



*Children, Bris
and IT 2014*

BRIS

Young people's everyday lives online – a summary of Bris' contacts

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Children, Bris and IT

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He's not like you'd imagine an older guy you meet online. He's never asked me for nude photos, my phone number or where I live. I love him so much and I really want to meet him. Should I?

GIRL, AGED 12.



BRIS – CHILDREN'S RIGHTS IN SOCIETY – is a non-governmental organisation with no political or religious affiliations, which supports children and young people in distress. Bris provides a link between children, adults and the rest of society. At the core of Bris' services are the support channels Bris 116 111, Bris-mail and Bris-chat, to which children and young people up to the age of 18 can turn anonymously and free of charge when they need the support of an adult. Bris also serves as a lobbying and referral body that aims to enhance adults' respect for children as individuals and also to achieve the full application of the principles established in the UN Convention of the Rights of the Child. Bris uses its collective knowledge of the situation of children

and young people to inform, influence and shape opinion in children's rights issues at various levels. Bris also has a site offering support to adults (Barnperspektivet.se) and a helpline for adults (077-150 50 50) for adults who need someone to talk to about their own or other people's children.

Bris was founded in 1971 and is organised into one national association with five regional offices. The offices are in Umeå, Norrköping, Stockholm, Gothenburg and Malmö. Bris' activities are funded by financial contributions and donations from both private and public donors. Since 2013, Bris' support activities have been staffed by 18 full-time counselors who are based centrally in Stockholm.

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Summary

Every year since 2007, Bris has released a report on how children and young people describe their everyday lives online. This report is part of the EU-funded project "The Young Internet", which is being run in Sweden by the Swedish Media Council in partnership with Bris, the purpose of which is to raise awareness among both children and adults of the opportunities and risks associated with using the Internet. Another feature of the project is that Bris aims on an ongoing basis to increase its knowledge of young people's everyday lives online. This is in order that children and young people (and adults) can benefit from contacting Bris anonymously to obtain information about and support for issues relating to young people's everyday lives on the Internet, computers and mobile phones.

To gain a perception about what children and young people are telling Bris about their everyday lives online, Bris has read contacts in the Bris-mail and Bris-chat services, as well as summaries of calls about children on the Bris Adult Hotline, which were recorded as part of Bris' routine documentation as relating to computers/mobiles/the Internet.

Using various subject categories such as Love and Friends, Abuse and Threats, and Family Conflicts, the report provides a general picture of how young people describe their everyday lives online. Each subject heading contains a description of how common the subject is in Bris' contacts, followed by a few examples from the accounts of children and young people.

For most children and young people, their everyday lives online are very undramatic and routine, i.e. filled with all the joys and concerns of life. But as Bris summarises the contacts

from its support activities, it is unavoidable that the focus rests on the more difficult, serious issues, as children and young people turn to Bris in the first instance to obtain support and help.

It is clear from Bris' contacts with children and young people that they use the Internet and mobile phones primarily for the purpose of managing their relationships – about half of all IT-related contacts with children have been recorded in terms of content and text under what is referred to as "Love and Friends". It is also common for contacts to deal with the subject of Abuse and Threats – about one quarter of contacts with children studied were recorded under this.

Contacts with adults studied by Bris tend instead to deal predominantly with issues and descriptions of young people's over-use of the Internet, computers and mobiles – about one third of the contacts with adults studied were recorded under the subject heading Misuse/Hazardous Use. Another common theme among adult contacts is Family Conflicts.

At the end of the report, Bris refers to the Swedish Media Council's report entitled Young People & Media from 2012/2103. In both Bris' support contacts and in Young People & Media, clear gender differences can be seen in young people's everyday lives online, the major breakthrough of smartphones and the fact that differing views among children and parents on Internet usage result in conflicts.

The report concludes with tips on the Bris Academy's lectures and training courses, as well as other sources of additional knowledge on the subject.



Material and methodology

To gain a perception about what children and young people are telling Bris about their everyday lives online, Bris has read through all contacts in the Bris-mail and Bris-chat services from September 2012 until August 2013 that have been recorded as part of Bris' routine documentation under Computers/Mobiles/The Internet. In total there were 555 contacts – 371 emails and 194 chats.

As they were read, they were categorised on the basis of whether the contact fell into one or more different subjects, for example Love, Abuse/Threats or Misuse/Hazardous Use. The results in the report are based on these categorisations.

The same method was also used to summarise contacts

via the Bris Adult Hotline – about children, reported under the contact area Computers/Mobiles/Internet. A total of 87 conversation summaries were read, 53 of which contained a description of the IT-related content of the contact.

The average age of the children in the child contacts studied is 14.4, and the gender distribution is 87 per cent girls and 13 per cent boys.

During 2013 Bris worked to further develop the system used to document all contacts in its support activities. This development work has meant that it was not possible to document the contacts to the usual extent. There are thus no statistics available of these contacts.

How do young people describe their everyday lives online?

To provide a general picture of how young people describe their everyday lives online, in the text below we describe the most central subjects that emerged.

Under each subject heading is a brief summary of what the subject involves, as well as a few representative examples from Bris' contacts. There are more examples in the closing section of the report, "Young People & Media and Bris". All examples are drawn from 2012/2013 and are based on authentic material, although the material has been edited and abridged, and also adapted to make sure that no individual child can be identified.

The subjects in the report are presented in order of size, i.e. according to how frequently they occur among the contacts

with children studied. The proportion of adult contacts studied and examples of them are reported when it was considered relevant for the subject in question.

It can be confirmed in general that the children's accounts to Bris provide a broad reflection of their everyday lives online. At the same time it is worth noting that given the kind of support activities carried out by Bris, there is a natural over-representation of accounts that deal with more or less serious problems and events. In this context, one might say that this report is rather a reflection of young people's problems and vulnerability online, rather than their everyday lives online.

Love and Friends

It is clear from Bris' contacts with children what a significant role the Internet, computers and mobile phones play in young people's romantic relationships and friendships, and in how they handle them. Virtually half of all child contacts studied have been seen to relate to Love and/or Friends. This makes it by far the most common issue among the IT-related child contacts studied.

He hadn't written for a week, so I decided to write. Wrote "Hi :) <3" to him, and he read it but didn't reply. Made me sad. He usually replies within a few seconds.

GIRL, AGED 14.

He's not like you'd imagine an older guy you meet online. He never asked me for nude photos, my phone number or where I live. I love him so much and I really want to meet him. Should I?

GIRL, AGED 12.

I've started writing to a girl. In the last few days we've been writing to each other constantly. She's just great! I can sit looking at a picture of her all the time, smiling. But I think I'm starting to really like her, more than just a friend.

GIRL, AGED 15.

Abuse and Threats

Abuse and threats online are often an extension of abuse offline. At the same time, abuse can often take place solely online. Just over one quarter of IT-related child contacts studied relate to abuse and threats.

(The sections entitled Young People & Media and Bris/Bullying and Unpleasantness contain more examples on this subject.)

I did things a twelve-year-old should never do. I showed myself to guys, and received a kind of love and affirmation. But it went too far. When I was fourteen I started to be threatened and coerced not to stop.

GIRL, AGED 18.

There's a website where you can ask each other questions. Someone asked if I was the ugliest in the class, and one guy said I was. We've been in the same class and he's never said anything nasty to me before.

GIRL, AGED 14.

So he filmed me when I showed myself on the cam.... Stupid of me, I was terrified that he'd show the film to my friends. That's why I felt forced to add him on Skype. I've now been forced to do things for him on camera for several weeks.

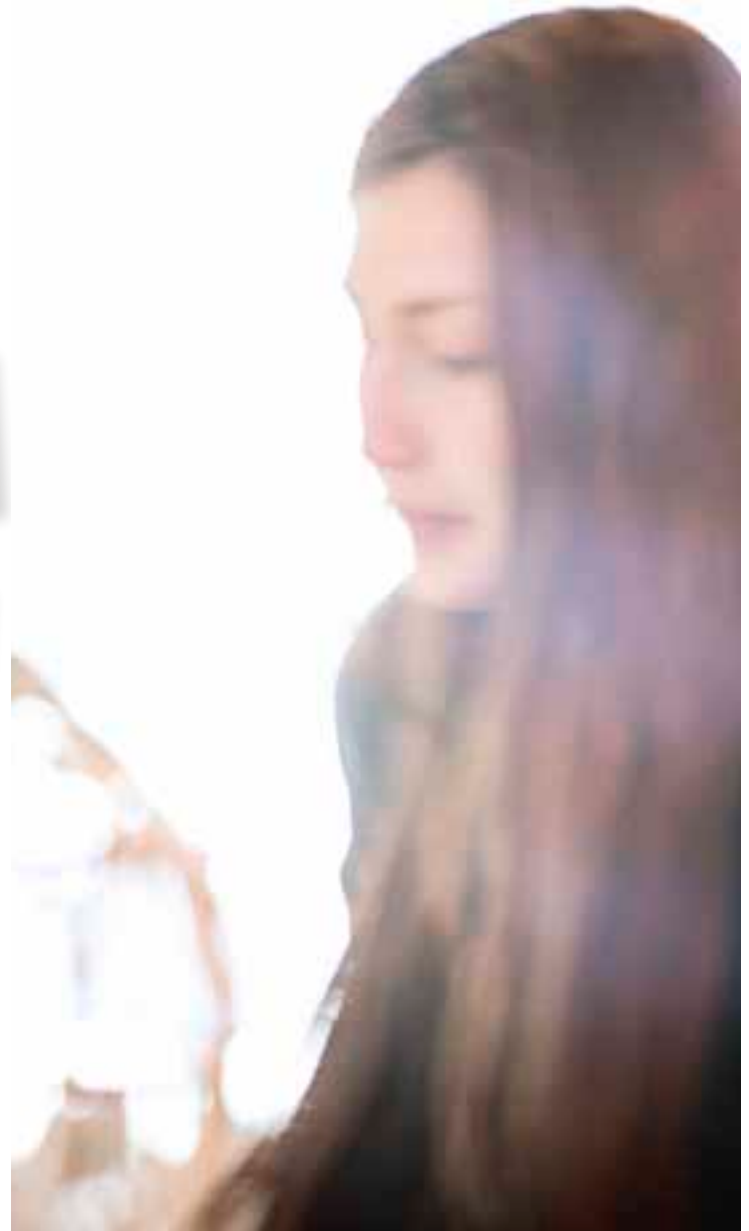
GIRL, AGED 15.

I went onto an anonymous chat site, it seemed like fun so I joined in. A guy showed up and he was masturbating. He said that if I didn't undress, he'd kill me and my family. So I took my jumper off, and in the end I was totally naked.

GIRL, AGED 12.

Yesterday a friend wrote to me: "Go and hang yourself in a corner, no one cares anyway." The guy's in my class and we used to be quite close friends. We haven't fallen out or anything like that, it came like a bolt from the blue.

GIRL, AGED 14.





Sexual Matters

Many of the children's and young people's contacts with Bris are in some way related to sex, describing an event that started as a voluntary, positive experience, but that then changed to become something that was difficult to deal with or downright abusive. Just over one quarter of IT-related child contacts studied relate in some way to young people's sexuality.

(There are more examples relating specifically to undesired sexual contacts below in the section entitled Young People & Media and Bris/Involuntary sexual contacts and dealing with them.)

Safety and Protection

The older the young people are, the clearer it becomes that they do not lack knowledge of safety on the Internet. It is more about a lack of opportunities to reflect on how to behave in a way that is as safe as possible. About one fifth of the IT-related child contacts studied are about how to deal with safety and protection on the Internet.

Personal Integrity

It is obvious that everyday life with the Internet, computers and mobile phones raises questions and considerations about personal integrity for many children and young people. About one fifth of the IT-related child contacts studied relate to this subject.

I've started chatting about sex with older men. I'm really ashamed about it. But I think I'm doing it because I want to be loved, to feel attractive for once.

GIRL, AGED 16.

It all started with him saying really nice, friendly things. It made me really happy, and in the end we moved on to sex. He sent me a picture of his willy, and I sent him a picture of my breasts, but he wasn't satisfied.

GIRL, AGED 15.

I was looking at videos on YouTube, with girls kissing and fondling each other's breasts and between their legs. But they were only doing this with their clothes on, so that doesn't count as porn, does it? Anyway, it was really nice looking at it then, but now I mainly feel bad about it.

GIRL, AGED 12.

A classmate took out his camera in the changing room and took a photo of me. I think it's really horrible with all the mobiles in there, you never know when someone has their camera on. So I keep finding lots of reasons not to take part in sport.

BOY, AGED 14.

Do I have the right to ban my mother from reading my mobile, regardless of what has happened?

BOY, AGED 15.

I'll never phone the police again. Spoke to some old woman who just made me feel worse than before. Just want to put it all behind me, but I can't. Want someone to tell me what I should do without judging me.

GIRL, AGED 17.

I started to cry. He'd tricked me about posting the photos on a site that didn't even exist. I'd been naked in front of a stranger for no reason. What frightens me most now is if the photos are distributed. If they were, I'd kill myself.

GIRL, AGED 12.

Then we changed mobile number. When I phoned him, his little sister answered. Do you think he's a normal 15-year-old or maybe a paedophile? And does he now know where I live, because I phoned him? Is there no risk, or should I change my number?

GIRL, AGED 13.

I look at porn sometimes. I check my mobile and clear the history. But can it be seen in some other way?

BOY, AGED 12.



Fear and Concern

When young people describe fear and concern in relation to everyday lives online, this can mean very different things – anything from how their parents might react to something to what can happen to photos that have been used online. In 10-15 per cent of the child contacts studied, young people describe fear/concern relating to their everyday lives online.

Psychological Ill Health

The Internet can perform a useful function for children and young people who suffer from psychological ill health. At the same time, the child contacts studied recount that the Internet can also represent a significant cause of psychological ill health. About one in ten of the child contacts studied were recorded under this subject heading. This is a subject that is more frequent in adult contacts than in child contacts.

Family conflicts

The IT-related child contacts studied rarely mention parents at all. When they are mentioned, it is usually to describe conflicts relating to everyday life online. This is also an area that is more common among the adult contacts studied, where almost one in five relate to family conflicts.

(There are more examples relating to this subject below in the section entitled Young People & Media and Bris/Differing views on Internet usage among children and parents result in conflicts.)

Bris

The contacts in Bris' support activities are also one way to respond to the services. Children and young people are quick to comment and ask questions about things that they're thinking about, annoyed by or satisfied with. A few per cent of the contacts studied contain some of the above.

I'm always worried that I'm on a porn site somewhere. When I was a bit younger I showed my things on a site and I'm worried that someone might have recorded it and saved it, and then posted it on a porn site.

GIRL, AGED 14.

I feel bad if I see someone who's written, for example, "can't take it any more...". Because then at least four people wrote that they are there to talk to, that they should tell them what's happened, etc. I feel sad because I know that if I wrote something, no one would write back.

GIRL, AGED 15.

The mother has looked at her daughter's mobile and found a photo of her wrist, where she'd cut herself. Earlier, the mother had noticed that her daughter had visited a website on the computer that dealt with self-destructiveness.

ADULT CONTACT ABOUT GIRL AGED 13.

The mother's worried about her son's (online) gaming addiction. It's become so bad that he's hit her and threatened her when she wouldn't let him use the Internet.

ADULT CONTACT ABOUT BOY AGED 15.

Mum wrote a comment under a status, asking why I wrote such nasty words. And she phoned my dad, who told me I shouldn't write things like that. I got really angry and blocked him.

GIRL, AGED 12.

I wonder whether you think people should tell their parents that they're using Bris? I've sent in a few questions, but I haven't spoken to them about it. Because it feels so good to be able to write just what you want and at the same time remain totally anonymous. :)

GIRL, AGED 12

I think you should employ more people so that we can chat. I've been trying for 3 days now to write to you, but can't get in because it's too busy. I really need help !!!!

GIRL, AGED 15.

Misuse/Hazardous Use

The excessive use of the Internet, computers and mobiles is by far the most common subject in the IT-related adults contacts studied. But these issues can also occur in the children's contacts studied, from young people themselves or from friends or siblings who are worried.

(There are more examples relating to this subject below in the section entitled Young People & Media and Bris/Differing views on Internet usage among children and parents result in conflicts.)

Potentially Harmful Content

What constitutes potentially harmful content is quite a subjective question. The most common situation is that young people describe the content of a site having been perceived as frightening in various ways. A marginal proportion of contacts studied involve this subject.

Grooming

Solely on the basis of brief descriptions, it is difficult to obtain a clear picture of the extent to which a young person is describing grooming or not. But when categorising this, we defined grooming as meaning that an adult person has had sexual contact online with the young person. Only a few per cent of the IT-related contacts studied were categorised for this.

Parents and IT

Both parents' own use of the Internet and parents' contact with their children via the Internet can create problems and concern. Both for the young person himself/herself and for other adults close to the child. This is mentioned in a marginal proportion of the child contacts studied, but is slightly more common in the adult contacts studied.



The mother's worried about how much time her son is spending in front of the computer. The son's had problems at school and with friends. She wonders whether his computer usage is a symptom of how he is and how he was in the past.

ADULT CONTACT ABOUT BOY AGED 17.

My dad's started to react to the fact that I'm spending whole days indoors, just using the computer. He doesn't understand that I'm trying to get over my depression.

GIRL, AGED 12.

I'm afraid in the evenings. It's probably because I look at a lot of horror during the day, when I think it's just fun. But when it's time to go to bed, I get feelings of panic. But I don't want to stop going on YouTube.

GIRL, AGED 15.

I'm in contact with a guy who's 22. We've been chatting for a couple of weeks and he's really nice and considerate. We can talk about anything :) anyway. He wants to have sex with me. Although I wonder why he wants me in particular, of all the girls he could have.

GIRL, AGED 15.

I'm chatting with a guy online who's 21 and he wants us to meet and have sex. The thing is, I sort of want to do it with him, but I've never done it before and I'm nervous about it.

GIRL, AGED 13.

Poor mum. Lots of the girls in porn videos are the same age as me. It just upsets me so much that my own dad looks at such things and masturbates. BLOODY HELL!

GIRL, AGED 18.

Now dad's done it again. Right out of the blue he wrote to me via chat and said he loved me. I know he's been drinking, because that's the only time he writes to me.

GIRL, AGED 17.

The father says that the daughter no longer recognises her mother, who spends nearly all her time at the computer. The girl has also found photos of naked men on her mother's mobile, and the mother was really angry with the girl because of this.

ADULT CONTACT ABOUT GIRL AGED 10.



Young People & Media and Bris

In autumn 2013, the Swedish Media Council issued its report *Young People & Media 2012/2013*, the fifth in the series since 2005. This report is the result of a questionnaire-based survey that maps out media habits and attitudes among children aged between 0 and 18. The Swedish Media Council is the authority

The rise and rise of the smartphone

The significance of the mobile phone for children and young people cannot be overestimated. It is also evident that usage has intensified only during the last few years. *Young People & Media* reports that now virtually 100 per cent of young people between the ages of 13 and 18 have their own mobile phone. And 89 per cent of those between 13 and 16 have their own smartphone. Among children aged between 9 and 12, 62 per cent have their own smartphone. The rise of the smartphone has meant that in only a few years there has been a massive increase in mobile Internet usage. *Young People & Media* shows that among young people aged between 13 and 16, around 87 per cent use their mobile to go online, compared with around 10 per cent in 2010.

Questions and comments from children and young people to Bris that relate to the use of the mobile can involve very different issues.

that is running The Young Internet project together with Bris. Bris has long been using the report as a key source of quantitative knowledge about the everyday online lives of children and young people, and has enhanced its knowledge using this combined with Bris' own material.

Got to know a guy through an app that lets you chat on your mobile. I liked him and then we got together without having met. After a week we weren't texting as often, and after two weeks it more or less stopped. Today I saw that he'd changed his name to "loveyou..." and a name that wasn't mine.

GIRL, AGED 14.

The mother is worried about her daughter. Things started to go wrong when she got her smartphone. She can't put it down and the mother thinks she's addicted. At school she's had to join a special group for children who need to repeat classes.

ADULT CONTACT ABOUT GIRL AGED 13.

I wonder if my parents can use the GPS on my mobile to check where I am all the time. I think it feels unpleasant.

GIRL, AGED 15.

Last summer a man threatened me on a chat thing on my mobile, if I didn't send nude photos then he'd post a nude photo on Facebook and paste in my face so that it looked real.

GIRL, AGED 13.

Major gender differences

Young People & Media reveals major gender differences in young people's everyday lives online. This is reflected in many different ways.

Computer games/TV Games

90 per cent of boys between the ages of 13 and 16 state that they regularly play computer games/TV games, compared with 36 per cent of girls. This is seen in Bris' activities as the contacts studied that relate to gaming are largely about boys.

Photos on Instagram and other places

Instagram is about twice as common among girls as among boys. According to Young People & Media, 36 per cent of girls aged 13-16 are members, compared with 18 per cent of boys of the same age. It used to be the same with the site "Bilddag-boken" ["Photo Diary"], which used to be popular.

It is very common in the contacts studied from Bris that girls in particular describe how photos can have a major impact on their everyday lives online. Not least on Instagram.

The mother is worried about her son, who's dropped out of upper secondary school and now just sits at home playing computer games. He's spoken about suicide in the past and is getting thinner and thinner.

ADULT CONTACT ABOUT BOY AGED 16.

I'm addicted to the computer. My parents don't think it's healthy (especially my mum). When I argue with my parents they get angry because I want to be up, finishing my game.

BOY, AGED 15.

I used to post photos before, lots of them. Mainly on Instagram. But I daren't post photos of myself any more. Not because I'm worried about what people will do with them, but because of how little people will like them and in case someone makes some comments.

GIRL, AGED 15.

I use Facebook and Instagram and the like, and I'm really afraid that a paedophile has taken my photos and posted them on a website totally naked. But I'm always wearing my clothes in my photos! But I'm afraid that someone's used Photoshop and edited them.

GIRL, AGED 14.

Every time I uploaded a photo he liked it. I was really happy and became more self-confident. But two weeks ago he stopped. When I see that he's online I post the best photo of me, and I can see him liking other people's photos but skipping mine.

GIRL, AGED 17.





Involuntary sexual contacts and dealing with them

According to Young People & Media, more than twice as many girls (25 per cent) than boys (10 per cent) between the ages of 13 and 16 reply that they have at some point during the last year been contacted by someone, against their will, to talk about sex. Those who answered "Yes" to this question were also asked what happened next. The answers provide a number of examples of how young people deal with such events.

62 per cent replied "Nothing special, didn't bother me".
60 per cent replied "I blocked the person".
24 per cent replied "I told my parents".
16 per cent replied "I was frightened".
7 per cent replied "I thought it was exciting".

When it comes to young people's descriptions to Bris of involuntary meetings online that relate to sex, the most common occurrence is that the contact was initially a voluntary, more or less positive contact – but that it then changed track and became both abusive and undesirable. Young people tell Bris that they deal with the situation in ways including the ones described above.

Bullying and unpleasantness

According to Young People & Media, more than three times as many girls (20 per cent) than boys (6 per cent) in the age group 13-16 reply that during the last year they have been bullied or someone has been unpleasant to them online or via their mobile.

One guy we didn't know wanted to swap nude photos, and of course we said "no way", but he continued. So we joked and wrote "let's swap nude TOE photos", and took a photo of my toes just for fun. Then he sent a photo of his willy and said "just for you love, hope you like it".

GIRL, AGED 13.

He wanted to talk about sex right away and to have photos. He said he was fifteen, but I didn't really believe it. I told him off, then I blocked him. Now I don't know what to do – report him or something?

GIRL, AGED 13.

I've been bullied online for two years. I've created new accounts so that people can't find me, but now they've started again. The most common comments I get are "You're ugly" and "Commit suicide".

GIRL, AGED 13.

My ex best friend and I started to argue after I changed school. I haven't done anything at all to her, and now she's horrible towards me. She writes that they're all happier without me, and that it was good that I moved.

GIRL, AGED 12.



Facebook popular even among younger age groups

A lot has been written in the media recently about young people starting to leave Facebook, but if this is the case, it is not evident in the Young People & Media report. According to the report, 96 per cent of young people between the ages of 13 and 16 reply that they are on Facebook. Facebook has an age limit of 13, but this does not prevent 68 per cent of young people between the ages of 9 and 12 from stating that they are members.

Below are a few examples from children aged below 13 who have written to Bris about their experiences of Facebook.

Differing views on Internet usage among children and parents result in conflicts

It is clear from contacts studied at Bris that many adults are concerned that children and young people are using the Internet and computers far too much. The category Misuse/Hazardous Use is by far the most common one in adult contacts. About one third of contacts studied deal with this, while only a few per cent of the child contacts studied are about this subject. Much of this concern among adults is associated with computer and online gaming.

This difference is partly confirmed in the Young People & Media report and its sister report Parents & Media. But a relatively large proportion of young people do actually believe that they spend too much time online and playing computer/TV Games. Among those aged 13-16, 15 per cent feel that they spend too much time on computer/TV games, and 30 per cent feel that they spend too much time online. As for parents, no fewer than 36 per cent believe that their children aged between 13 and 16 spend too much time on computer/TV games, and 41 per cent that the same children spend too much time online.

In the contacts studied, many children and adults tell Bris that these differing views on the use of computer/TV Games and the Internet in general result in conflicts. In Young People & Media, 29 per cent of young people aged between 13 and 16 state that they usually fall out with their parents about how much time they spend online, and 26 per cent state that they usually fall out about how much time they spend on computer/TV games.

Everyone knows I'm on Facebook, and I've become so popular at school. But when I have to go out with mum or dad, I just daren't! Because we might meet someone from school who lets it slip that I'm on Facebook, and then my parents would be really angry!

GIRL, AGED 12.

Yesterday two friends and I logged in to another friend's Facebook. And we saw that she'd sent photos of herself and her body to guys she's never met, and to guys who live here in town. It's totally sick!

GIRL, AGED 12.

I started chatting with a guy on Facebook a few weeks ago, we met and then started going out. I love him so much. But I finished with him because he started to ignore my messages.

GIRL, AGED 12.

Mum and I quarrel all the time about me spending too much time on the computer. I usually check out films, Facebook, read, Google, etc. Mum says that if I don't cut down, she'll take the computer away. But then I'd just sit at home doing nothing.

GIRL, AGED 15.

The mother's worried about her son's online gaming addiction. It's become so bad that he's hit her and threatened her when she wouldn't let him use the Internet. There's concern that the boy has some kind of condition.

ADULT CONTACT ABOUT BOY AGED 15.

Dad started to notice that I was spending a bit too much time playing computer games. His first change was that I wasn't allowed to play after dinner at seven. We argue about this constantly.

GIRL, AGED 12.

I'm addicted to my mobile, which is why my relationship with my family is poor. I'm up till two in the morning, and then I start again when I wake up. Please help me to stop. I'm not well.

GIRL, AGED 12.



Conclusion

The main purpose of this report is to provide adults with more knowledge of young people's everyday lives online, and to make them more curious and want to be present, online too.

The report provides a general view of young people's everyday lives online. At the same time, it is worth bearing in mind that even if young people can contact Bris about both serious and minor issues and comments, it is inevitable that most contact Bris with problems – after all, the others have no need for anonymous contact with an adult. This means that this is rather a report about when young people's everyday lives online become problematical than a report about young people's everyday lives online in general.

To learn more about the subject of young people's "everyday lives online" it is always best to go straight to the source, i.e. to children and young people. Ask questions, be curious, let them show you how they're using the Internet and what function it plays in their lives. The more knowledge we have, the easier it is to understand and be able to support and help if the need arises.

For even more knowledge on the subject, the Bris Academy offers both lectures and training courses.

For further information go to: www.bris.se/brisakademin.

In addition to this, there are a lot of reliable sources of information on the subject of young people and the Internet.

A few examples:

- Barnperspektivet.se (Bris for adults)
– <http://www.barnperspektivet.se/teman/internet-mobil/ungas-vardag-pa-natet>
- Statensmedierad.se
- Surfalugnt.se
- The Swedish National Agency for Education's site "Kolla Källan" ["Check the Source"] – Skolverket.se/skolutveckling/resurser-for-larande/kollakallan/saker
- Kränkt.se (Swedish Data Inspection Board)
- The researcher Elza Dunkel's blog – Kulturer.net

• **Bris 116 111** – for those up to the age of 18.

Every day between 10:00 and 22:00

• **Bris Adult Hotline**
– about children 077-150 50 50
Monday to Friday 10:00 –13:00

• **BARNPERSPEKTIVET.SE**

(Bris for adults)

- **Bris-mail**
- **Bris-chat**
Every day between 10:00 and 22:00
- **Bris Forum**
www.Bris.se



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