



Children & Young People’s Social Media Use

All Schools

Key findings from questionnaire | St Helena | 2026

Part 1

225 respondents

Ages 8 - 18

14%

have experienced cyberbullying

40%

contacted or possibly approached by a stranger

37%

spend 16+ hours per week on social media

INTERNET ACCESS AND CONNECTIVITY

HOW DO YOU CONNECT?

96%

internet at home

95%

connect via WiFi at home

24%

use mobile data at home

49%

use mobile outside home

TOP DEVICES USED TO CONNECT TO THE INTERNET

85%

smartphone (193)

32%

laptop/netbook (72)

27%

tablet (61)

24%

playstation (53)

SOCIAL MEDIA

TOP PLATFORMS AND APPS USED

YouTube	186
TikTok	122
Snapchat	115
WhatsApp	89
Instagram	77
Facebook	49
Discord	31

HOURS ON SOCIAL MEDIA PER WEEK

0-5 hrs	48
6-10 hrs	43
11-15 hrs	49
16-20 hrs	23
21-25 hrs	15
26-30 hrs	15
31+ hrs	31

⚠ 37% spend 16+ hours per week on social media

ONLINE SAFETY & WELLBEING

CYBERBULLYING

14%

Have been cyberbullied

4%

Cyberbullied someone

⚠ 32 reported being a victim of cyberbullying. 10 admitted to cyberbullying others

CONTACT FROM STRANGERS ONLINE

■ No - 136 (60%)

■ Yes - 56 (25%)

■ Not sure - 33 (15%)

⚠ 40% have been or may have been approached by a stranger

UNCOMFORTABLE CONTENT ONLINE

■ No - 145 (64%)

■ Yes - 40 (18%)

■ Maybe - 40 (18%)

⚠ Only 32% who saw upsetting content told someone

IF WORRIED OR UNCOMFORTABLE ONLINE - WHO WOULD THEY TURN TO?

Mum or Dad	121
A friend	57
Brother or sister	20
Another family member	4

54% would speak to a parent



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Part 2

225 respondents

Ages 8 - 18

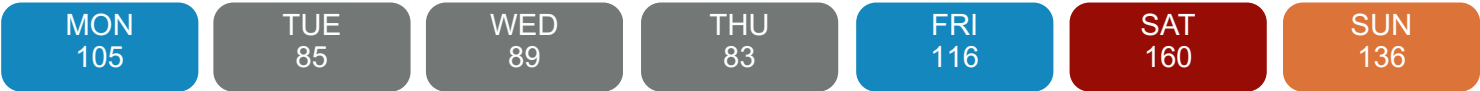
ONLINE SAFETY & WELLBEING

HOURS ON SOCIAL MEDIA PER WEEK



⚠️ 18% game 16+ hours per week

MOST POPULAR GAMING DAYS



TOP GAMES PLAYED



42%
play with strangers

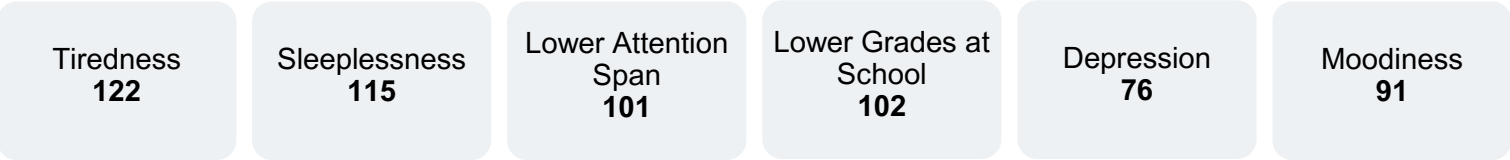
18%
chat with strangers via games

AWARENESS OF NEGATIVE EFFECTS & TOP CONCERNS IDENTIFIED

57%
aware of negative effects

19%
not aware of risks

TOP NEGATIVE EFFECTS IDENTIFIED BY RESPONDENTS



Key Takeaways

- Nearly 1 in 7 children surveyed have experienced cyberbullying
- 49% access the internet outside home using mobile data
- 54% would speak to a parent if worried about something online
- 40% have been or may have been approached by strangers online
- Only 32% spoke to someone after seeing upsetting content
- 19% of all respondents are unaware of online risks