

Children and young people with care-experience

Children and young people with care-experience face additional challenges online. Below we share some research and insights into how this may affect their wellbeing and safety.

Young people in this group identified with the following statements:

"I am a young carer"



"I am care-experienced"

Predicted risks

Young people's offline vulnerabilities can be used as a predictor for their online vulnerabilities.

Young people in this group are vulnerable to all high-risk online scenarios - contact, content, conduct and cyber scams.

Experiencing family and social vulnerabilities is an indicator of cyber scams, which are themselves a predictor for further online harms:

- Being a victim of cyber aggression
- Having exposure to harmful content

Key Insights



Only 55% of young carers were given advice on online safety¹



27% have seen content supporting religious extremist views or terror acts¹



More than half of young carers spend five hours or more online per day²



15% of care-experienced children and young people said they had their credit card details hacked¹



36% of young carers and **40%** of those care-experienced, said they have been cyberbullied compared to 16% non-carers and care-experienced children and young people¹



Only **two thirds** of care-experienced children and young people report getting online safety advice with **31%** saying it is useless¹



33% of children and young people say they often feel addicted to their phones¹ compared to **18%** of all young people

Risks explained

Conduct risks are associated with:

- use of chat rooms
- looking at pages meant for adults
- visiting gambling sites
- downloading music without paying

Content risks involve visiting or being exposed to websites that:

- urge young people to be very thin
- talk about self-harming or suicide
- promote hatred or racist views
- give dangerous advice
- sell illegal goods
- show nude pictures or videos that weren't searched for
- show very violent pictures or videos that young people didn't want to see

Victims of **cyber scams** have experienced abuse of their personal data and tend to agree with statements such as:

- My social media account has been hacked
- My personal details have been stolen or hacked

- I've had credit card details stolen and used
- I've been tricked into paying money for something I did not want to buy
- I've been tricked into buying fake goods

Contact risks have high risk online relationships involving sexting with reasons for doing so including:

- being pressured / blackmailed to do it
- being tricked into it
- being in a relationship and pressured to or wanting to share nudes
- sharing due to threats
- trying it for fun

Cyber aggression: online aggression that isn't always viewed as bullying. It can include comments, insults or threats due to appearance, race, religion, sexuality, gender, or disability. It can also include threats to harm a person or their family



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