

YOUTH ONLINE: SAFE AND CONNECTED



Results from Waves 11 and 12 (2018/19)

Using the internet can be very important for children and young people. It can help them build positive relationships with family, friends and their community. Maintaining positive relationships supports their wellbeing and safety. Accessing the internet can also be risky and can expose youth to bullying and interactions with unknown people. Parents and caregivers can support their children when using the internet by helping them to learn about the risks and encouraging them to stay safe. In 2018 and 2019, the Aboriginal and/or Torres Strait Islander *Footprints in Time* youth were aged between 11 and 16 years.

Footprints in Time youth were using the internet at home and at school. They used different devices to access the internet depending on where they were. The most common reasons for accessing the internet were: watching content, listening to music and keeping in touch with family.

Used the internet...

At home
79%

At school
74%

Accessed the internet using...

2 in 3



Their own mobile phone

2 in 5



School devices

Accessed the internet to...



71%

Watch YouTube or listen to music



30%

Keep in contact with family



28%

Play games or online gaming
(not gambling)



27%

Keep themselves organised
(calendars, alarms, reminders)

Footprints in Time parents and caregivers reported higher youth levels of wellbeing when...

- Youth used the internet at school
- Youth had rules at home about how much time they use the internet
- Parents and caregivers said they felt their child was safe on the internet
- Parents and caregivers felt confident they knew about being safe on the internet

For children and young people, **wellbeing** means *that they are safe, comfortable, happy, and feeling good about themselves. They are ready to learn and to grow up strong.*

Footprints in Time youth felt safe on the internet when....

- They took actions to protect themselves
- There were rules about accessing the internet
- They were supervised by someone they trusted when using the internet



Parent and carers of Footprints in Time youth play an important role in keeping youth safe online

Parents and carers of Footprints in Time youth reported implementing rules for internet use regarding:

Content
67%

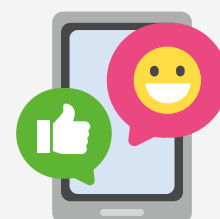
Time
60%



84%
of parents and carers
thought their child was
safe on the internet

Youth can be supported to stay safe and encourage positive interactions through:

- Parents and carers who actively monitor and provide rules for using the internet
- Engaging the strengths and capacity of parents and carers to support their children to safely access the internet
- Providing culturally appropriate information to help parents and carers learn about keeping their children safe while they are learning to use the internet
- Encouraging youth to teach their family about using the internet which can also benefit them.



68%
of Footprints in
Time youth felt safe
on the internet

Footprints in Time youth said they felt safe on the internet because...

"...I have my family and friends to protect me"

"...I don't do stupid things like add people I don't know"

"...I know what to look and what to avoid"

"...I am aware of strangers on-line and no personal details shared"

DISCLAIMER This factsheet uses unit record data from *Footprints in Time: the Longitudinal Study of Indigenous Children (LSIC)*. LSIC was conducted by the Australian Government Department of Social Services (DSS). We acknowledge the role and support of state and territory departments of education and Catholic dioceses in the collection of LSIC data. The findings and views reported in this factsheet, however, are those of the authors and should not be attributed to the Australian Government, DSS, or the Aboriginal and/or Torres Strait Islander people and their communities involved in this study.

FULL REPORT

Footprints in Time, The Longitudinal Study of Indigenous Children, Report from Wave 11 and 12. The Kids Research Institute Australia.

For more information on the *Footprints in Time* study <https://www.dss.gov.au/lsic>

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