruses	30.9%

TOP 3 – PARENTS

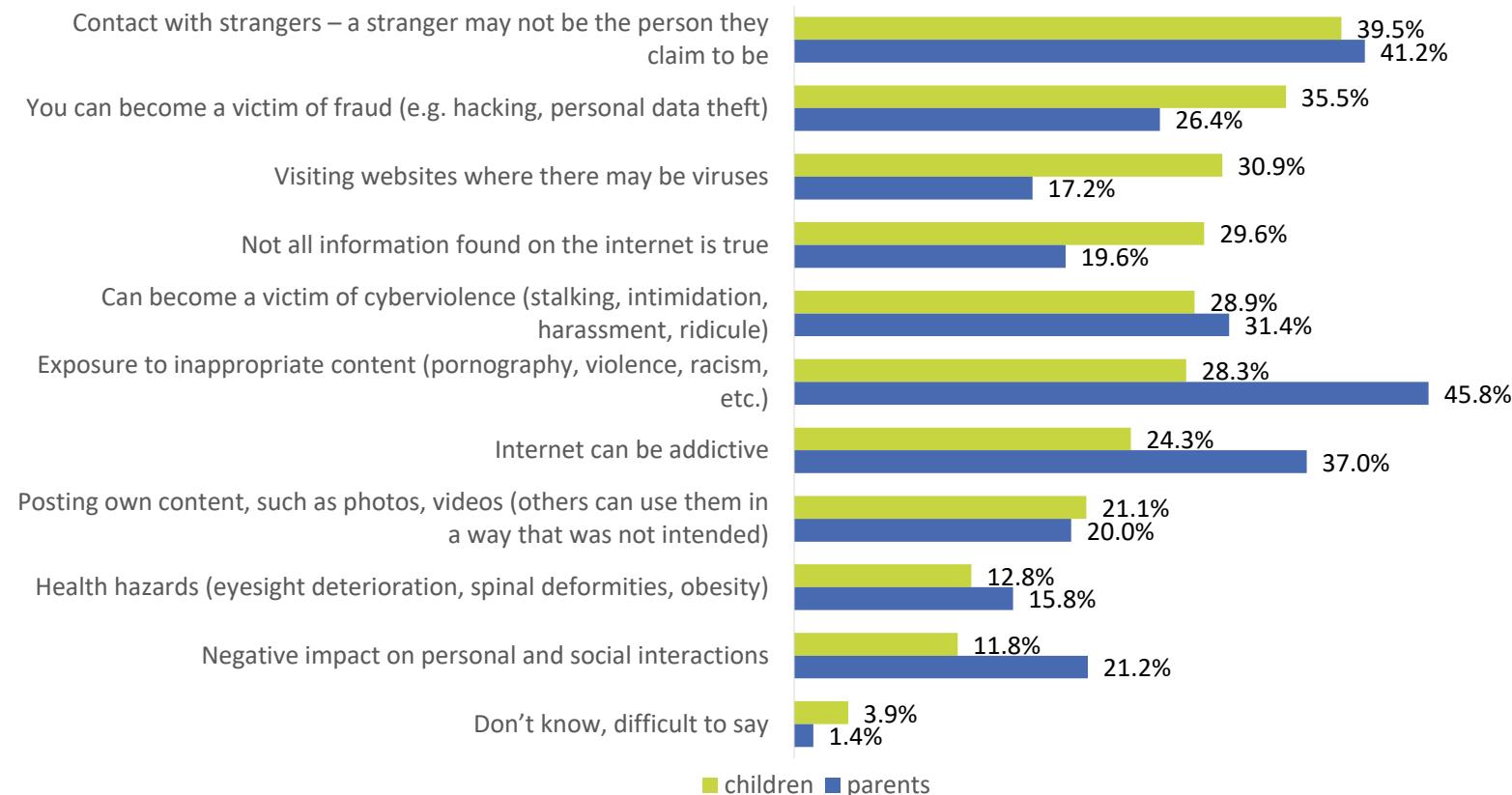
Exposure to inappropriate content (pornography, violence, racism, etc.)	45.8%
Contact with strangers – a stranger may not be the person they claim they are	41.2%
Internet can be addictive	37.0%

Parents recognise different threats and dangerous behaviours related to their children's use of internet than children. The respondents could indicate three answers that, in their opinion, were most relevant. According to the children, these threats are, first and foremost, contact with strangers (39.5%), possibility of becoming a victim of fraud (35.5%) and visiting websites which may be infected by viruses (30.9%). Parents, on the other hand, state that the dangers are related mostly to exposure to inappropriate content (45.8%), contact with strangers (41.2%) and possibility of becoming addicted (37.0%).

There were also differences in answers based on children's age and gender.

Threats and dangerous behaviours

What do you think are the threats and dangerous behaviours related to internet use? Select 3 most relevant answers: / In your opinion, what do you think are the threats and dangerous behaviours related to the child's use of internet? Choose 3 most relevant answers:



Reference group (children): Children aged 10–15 who use the internet, N=304

Reference group (parents): All respondents, N=500

Threats and dangerous behaviours

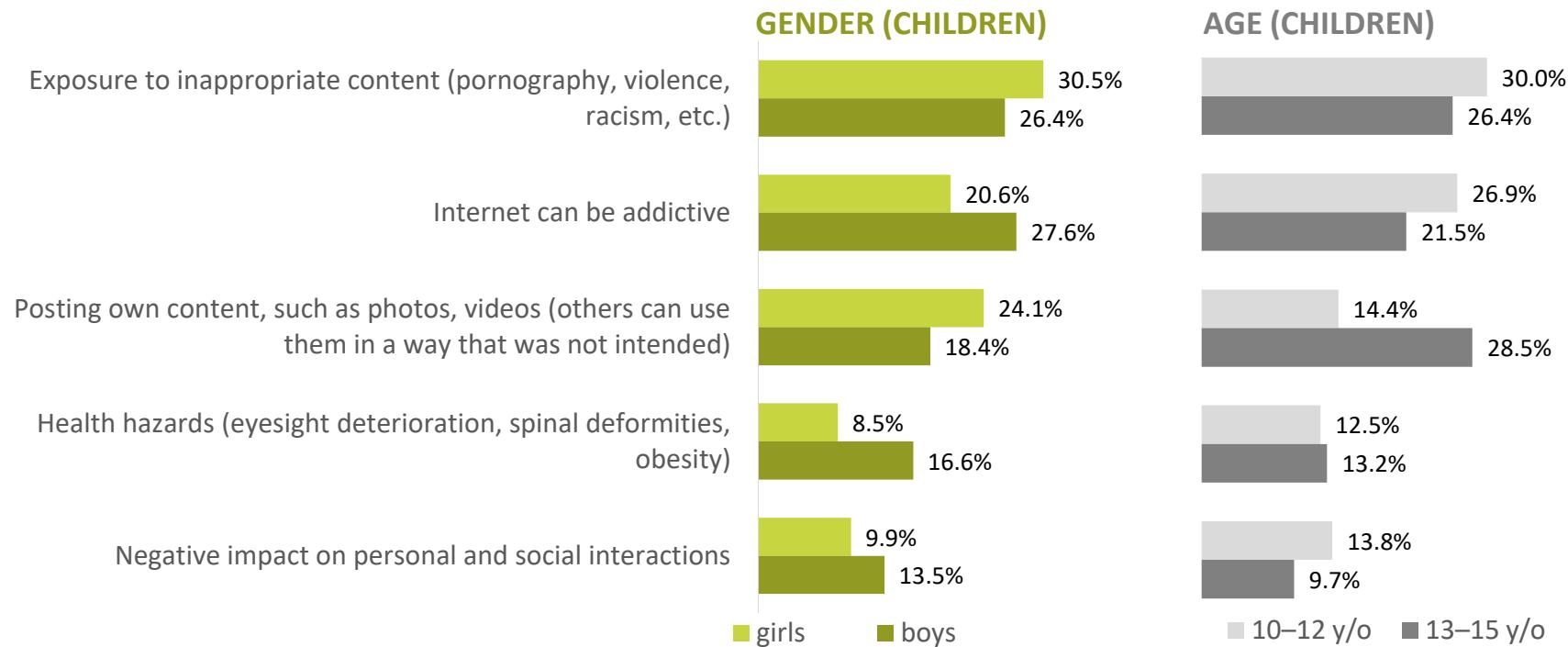
What do you think are the threats and dangerous behaviours related to internet use? Choose 3 most relevant answers:



From among the threats and dangerous behaviours on the internet, girls more often than boys pointed to contact with strangers. There were also differences based on age – children between 10 and 12 years of age more often mentioned contact with strangers and the older respondents (13–15 years old) pointed to the risk of becoming a victim of fraud or cyber-bullying.

Threats and dangerous behaviours

What do you think are the threats and dangerous behaviours related to internet use? Choose 3 most relevant answers:



Girls more often than boys also indicated such threats as inappropriate content and posting own content. Boys, on the other hand, more frequently indicated internet addiction, health risks and negative influence on relationships with other people. In the case of age, the biggest difference can be observed in threats related to publishing own content – this behaviour was more often mentioned by children between 13 and 15 years of age. Younger children more often notice the possibility of becoming addicted and exposure to inappropriate content.

Dangerous situations (TOP 4)

Have you ever found yourself in any of the following situations? / Has your child ever experienced any of the following situations?

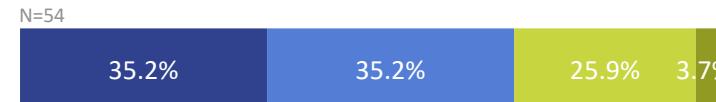
Encountered images and/or videos showing violence and cruelty:

PARENTS: **15.0%**

CHILDREN: **17.8%** →

How often did such situations happen?*

- Very rarely
- Often
- Don't know, difficult to say
- Rarely
- Very often



Encountered images and/or videos or comments showing hate or hate speech:

11.0%

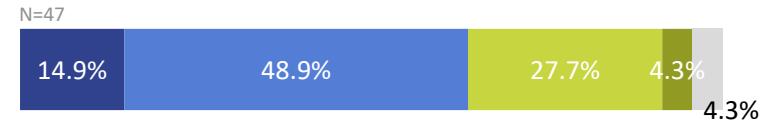
15.8% →



Encountered images and/or videos showing nudity or sexual acts:

9.0%

15.5% →



Encountered graphic images and/or videos showing diseases or injuries:

11.3%

13.5% →



Reference group (children): Children aged 10–15 who use the internet, N=304
 Reference group (parents): Parents of children aged 10–15 who use the internet, N=301

*Low percentage base.

Dangerous situations

Have you ever found yourself in any of the following situations? / Has your child ever experienced any of the following situations?

A child met new people online and was in contact with them only via the internet:

PARENTS: 7.6%

CHILDREN: 10.9%



How often did such situations happen?*

- Very rarely
- Often
- Don't know, difficult to say
- Rarely
- Very often

N=33



Encountered offensive comments about themselves online:

3.7%

5.6%



N=17



Was excluded from an online friends group

5.3%

4.9%



N=15



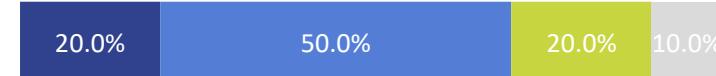
It happened that a wrong person had access to the content posted online by the child, such as photos and videos:

5.0%

3.3%



N=10



Reference group (children): Children aged 10–15 who use the internet, N=304

Reference group (parents): Parents of children aged 10–15 who use the internet, N=301

*Low percentage base.

Dangerous situations

Have you ever found yourself in any of the following situations? / Has your child ever experienced any of the following situations?

Someone posted a video or a photo ridiculing the child:



Someone bullied the child using text messages or social media posts, e.g. on Facebook:



None of these situations took place:



Nearly two third of the children surveyed stated that they did not experience any of these dangerous situations themselves. From among the listed situations, children stated that they were exposed to age-inappropriate content (images/videos/comments) – content showing violence (17.8%), hateful messages or hate speech (15.8%), nudity or sexual acts (15.5%) and diseases or injuries (13.5%). Moreover, 1 in 10 children admitted that they have online friends and 5.6% encountered offensive comments about themselves online. 4.9% of children were excluded from online friends groups. The situations mentioned usually happened rarely or very rarely. A small percentage of respondents pointed to other situations on the list.

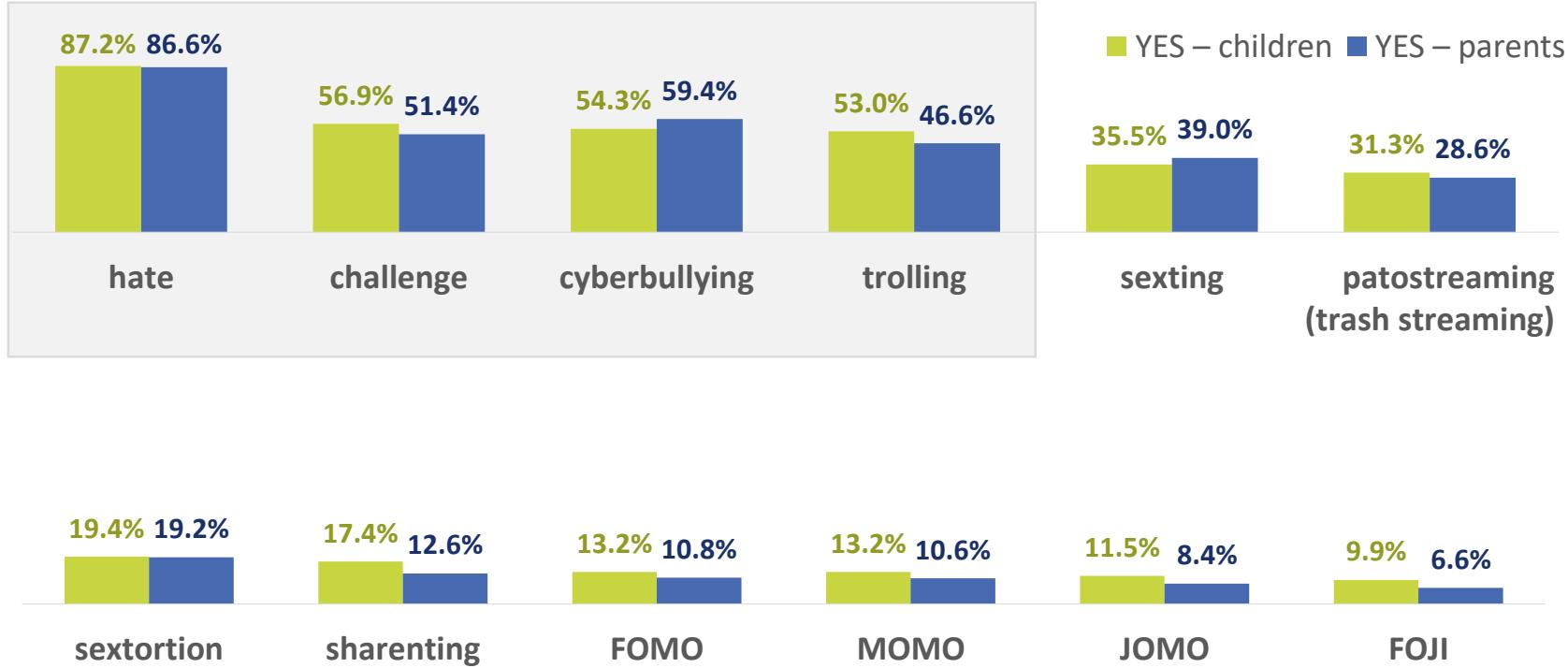
Reference group (children): Children aged 10–15 who use the internet, N=304

Reference group (parents): Parents of children aged 10–15 who use the internet, N=301

*Low percentage base.

Familiarity with terms

Do you know what these terms mean? / Do you, as a parent, know what these terms mean?

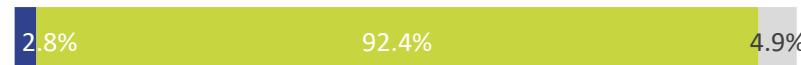


As part of the survey, children aged 10–15 who use the internet and all parents were asked whether they are familiar with 12 terms denoting various internet phenomena. The vast majority of respondents know the term *hate* (children – 87.2%, parents – 86.6%). Every other respondent knows the meaning of terms such as *challenge*, *cyberbullying* and *trolling* and every third knows what *sexting* and *trash streaming* (*patostreaming*) is. The least known terms are: *FOMO*, *MOMO*, *JOMO* and *FOJI*.

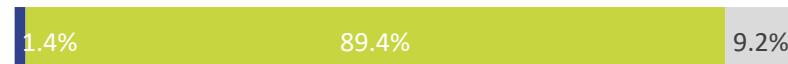
Intimate content

Have you or any of your friends sent any intimate photos of themselves (e.g. wearing underwear only) to another person? / Has your child or any of their friends sent any intimate photos of themselves (e.g. wearing underwear only) to another person?

CHILDREN:



PARENTS:



■ Yes ■ No ■ Don't know

One of the dangerous phenomena on the internet in sexting, that is sending erotic messages. This phenomenon is incidental among the surveyed teenagers aged 13–15. A small percentage of the children surveyed admitted that they or their friends sent intimate photos of themselves to other people.

Reference group (children): Children aged 13–15 who use the internet, N=144
Reference group (parents): Parents of children aged 13–15 who use the internet, N=142

Has anyone threatened to share your intimate picture or video or such materials of your friends on the web if you or they do not send other materials or money? /
Has anyone threatened to share your child's intimate picture or video or such materials of your child's friends on the web if they do not send other materials or money?

CHILDREN:



PARENTS:

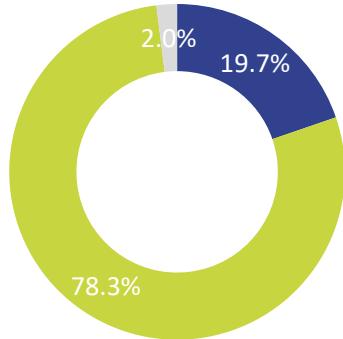


■ Yes ■ No ■ Don't know

Another danger online is sextortion, which is using erotic materials for blackmail. This phenomenon also happens occasionally. Only two teenagers stated that they personally or their friend experienced blackmail related to releasing intimate content. Both declared that they informed their parents of this situation.

'Hate'

Have you encountered aggressive, sometimes hostile comments that sparked arguments on internet forums?



■ Yes ■ No ■ Don't know, difficult to say

Every fifth internet user aged 10–15 encountered aggressive comments online that sparked arguments on internet forums.

Reference group (children): Children aged 10–15 who use the internet, N=304

In the last year, have you encountered hateful messages/posts online? / In the last year, has your child encountered hateful messages/posts online?

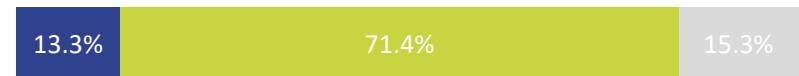
CHILDREN:



■ Yes, I heard about it and read content of this type

■ Yes, I heard about it but did not read content of this type

PARENTS:



■ Yes

■ No

■ Don't know, difficult to say

In the last year, 3 out of 10 young internet users (aged 10–15) experienced *hate* online. Furthermore, a similar percentage of children heard about this phenomenon, but did not read any content of this type.

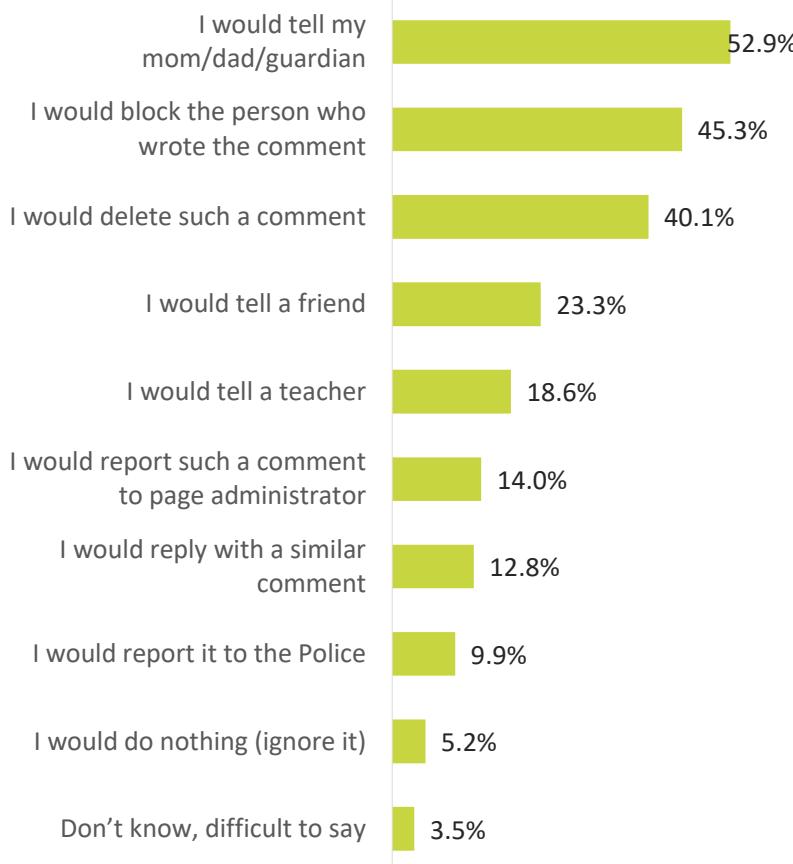
Meanwhile, only 13.3% of parents stated that in the last year their child encountered hateful content online.

Reference group (children): Children aged 10–15 who use the internet, N=304

Reference group (parents): Parents of children aged 10–15 who use the internet, N=301

'Hate'

How would you react to an offensive comment (hate) posted about you on the internet?



Reference group (children): Children aged 10–15 who encountered hating in the last year, N=172

Do you know the difference between hate and hate speech?
/ Do you know the difference between hate and hate speech?

CHILDREN:



PARENTS:



■ Yes ■ No ■ Don't know, difficult to say

When asked how they would react to an offensive comment posted about them on the internet, most children said that they would tell their parents/guardians about it. Oftentimes they also referred to blocking the comment's author (45.3%) or deleting the comment (40.0%).

Fifty percent of the children and fifty percent of parents surveyed know the difference between hate and hate speech.

Reference group (children): Children aged 10–15 who encountered hating in the last year, N=172

Reference group (parents): Parents of children aged 10–15 who use the internet, N=301

50

Parents posting content related to their children

Did either one of your parents ever post information about you on the internet (e.g. text, images, photos or videos) without asking for your consent? / Did you ever post information about your child on the internet (e.g. text, images, photos or videos) without asking for their consent?

CHILDREN:



PARENTS:



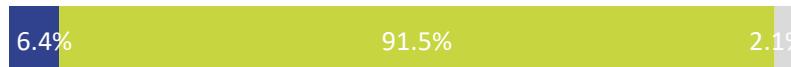
■ Yes

■ No

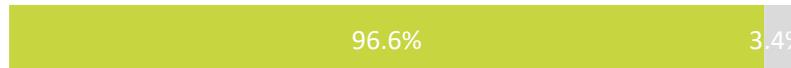
■ Don't know, difficult to say

In the last 12 months, did anyone send you negative or offensive comments because of something your parents (guardians) posted about you on the internet? / In the last year, did your child receive negative or offensive comments because of something you posted about them on the internet?

CHILDREN:



PARENTS:



■ Yes

■ No

■ Don't know, difficult to say

Every fifth parent of minor internet users (aged 10–15) posted information about them on the internet without the child's consent.

Because of this, a small percentage of children experienced unpleasant situations (e.g. received negative or offensive comments).

Reference group (children): Children aged 10–15 who use the internet, N=304
 Reference group (parents): Parents of children aged 10–15 who use the internet, N=301

Reference group (children): Children whose parents posted information about them on the internet without their consent, N=47

Reference group (parents): Parents who posted information about their children on the internet without their consent, N=58

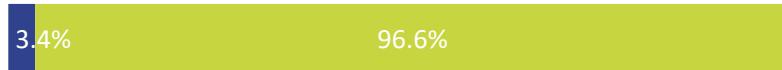
Parents posting content related to their children

In the last 12 months, have you ever asked your parents (guardians) to delete something they posted online? / In the last year, have your child ever asked you to delete something you posted about them online?

CHILDREN:

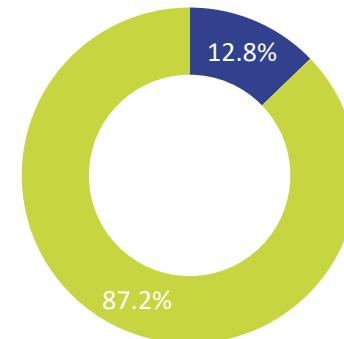


PARENTS:



■ Yes ■ No ■ Don't know, difficult to say

In the last 12 months, have you ever felt uncomfortable because of something your parents (guardians) posted on the internet?



■ Yes ■ No ■ Don't know, difficult to say

In the last year, every tenth child whose parents posted information about them online without their consent asked for that content to be deleted.

While only 3.4% of parents admitted that the child made such a request to them.

Reference group (children): Children whose parents posted information about them on the internet without their consent, N=47

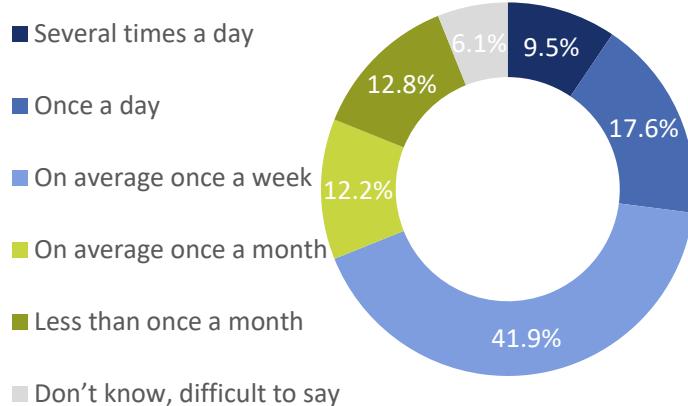
Reference group (parents): Parents who posted information about their children on the internet without their consent, N=58

12.8% of the children surveyed felt uncomfortable because of something their parents posted on the internet.

Reference group (children): Children whose parents posted information about them on the internet without their consent, N=47:

Social media addiction

How often do you post stories, posts, photographs online?

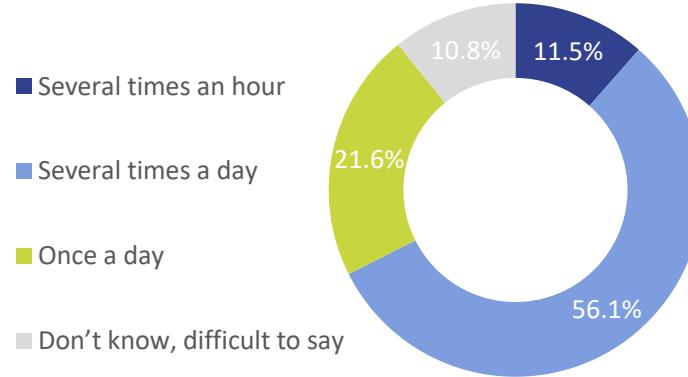


More than half of the young (aged 10–15) users of social media platforms post content there.

They usually post content once a week on average (41.9%). Every fourth child admitted to doing it more often (several times a day – 9.5%, once a day 17.6%).

Reference group (children): Children aged 10–15 who post content on social media platforms, N=148

How often do you check what happens online when you post your photo or comment? Did anyone respond with a comment, liked it, etc.?

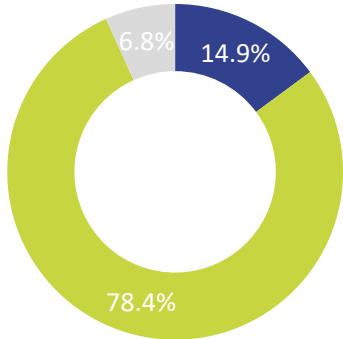


Among the children posting content on social media platforms, more than half check back on it several times a day to see the reaction others had to a photograph or comment they posted. Every fifth respondent does it less frequently, while every tenth – more frequently.

Reference group (children): Children aged 10–15 who post content on social media platforms, N=148

Social media addiction

Do you experience anxiety when your friends don't write to you or don't post anything on social media platforms?

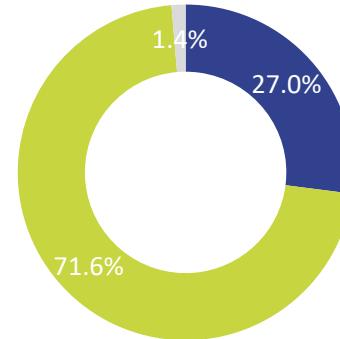


■ Yes ■ No ■ Don't know, difficult to say

Among the young (aged 10–15) active users of social media platforms, 14.9% experience anxiety when their friends don't write to them or don't post anything on social media platforms.

Reference group (children): Children aged 10–15 who post content on social media platforms, N=148

Do you sometimes worry that a photograph or a comment you wish to post on a social media platform will not be found interesting by your friends or that they won't give it a like?



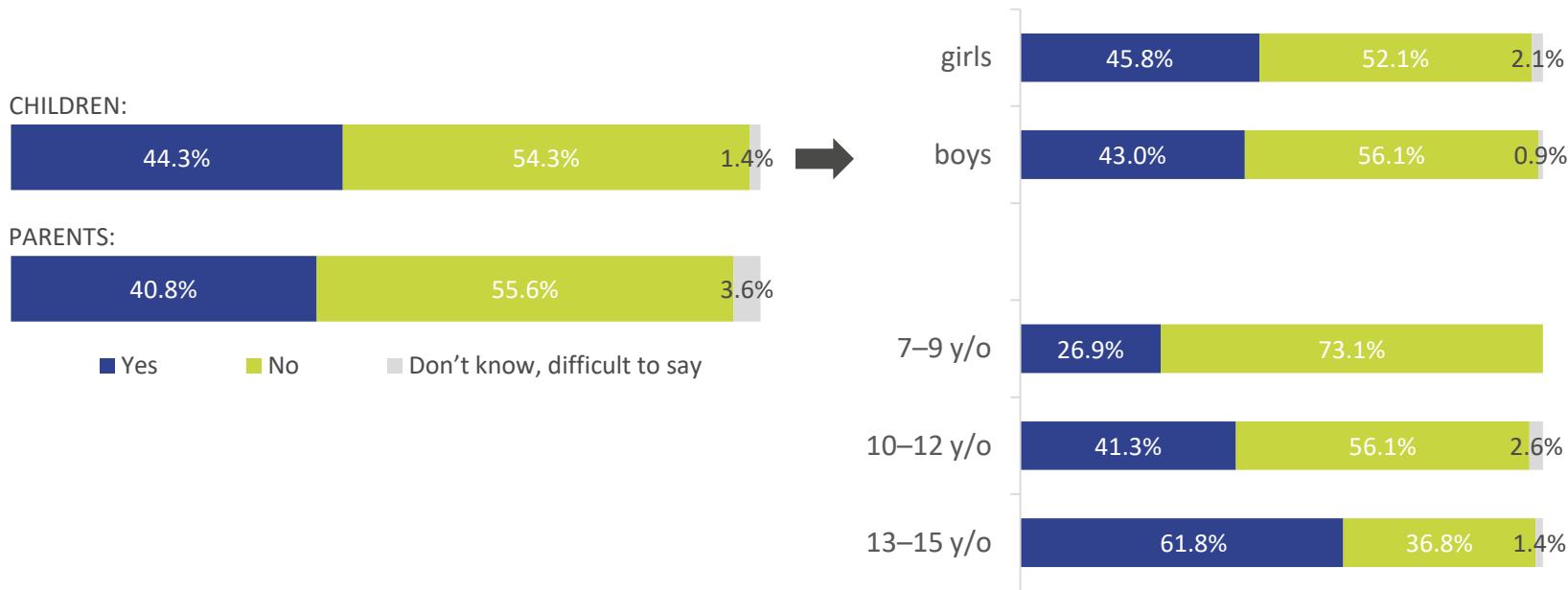
■ Yes ■ No ■ Don't know, difficult to say

Nearly 3 out of 10 children admitted to sometimes worrying that a photograph or a comment they wish to post on a social media platform will not be found interesting by their friends.

Reference group (children): Children aged 10–15 who post content on social media platforms, N=148

Phone addiction

Do you carry your phone with you almost all the time, reacting to every notification sound? / Does your child carry their phone almost all the time, reacting to every notification sound?



4 out of 10 children admitted that they carry their phone with them almost all the time, reacting to every notification sound. The parents' answers are generally in line with those given by their children. No differences were observed in children's answers based on their gender. On the other hand, there were differences based on children's age. As the age increased, so did the percentage of children admitting that they never part with their phone.

Phone addiction

Could you easily give up using your phone, including mobile internet, for an entire day? / Could your child easily give up using their phone, including mobile internet, for an entire day?

CHILDREN:



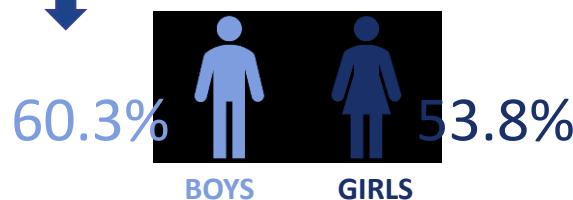
PARENTS:



■ Yes

■ No

■ Don't know, difficult to say



More than half of the children surveyed could easily give up using their phone, including mobile internet, for an entire day. In addition, a higher percentage of positive responses was recorded among girls than boys (60.3% vs 53.8%) and among younger children (10–12 y/o – 61.8%, 13–15 y/o – 51.4%).

Every fifth child barely uses their phone when meeting friends or when they are on holiday, with 6 out of 10 children limiting their phone use in such situations.

Reference group (children): Children aged 10–15 who use a phone or the internet, N=301

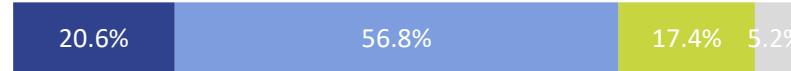
Reference group (parents): Parents of children aged 10–15 who use a phone or the internet, N=310

Do you stop using your phone, including mobile internet, for several hours e.g. when you are out with your friends or on holiday? / Does your child stop using their phone, including mobile internet, for several hours e.g. when they are out with their friends or they are on holiday?

CHILDREN:



PARENTS:



■ Yes, they barely use their phone

■ Limits phone use for several hours

■ No, they use the phone regularly

■ Don't know, difficult to say

Online challenges

Do you know what online challenges are? / Do you know what online challenges are?

CHILDREN:



PARENTS:



■ Yes

■ No

■ Don't know, difficult to say

Have you, or your friends, ever watched a video of someone performing a challenge online? / Have you ever watched a video of someone performing a challenge online?

CHILDREN:



PARENTS:



■ Yes

■ No

■ Don't know, difficult to say

6 out of 10 children aged 10–15 who use the internet know what online challenges are. More than half of them admitted that either they or their friends watched challenge videos online.

Meanwhile, 55.1% of the parents surveyed knew what a challenge is. Of them, every third parent admitted that they watched videos of this type.

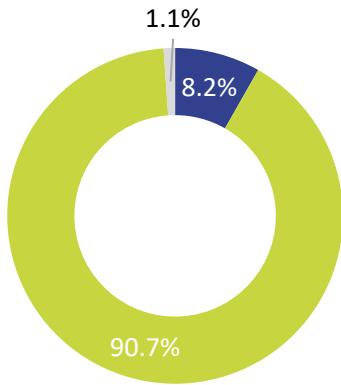
Reference group (children): Children aged 10–15 who use the internet, N=304
Reference group (parents): Parents of children aged 10–15 who use the internet, N=301

Reference group (children): Children aged 10–15 who use the internet and know what online challenges are, N=182

Reference group (parents): Parents of children aged 10–15 who use the internet and know what online challenges are, N=166

Online challenges

Have you, or any of your friends, ever convinced someone to record a challenge video and post it on the internet or have you recorded such a video yourself?



■ Yes ■ No ■ Don't know, difficult to say

Of the children aged 10–15 who know what online challenges are, 8.2% admitted that they or their friends convinced someone to record a challenge video and post it on the internet, or that they themselves recorded such a video.

Reference group (children): Children aged 10–15 who use the internet and know what internet challenges are, N=182

Have you ever heard of a situation where someone hurt themselves while doing an online challenge? / Have you ever heard of a situation where someone hurt themselves while doing an online challenge?

CHILDREN:



PARENTS:



- Yes and I know a person like this
- Yes, but I don't know a person like this
- No
- Don't know, difficult to say

Nearly 4 out of 10 people (children and parents alike) heard of a situation where someone hurt themselves while doing an online challenge. However, only a small percentage of the respondents admitted that they know a person to whom this happened.

Reference group (children): Children aged 10–15 who use the internet and know what online challenges are, N=182

Reference group (parents): Parents of children aged 10–15 who use the internet and know what online challenges are, N=166

Internet in schools

Computer classes

Is computer class part of your curriculum? / Is computer class part of your child's curriculum?

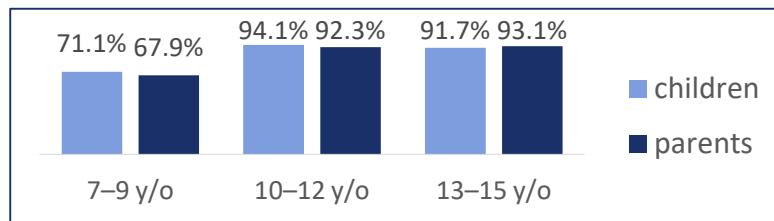
CHILDREN:



PARENTS:



■ Yes
↓
■ No
■ Don't know, difficult to say



The vast majority of children (84.8%) stated that computer classes are part of their curriculum. The parents' answers are in line with those provided by their children. At the same time, it should be noted that the percentage of statements rises with the children's age, both among the children themselves as well as their parents (7–9 y/o – 71.1% and 67.9%, respectively vs 13–15 y/o – 91.7% and 93.1%, respectively).

Reference group (children): All respondents, N=500
Reference group (parents): All respondents, N=500

Is internet access provided during computer classes? / Is internet access provided during computer classes?

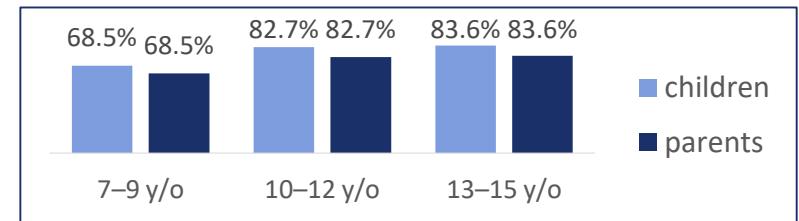
CHILDREN:



PARENTS:



■ Yes
↓
■ No
■ Don't know, difficult to say



Internet access is usually provided during computer classes (children – 86.6%, parents – 78.7%), although the percentage of statements clearly rises with the children's age (both among the children themselves as well as their parents).

Reference group (children): Children who declared that computer class is part of their curriculum, N=424

Reference group (parents): Parents who declared that computer class is part of their child's curriculum, N=417

Internet use in schools

Do teachers of subjects other than computer classes use the internet during their lessons? / Do teachers of subjects other than computer classes use the internet during their lessons?

CHILDREN:



PARENTS:



■ Yes

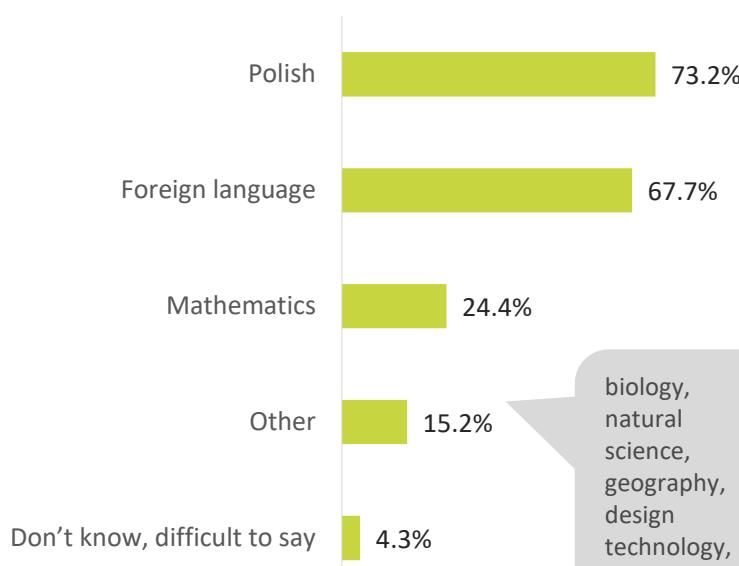
■ No

■ don't know, difficult to say

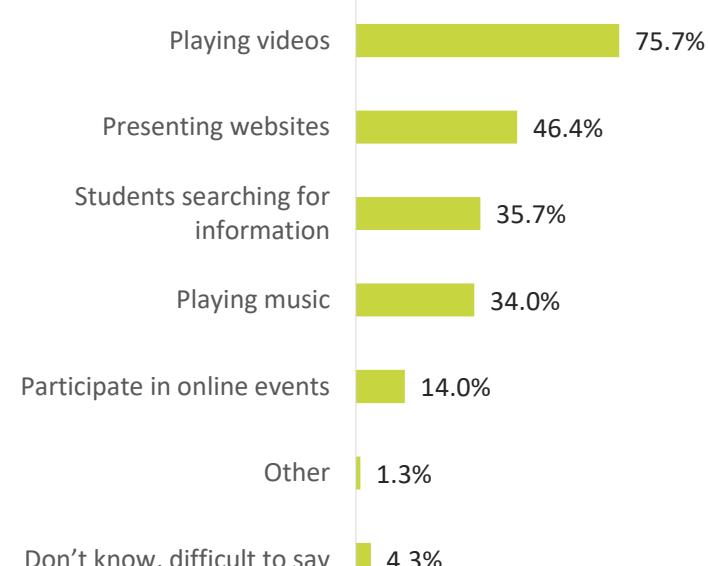
Nearly half of the children surveyed admitted that teachers of subjects other than computer class use the internet during their lessons (47.0%). However, the percentage of statements among children was 7pp lower than in the case of the parents (40.2%). In addition, in the latter of the aforementioned groups, a significant number of responses 'don't know, difficult to say' was recorded, which indicates difficulty in giving a clear answer.

Internet use in schools

Name the subjects where teachers use the internet for activities planned for a given lesson?



What are the activities that the teachers use the internet for during their lessons?



According to the responses of children aged 10–15, the internet is most often used during Polish (73.2%) and foreign language lessons (67.7%). It is usually used for playing videos (75.7%). It is also quite often used for presenting websites (46.4%), allowing students to search for information (35.7%) or playing music (34.0%).

Reference group (children): Children aged 10–15 who stated that teachers of subjects other than computer class use the internet during their lessons, N=164

Reference group (children): Children who stated that teachers of subjects other than computer class use the internet during their lessons, N=235

Internet in schools

Does the school offer internet access outside of class, e.g. in a library or a computer lab? / Does the school offer internet access outside of class, e.g. in a library or a computer lab?

CHILDREN:



PARENTS:



■ Yes

■ No

■ Don't know, difficult to say

7 out of 10 children stated that the school offers internet access outside of class (e.g. in a library or a computer lab). Every tenth child could not give a clear answer.

Reference group (children): All respondents, N=500
Reference group (parents): All respondents, N=500

Electronic forms of communication

Do you communicate with the teachers via electronic forms of communication? / Do you communicate with the teachers via electronic forms of communication?

CHILDREN:



PARENTS:



■ Yes

■ No

■ Don't know, difficult to say

Every third child (31.1%) and two thirds of parents (68.6%) communicate with the teachers via electronic forms of communication.

Reference group (children): Children who use the internet, N=447
Reference group (parents): All respondents, N=500

Internet of Things / Internet of Toys

Internet of Things

Have you ever come across this term? / Have you, as a parent, ever come across this term?

CHILDREN:



PARENTS:



■ Yes

■ No

■ Don't know

36.1% of the children and 40.4% of the parents surveyed were familiar with the term Internet of Things, while 51.4% and 53.8%, respectively, were familiar with the term smart toys. Only 1 out of 10 surveyed children stated that they have smart toys at home.

Reference group (children): Children aged 10–15, N=313
Reference group (parents): All respondents, N=500

Smart Toys

Have you ever come across this term? / Have you, as a parent, ever come across this term?

CHILDREN:



PARENTS:



■ Yes

■ No

■ Don't know

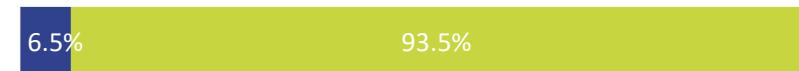
Reference group (children): Children aged 10–15, N=313
Reference group (parents): All respondents, N=500

Do you have toys like this at home? / Does your child have toys like this at home?

CHILDREN:



PARENTS:



■ Yes

■ No

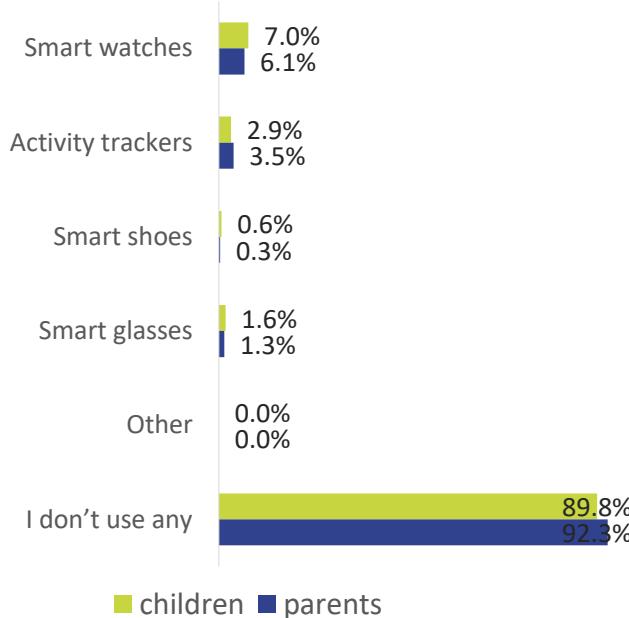
■ Don't know

Reference group (children): Children aged 10–15 who came across the term *smart toys*, N=161

Reference group (parents): Children aged 10–15 who came across the term *smart toys*, N=170

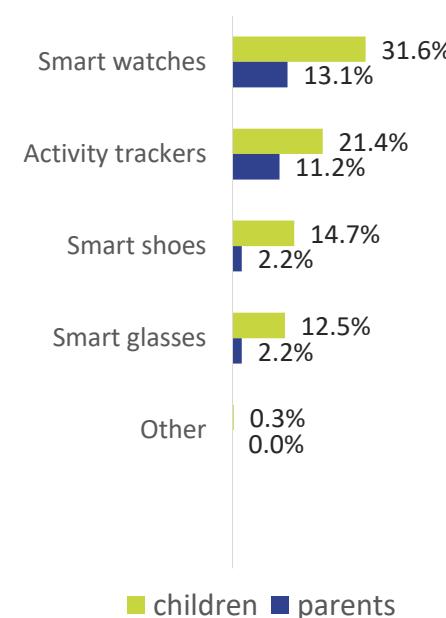
Wearables

What kind of wearables do you use? / What kind of wearables does your child use?



The vast majority of children aged 10–15 do not use wearables, which is confirmed by their parents' replies. Smart watches are the most popular devices of this type among those who own such devices (children – 7.0%, parents – 6.1%).

Do you intend to use the wearables listed below in the future? / Do you intend to buy wearables for your child in the future?



It should be noted that children are much more eager to confirm their intention of using wearables in the future (mostly smart watches and bands that measure vital functions) than their parents.

Video games

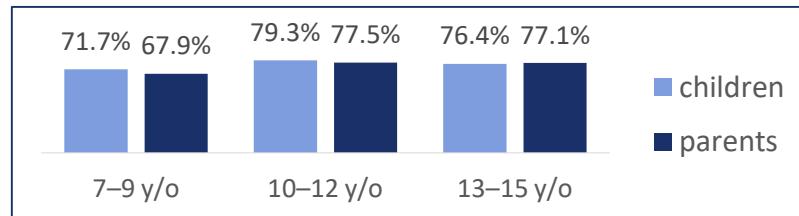
Playing games

Do you play video games or online games? /
Does your child play video games or online games?

CHILDREN:



PARENTS:

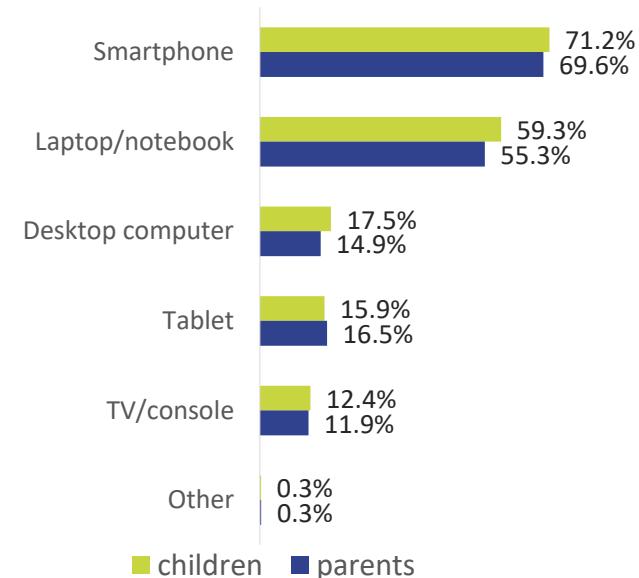


Three quarters of children aged 7–15 play video games. It should be added that this percentage is higher among boys than girls (84.7% vs 65.7%).

Reference group (children): All respondents, N=500
Reference group (parents): All respondents, N=500

Devices used

What device do you usually use to play games of this type? /
What device does your child usually use to play games of this type?

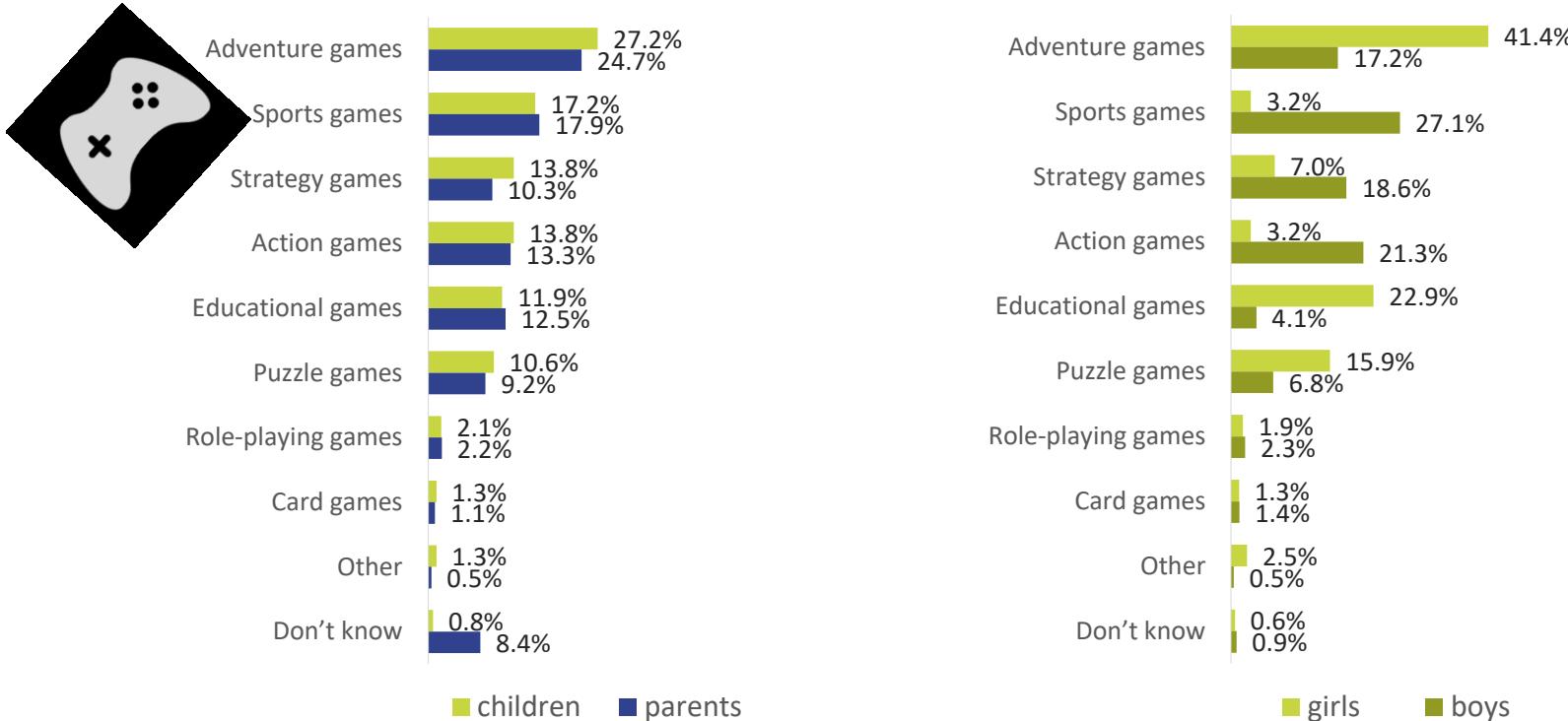


The devices children most often use are smartphones (children – 71.2%, parents – 69.6%) and laptops or notebooks (children – 59.3%, parents – 55.3%). Desktop computers, tablets or consoles are much less popular in this context.

Reference group (children): Children who play games, N=378
Reference group (parents): Parents whose children play games, N=369

Game genres

What genre of games do you play the most? / What genre of games does your child play the most?



Children have different preferences when it comes to game genres. Adventure games are the most popular, as they are the favourite genre of every fourth child. Ranked further are sports games, strategy games and action games. Also, every tenth child chooses educational and logic games. Role-playing and card games are the least popular. At the same time, it should be noted that girls are slightly more inclined to play adventure, logic and educational games, while boys more often choose strategy, action and sports titles.

Time spent playing games

How much time a week do you spend playing video and/or online games? / How much time a week does your child spend playing video and/or online games?

CHILDREN:



PARENTS:



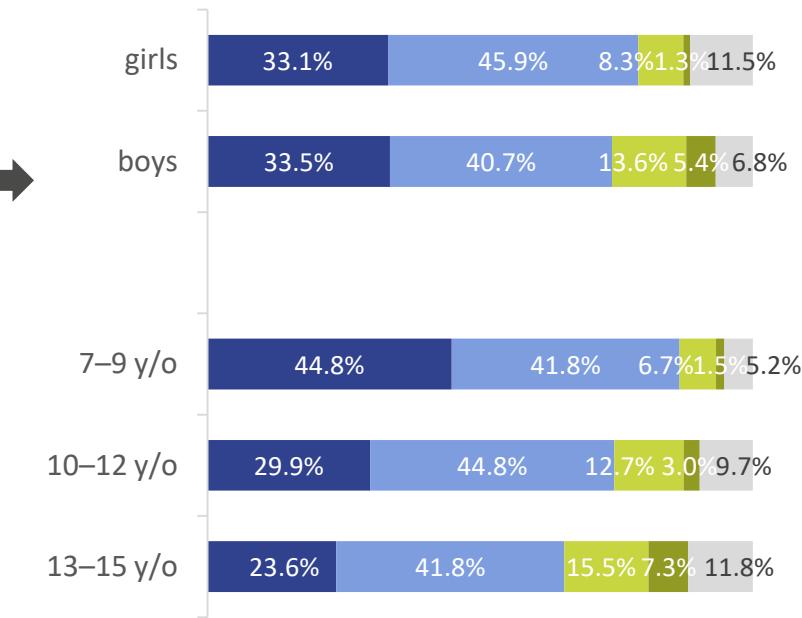
- Only on selected days, e.g. on weekends
- Every day, from thirty minutes to 2 hours
- Every day, from 2 to 3 hours
- More than 3 hours a day
- Don't know, difficult to say

Children usually spend anywhere between thirty minutes and two hours each day playing games (children – 42.9%, parents – 43.4%). Every third child plays only on specific days, and every tenth child plays from 2 to 3 hours every day. A small percentage of children play games for more than 3 hours a day.

It should also be noted that time spent playing games increases with the children's age. Gender breakdown shows that boys dedicate slightly more time to this activity than girls.

Reference group (children): Children who play games, N=378

Reference group (parents): Parents whose children play games, N=369



Summary



Mobile telephony

More than 8 in 10 children aged 7–15 have their own mobile phone and usually start using it between the ages of 7 and 10.

The most popular phone type among children is the smartphone, with pre-paid or subscription being the most popular mobile payment models. The child's mobile phone was usually chosen for them by their parents or with the parents' help. The payment plan, however, is usually something solely the parents decide on.

Usually, the child's mobile phone use costs the parents PLN 21–30. Children usually do not generate extra costs related to using services with added payments.

Children mostly use their phones to call their parents/family or friends, and to write and receive text messages. Two thirds of children install applications on their phones by themselves.

Every other parent applies parental controls in the context of their child's use of a mobile phone. The most commonly used parental control method is to agree on phone use rules with the child.

The vast majority of children and parents stated that they know the rules of mobile phone use in the child's school. Nearly one fourth of children admitted that a teacher asked them to hand over their mobile phone during a lesson.

The reasons cited most often as to why a child does not have their own phone were negative impact on the child's development and no need.



Using the internet

Nearly 9 out of 10 children aged 7–15 use the internet. Children usually start using the internet at the age of 7–8.

Children mostly use the internet on smartphones and laptops. Young internet users usually use the internet every day from thirty minutes to 2 hours.

Nearly half of the parents surveyed admit to using parental control in the context of their child's use of the internet. The preferred method is to agree on the rules for using the internet with the child and conversations about their online experiences.

Two thirds of the children know how to shop via a mobile application, despite the fact that they do it relatively infrequently. However, they can check the costs of using the application, but don't always read the terms and conditions.



Using the internet

Children use the internet mostly for listening to music, watching videos online and playing video games.

YouTube and Facebook are among the most popular platforms among children. More than half of the children using social media platforms post their own content there. They usually post comments and photographs of themselves. Every fifth young internet user does not use social media platforms.

The majority of parents had a conversation with their children on how to use the internet safely. In addition, 7 out of 10 children admit that their school organised classes on online safety, usually conducted by the school's teachers.

6 out of 10 of the children surveyed know that they must not give their personal information or passwords to anyone online, nor send their photographs to strangers.

Children are also aware that they shouldn't share their personal information with strangers (57.0%) and that they should only be opening messages from people they know (52.6%).

The most frequently indicated reason why a child does not use the internet was that it negatively impacts the child's development. The possibility of being exposed to undesirable content and lack of such need on the part of the child were also often mentioned.



Negative phenomena

According to parents, the largest threats that can potentially follow from using the internet is exposure to undesirable content, contact with strangers (being not who they claim to be) and the possibility of becoming addicted to the internet. Children's responses were usually related to contact with strangers, possibility of falling victim to fraud and downloading viruses to their device.

Of the hazardous situations listed, children most often indicated that they were exposed to content that was not age-appropriate (images/videos/comments) – depicting violence and cruelty, hate or hate speech, nudity or sexual acts as well as diseases or injuries. The situations mentioned usually happened rarely or very rarely.

The term that the respondents were most familiar with is hate. More than half of the parents and children surveyed are also familiar with such terms as challenge, cyberbullying and trolling. The least known phenomena include: FOJI, JOMO, MOMO and FOMO.

Children or their friends do not send intimate photographs of themselves to other people. According to the declarations of the vast majority, there was also no situation in which someone threatened to make their intimate pictures or films available online if they did not send other materials or money.



Negative phenomena

A fifth of the surveyed children encountered aggressive comments that sparked arguments on internet fora. At the same time, nearly 30% of them encountered 'hate' on the internet. It should be noted that the young internet users' usual reaction to a potentially offensive comment seen online was informing their guardians. Slightly more than fifty percent of the children and parents surveyed know the difference between hate and hate speech.

Every seventh surveyed child declared that their parents posted information about them online without the children's knowledge. It should also be noted that 6.4% of children claimed to have experienced unpleasant situations in the last year, caused by content featuring them, which was posted by their parents.

4 out of 10 surveyed children post content on social media platforms on average once a week, with 27% posting more often.

Simultaneously, nearly 15% of children experience anxiety when their friends don't write to them or don't post anything to social media platforms, while nearly twice that percentage worry that their friends may not be interested in the comments or photographs they posted.

Less than half of the children admit to always carrying their phone with them, reacting to any notification sound, while nearly 60% could give up using their phones for an entire day.

6 out of 10 children and parents know what online challenges are. Among them, over half of the children or their friends watched an online video of someone doing a challenge, with less than 10% stating that someone convinced them to post a video of this type online.



Internet in schools

The vast majority of children declare that their school offers computer classes during which internet access is provided. Internet is also used during other classes (mostly Polish and foreign language lessons), predominantly for playing videos or presenting websites. Children state that the school also provides them with internet access outside of class.

The survey shows that parents are eager to communicate with teachers via electronic forms of communication (68.6%). Children do it much less frequently (31.1%).



Video games

Three quarters of the children surveyed play video games or online games, mostly on their smartphones and laptops/notebooks. The preferred game genres are adventure, sports, strategy and action. The time spent playing games usually ranges between thirty minutes and 2 hours on each day, or only on specific days of the week, although the time dedicated to this activity increases with age.



Internet of Things

36.1% of the children and 40.4% of the parents surveyed came across the term Internet of Things, while 51.4% and 53.8%, respectively, were familiar with the term smart toys. Only 1 out of 10 surveyed children stated that they have smart toys at home.

The vast majority of children do not use wearables. Smart watches are most popular devices of this type among those who use them. It should be noted that children are much more eager to confirm their intention to use wearables in the future than their parents.

Note on the methodology

- In the column and bar graphs, the sum of the values may exceed 100% – it was possible to indicate more than one answer.
- In pie charts and cumulative charts, the sum of individual percentages can be 99.9% or 100.1%. This is the result of the rounding used for decimal numbers.

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