



Digital age guide

Internet and mobile safety needs to be timely, age specific, culturally sensitive and match the values of the society in which the child or young person lives.

International Telecommunication Union has identified three principles age groupings of young internet users. These groupings broadly correspond with the key stages of development on a child's journey to adulthood.

Ages 5-7

- First contact with technology
- Closely always supervised by parents/adults
- Filtering software useful for this age group
- Wise to limit access where possible
- Construct list of safe websites & apps

Ages 8-12

- Challenging transition for the child, greater capacity to ask questions
- Seek to challenge boundaries
- Impulse to seek and find out what is great
- Filtering software is critical
- Vulnerable group to predators and commercial entities

Ages 13+

- Growing up rapidly and transitioning from being young people to young adults
- High level of digital proficiency without supervision
- Filtering software less useful
- Monitor temporary or longer-term vulnerabilities
- Vulnerable due to natural curiosity