

# Mind Yer Time: Top Tips For adults supporting children in using the online space.



- 1** Accessibility: children spoke about the need for all websites and applications that children use to be more accessible, recognising the need for larger fonts, more images, less texts and options for individuals with disabilities.
- 2** Children felt it was important to have awareness of their digital rights saying that it allowed them to feel they had more control over their experience online and allowed them to make more informed choices round it.
- 3** Children spoke about concerns around anonymity on social media platforms. They spoke about preferring online comments from peers or people that they know rather than from strangers.
- 4** Children told us that their time online was mostly spent on their own on private devices, rather than through a shared space with adults and guardians. They articulated that adults used the internet in different ways to them, expressing concerns that this led to adults fearing the online space.
- 5** Some children spoke about how their parents and carers were a large influence in how much time they would spend online.
- 6** Children expressed ways in which their experiences online could negatively and positively change how they thought about their body image
- 7** Children told us that age restriction rules on sites like Tik Tok and Snapchat don't prevent them from using them as there is no consequence is doing so.
- 8** Many children told us that it was difficult to tell what online content (images and video's) were real and which had been edited effecting their trust in the online space.

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