

Safeguarding Snapshot – 10.05.24

National Online Safety Guide on Ofcom's Children & Parents: Media Use & Attitudes Report 2023

Ofcom's annual 'Children and Parents: Media Use and Attitudes' report provides a comprehensive picture of how young people used and interacted with the internet in the preceding year. It's a fascinating snapshot of what games and apps young people are currently favouring, how long they spend online and how tastes change at certain ages.

While some of Ofcom's latest findings will be as expected (YouTube being by far the most popular platform among under-18s, for instance), other conclusions may be surprising. This guide presents some of the report's most eye-catching facts and figures in an accessible infographic format.

In the guide you'll find statistics and trends such as the current most popular platforms for young people and the proportion of children in each age group who play online games.

We encourage you to use this information to discuss healthy relationships and habits with your child, in relation to their screens and devices.

Click [\[here\]](#) to access the guide.

Further information

- [Screen Time & Healthy Balance | Childnet](#)
- [Screen time advice hub for parents | Internet Matters](#)
- [Tips for managing your family's screen time - Own It - BBC](#)
- [Screen time for kids learn about the effects | Internet Matters](#)