



## Being Online - Under 5s

Today, children are often introduced to digital technology at a young age. For many, this is before they can read or write:

- One in five (19%) of young children aged 3-5 now have their own device.
- 37% use social media, with 60% having their own social media profile
- Favourite apps include YouTube (85%), WhatsApp (31%), and Snapchat (23%) ([Ofcom](#))

## Benefits & Challenges

There are potential benefits and challenges to young children going online, including (but not limited to):



- ✓ Opportunities for play and entertainment
- ✓ Encouraging language development
- ✓ Improving skills, including numeracy and literacy
- ✓ Developing their digital skills and digital literacy from their first online interactions



- ✗ Impacting their cognitive, social, and emotional development
- ✗ Negatively impacting their ability to control their emotions
- ✗ Impacting how they deal with social interactions and activities
- ✗ Accessing age-inappropriate content
- ✗ Too much sedentary screen time can lead to future health issues

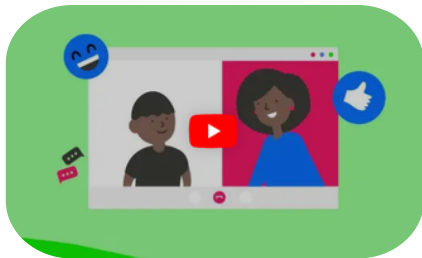
## Screen Advice

In the UK, there aren't official screen time limits as the evidence base is not strong enough to support them.

The World Health Organisation, however, has the following recommendations for screen time:

- **Under 1:** Screen time is not recommended
- **1-year-olds:** Sedentary screen time (e.g. watching TV or videos and playing computer games) is not recommended
- **2-year-olds:** Sedentary screen time should be no more than 1 hour; less is better
- **Age 3 to 4:** Sedentary screen time should be no more than 1 hour; less is better

## Websites & Resources



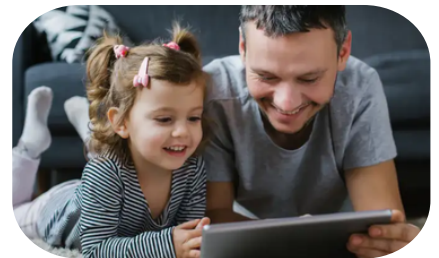
### Internet Matters

Information from Internet Matters for parents/carers on online safety for under 5s.



### LGfL

Resources for early years professionals, teachers, and parents on online safety.



### Online Safety Starts Early

A 4-episode series for parents, carers and educators of children under 5.



### Smartie the Penguin

A collection of six stories from Childnet exploring life online for 3-7 year olds.



### UK Safer Internet Centre

Resources for 3-11 year olds, including online safety films, storybooks, and other sites.



### Early Years Settings Guidance

Guidance for early years settings to safeguard both children and adults online.