



SCREENERS

STATISTICS - UK

- The Video Games industry in the UK is worth £7.7bn.
- 95% of parents say their child/young person uses any device to play video games.
- 83 % of children in the United Kingdom aged 12 to 15 years played online games such as Fortnite or Minecraft. Almost half prefer to game online.
- 65% play video games in the living room.
- 55% play video games in their bedroom.
- 37% prefer to play online alone.
- 23% prefer to play online together in the same room.
- 22% prefer to play with others online.
- A third of all parents allow their children to play games with higher age ratings than their actual age.
- 44% of parents agree gaming is a way to spend quality time together as a family.
- 42% of parents agree they never play with child across any device.
- 67% of parents agree they have clear rules and boundaries for how long their children can spend gaming.
- Parents believe risks on social media differ to the risks found in gaming with over half of parents concerned about online grooming in gaming.

STATISTICS – WORLDWIDE

- The global video game industry is a billion-dollar business.
- Globally, people average 6 hours and 40 minutes of screen time per day.
- The average American spends 7 hours and 3 minutes looking at a screen each day.
- Australians spend 6 hours a day on mobile devices.
- Adult South Africans spend 9 hours and 24 minutes on screen per day.
- Almost half (49%) of 0 to 2-year-olds interact with smartphones.
- Gen Z averages around 9 hours of screen time per day.
- 74% of parents with a child aged 2 or younger claim their child watches TV, and 90% of older children spend time watching a TV screen.
- 41% of parents in the USA admit to finding screen time management challenging.





AMOUNT OF TIME SPENT PLAYING VIDEO GAMES

- 11 – 13-year-olds spend 2:30 hours per day on a weekday and 5:39 hours per day at the weekend.
- 14 – 16-year-olds spend 2:16 hours per day on a weekday and 5:13 hours per day at the weekend.

VIDEO GAME PREFERENCES

Gaming genre preferences vary by age group, but overall, shooters and action-adventure games rank first in terms of popularity among users. Other popular gaming genres were simulation and sports games.

Some research has indicated that girls who like games with violent themes prefer fantasy or cartoon violence, whereas boys prefer realistic, human violence. General entertainment games in which the main action does not focus on fighting or destruction become more popular as children get older, especially among girls.

MOBILE PHONES

In the UK- most children in Britain have their own smartphones before they turn 12. In fact, 10% of six-year-olds already have one, and another 49% are allowed use of a family device. Children aged between 5-16 years spend an average over an hour on mobile phones (not talk) per day.

WORLDWIDE

- Between the ages of 10 and 12 years were the most common ages to first receive a mobile phone.
- On average, two in three children who use a mobile phone have a smartphone.
- The most popular uses of the mobile internet are watching videos and studying.
- 81% of children who access the mobile internet use social networking services.
- On average 46% of children on social networking services have 'private' profiles, with girls tending to have higher privacy settings than boys.
- 10 % of children who use mobile phones have gone without eating or sleeping due to time spent on the internet.
- 38 % per cent of children who use smartphones felt anxious when they couldn't use the internet, with children tending to feel this more as they grew older.
- 22% of children who use mobile phones felt they spend less time with family, friends
- 40 % of children who use mobile phones exchange messages with their parents almost every day and 54 % speak to their parents on the phone nearly daily.





THE BENEFITS ARE:

Mobile phones keep teens safe; mobile phones keep children safer, as it is easier for parents to stay in touch with their teen and for teen to contact someone in an emergency. Through calls and texts, parents can know where their teen is and be reassured that they are safe, whilst teens know they are never more than a phone call away from help. Teens should be comfortable with modern technology. Mobile phones encourage the development of independence and interpersonal skills

CONCERNS PARENTS HAVE ARE

- **Screen Addiction:** Excessive use of mobile phones, including social media and gaming apps, can lead to screen addiction, which can negatively impact mental health by causing anxiety, depression, and sleep disturbances.
- **Cyberbullying:** Children and young people can be vulnerable to cyberbullying, which can lead to psychological distress and mental health issues.
- **Reduced Physical Activity:** Excessive mobile phone use can lead to a sedentary lifestyle, which is associated with physical health problems and, indirectly, mental health issues.
- **Sleep Disturbances:** The use of mobile phones before bedtime can interfere with sleep patterns, which can have a detrimental effect on mental health.
- **Fear of Missing Out (FOMO):** social media can contribute to the fear of missing out on social events and experiences, leading to feelings of inadequacy and anxiety.
- **Comparison and Self-esteem:** Constant exposure to curated and idealised representations of others' lives on social media can lead to negative self-comparisons and lower self-esteem, particularly among young people.
- **Reduced Face-to-Face Interaction:** Excessive phone use may lead to reduced face-to-face social interactions, which are important for the development of social skills and emotional intelligence.
- **Privacy Concerns:** The sharing of personal information and the potential for online privacy breaches can lead to stress and anxiety.

Sources



Statista



Internetmatters.org



YouGov.uk



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