HOW CAN TEENS STAY SAFE ON THE INTERNET?

Save the Children 救助兒童會

HKU SWSA Department of Social Work and Social Administration
The University of Hong Kong
香港大學社會工作及社會行政學系

Tell your family about your online life; your parents will be interested and can give you good advice!

Behave the same way online as in real life. **Good manners** always work best.

Remember, what is shared or sent to someone over the internet stays there forever **- think twice before you share online!**

Bullying is wrong. If you experience bullying online you can save the bullying messages and tell an adult.

You can **avoid internet or gaming addiction** by making sure you take care of your friendships, attend to your homework, eat healthily and get enough sleep. You should talk to a trusted adult if you have difficulty with spending too much time online or in games.

Kaylor Swiss - All Too Bad
59,095,859 views

Video will play after Ad
02:00/04:55
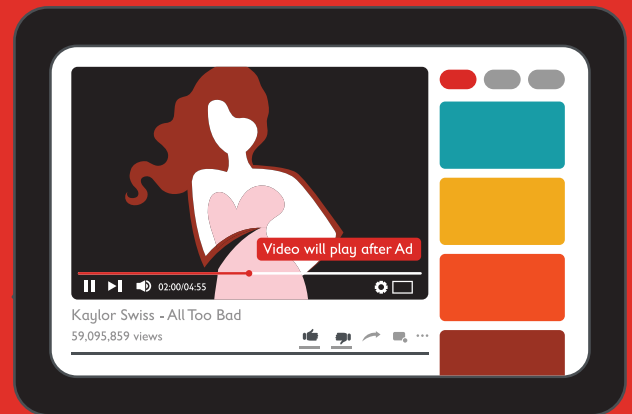
If you see something disgusting or upsetting on the internet, close the browser or turn off the device and talk to a trusted adult. There are a lot of things online that can make you feel afraid and distressed. You should not hesitate to ask for help!

Sarah Layton requested to chat with you.
Confirm   Decline

Be careful with friendships online. Take care with your privacy settings and reject messages from people you do not want to contact you. No one should pressure you to do or share something you do not want to. Talk to a trusted adult if someone you know online asks you for inappropriate things or pressures you to do things you do not want to do.

The Hong Kong Kids Online study was conducted in primary and secondary schools from 2020 to 2021 in order to better understand the risks to which children are exposed online and determine the factors that help protect them in the digital world. This study is representative of the majority of Hong Kong secondary school students and inclusive of children of various socio-economic backgrounds.

1

KEY FINDINGS

Among Hong Kong secondary school students in the past year:

ON UNWANTED ONLINE SEXUAL EXPERIENCES

4 in 10 have had at least one unwanted online sexual content exposure, solicitation, or experience. That means as many as 131,604 Hong Kong secondary school students were virtually "flashed" or sexually harassed at least once in the last year.

Up to 5% were pressured into doing something sexual online against their will. That's about 30 students in each secondary school.

Online child sexual abuse has been a more prevalent threat than physical sexual abuse, affecting more teenagers earlier in life.

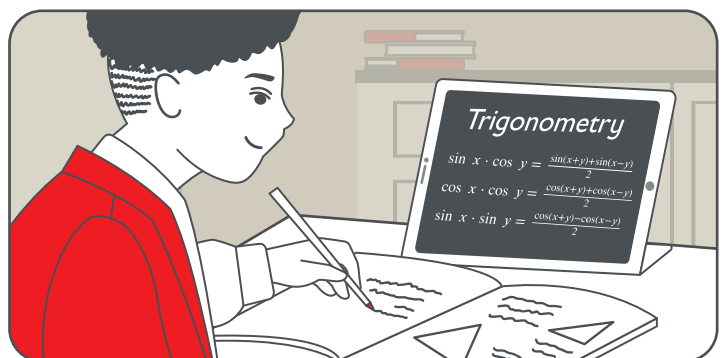## ON SOCIAL AND DEVELOPMENTAL SUPPORT FROM THE INTERNET

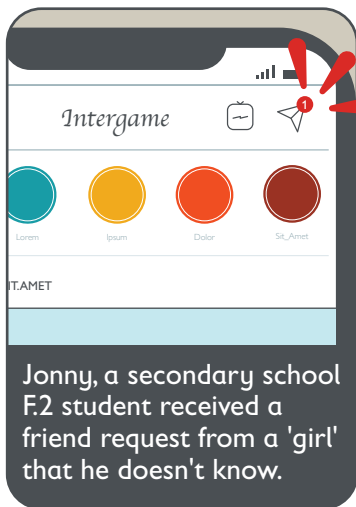**67%** learned new things online every week or more often.

81% used the internet for social activities every week, not including instant messaging or social media.
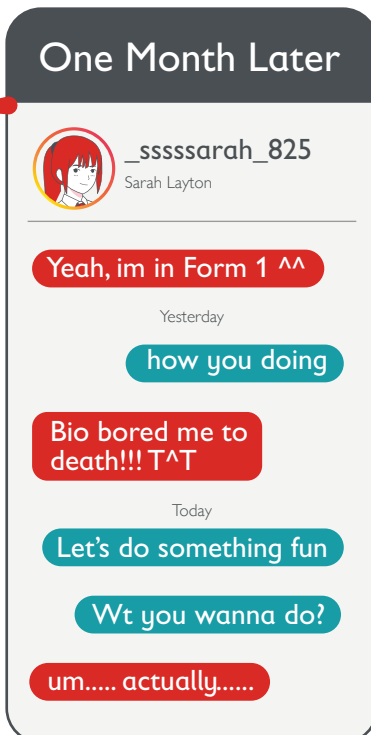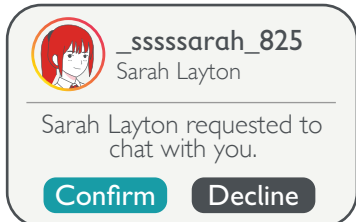
40% used the internet for artistic and creative expression at least every month.
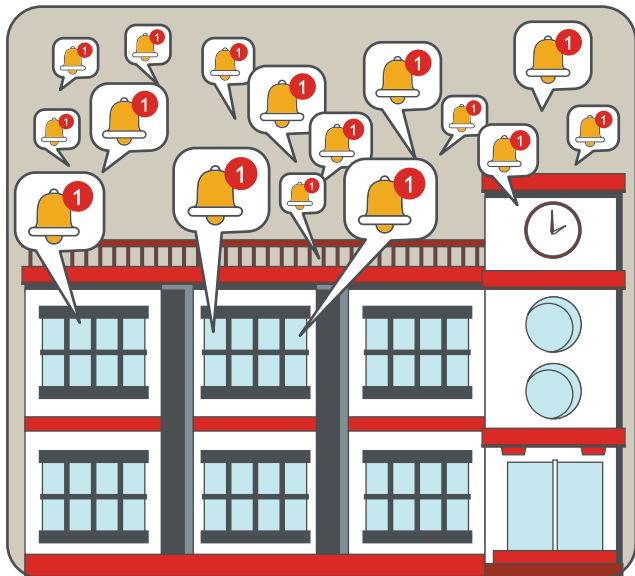
ON CYBERBULLYING AND SEXUAL HARASSMENT

Jonny, a secondary school F.2 student received a friend request from a 'girl' that he doesn't know.

_sssssarah_825
Sarah Layton

Sarah Layton requested to chat with you.

[Confirm] [Decline]

One Month Later

_sssssarah_825
Sarah Layton

Yeah, im in Form 1 ^^

Yesterday

how you doing

Bio bored me to death!!! T^T

Today

Let's do something fun

Wt you wanna do?

um..... actually......

can you show me ur body......naked.....

Kekekeke *Kekekeke* *Haha*

Jonny doesn't know the 'girl' is a fake profile created by his classmates.

New message!

Jonny's looking for love~

8:15am

*Hahaha Hahaha Haha Haha Hahahahaha Haha Hahahaha Hah*

Jonny's classmates persuaded Jonny to selfie pictures of himself naked. Those pictures were shared to all of his schoolmates.

Roughly 10% were sexually harassed online, 4 times more than the number who reported being sexually harassed in real life. That means there were potentially 33,000 cases of online child sexual harassment last year.

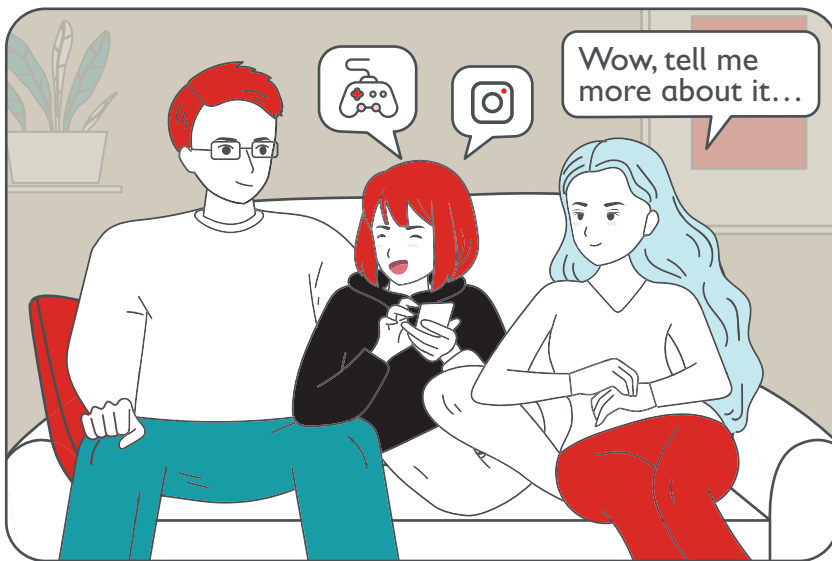**1 in 20** had received unwanted requests for sexual photos of themselves.

1 in 5
experienced cyberbullying.
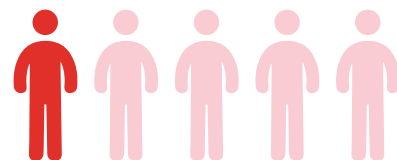
Teenagers in Hong Kong were equally likely to experience cyberbullying as they were to experience bullying in real life and the majority of those bullied suffered this treatment in both the digital world and real life.

ON PROTECTIVE FACTORS

Children of parents who more often encourage their child to explore the internet and suggest ways for the child to stay safe on the internet face fewer unwanted online sexual experiences on average.

Parents having rules for their children and children needing permission to do certain activities online is associated with a reduced risk of cyberbullying.

Students who report that their school or teachers regularly guide them in internet education appear to less commonly face unwanted online sexual experiences, the worst forms of online child sexual abuse, and cyberbullying.

ON RISK FACTORS

Children who experienced abuse or neglect in real life were 4 times more likely than their peers to have unwanted sexual experiences online. Lonely children and those more dependent on the internet for socializing were also at significantly greater risk.

Older children, specifically teenagers further into puberty, are more likely than younger children to face cyberbullying and online child sexual abuse. Additionally, boys are more likely than girls to face most kinds of online sexual abuse whereas the opposite is true for sexual abuse in the physical world.

Behaviors indicating possible internet addiction were significantly associated with higher likelihood of facing online sexual abuse and cyberbullying.

Receiving d*** pics is quite common among pretty girls.

Anonymous secondary school student

Excluding the time I spent on sleeping, having meals, and school, I almost spend all my time on my smartphone.

Boy, form 2

Sometimes I don't wear earphones when watching videos. Once these inappropriate advertisements suddenly started to play and it was very loud and everyone could hear. I felt very embarrassed.

Girl, form2

Looking for detailed findings from this study?

Full Report   Original Study

Save the Children
救助兒童會