



Key findings

Index Score: 81

Most young people feel safe online (94%). They feel that they understand what 'internet safety' means, they are aware of key risks, and they know how to implement basic measures to keep themselves safe online.

However, the **percentage of young people (76%) who have had upsetting online experiences is up 7 percentage points on 2022.**

Exposure to fake news (up 4% points since 2022), hate speech (up 4% points), sexual content (up 6% points) and being asked to share inappropriate sexual images (up 5% points) have all increased.



SAFETY

The Safety pillar examines a young person's experience of staying safe online, and tracks data including:

- their awareness of key risks
- their ability to implement basic safety measures
- their feelings of safety
- their exposure to potential harms.

ARE ONLINE HARMS BECOMING NORMALISED?

Data from this year's Safety pillar shows young people are exposed to an increasing range of potential harms. Young people are seeing a high prevalence of distressing content on social media. Most young people who use X (Twitter), Reddit, TikTok, Tumblr, YouTube, Facebook, Instagram, Telegram, Snapchat or Discord have come across distressing content on the platform they're using. X (Twitter) tops the list – 77% of young people report they've seen distressing content on the platform. This is a rise of 7% compared to 2022.