

Children survey (15 years old and younger)

The European Commission wants to know what children and young people across Europe think about the internet, apps, games and websites.

This survey asks what worries you online, whether you know where to get help, what you have learned about staying safe, and whether adults listen to you.

It takes about **10 minutes**. There are no right or wrong answers. We just want to know what you really think.

You do not have to answer every question. Some questions have a “**Prefer not to say**” or a “**I don’t know**” option. You can stop at any time before you send your answers.

Some questions are about difficult things, like bullying, upsetting content, or people being unkind online. If a question makes you feel worried or upset, you can skip it or stop.

Nobody will know which answers are yours. We put all the answers together.

If you have a question about the survey, you can email:

bikevaluation@betterinternetforkids.eu

About you

1. How old are you? *[Single choice]*
 - a. 12 years old or younger
 - b. 13, 14 or 15 years old
 - c. 16, 17 or 18 years old
 - d. Older than 18 *[Screen out – ‘Thank you’ page V1]*

[If Q1 = ‘c’] [Text] We also have a version of this survey written for people aged between 16 and 18 years old. It covers the same topics and goes into a bit more detail. You can choose either one. Both of them help us in the same way.

- *Take me to the survey for my age [link]*
- *Continue with this one [Continue button]*

2. Which country do you live in? *[Single choice]*
 - a. Dropdown list: EU27 + Norway and Iceland
 - b. Another country *[Screen out – ‘Thank you’ page V2]*

What worries you online

These questions are about things that can worry you when you are online.

3. Which of these worry you the most when you are online? *[Multiple choice – select up to 5]*
- a. Being bullied or treated badly by someone
 - b. Seeing scary, violent or sexual content that is not right for my age
 - c. Seeing content about self-harm, suicide or eating disorders
 - d. Adults or strangers talking to me in a way that feels unsafe (like asking me for photos or personal information)
 - e. Being tricked or pushed into spending money (like scams or fake offers)
 - f. Fake news or false information, so it is hard to know what is true
 - g. Fake photos, videos or voices, or things made by AI, so it is hard to know what is real
 - h. Apps or games that make it hard to stop using them (like endless scrolling or lots of notifications)
 - i. My photos, passwords or accounts being stolen, shared or used without my permission
 - j. People being nasty to others because of who they are, what they believe, or where they come from
 - k. Problems in games or game chats (like strangers, bullying, or spending money)
 - l. None of these *[Exclusive]*
 - m. Prefer not to say *[Exclusive]*
4. Do these things worry you more than they did one or two years ago? *[Single choice]*
- a. Yes, they worry me more now
 - b. They worry me about the same
 - c. No, they worry me less
 - d. I don't know

Feeling safe and getting help

These questions are about whether you feel safe online, and what you would do if something went wrong.

5. Compared with when you first started going online, do you feel safer when you use the internet, apps, games or websites? *[Single choice]*
- a. Yes, I feel safer now
 - b. I feel about the same
 - c. No, I feel less safe now
 - d. I don't know

6. If something online made you feel worried, unsafe, or upset, would you know where to get help? *[Single choice]*
- a. Yes
 - b. Maybe
 - c. No
7. Where would you go for help if something online made you feel worried, unsafe or upset? *[Multiple choice – select all that apply]*
- a. To a parent or a caregiver
 - b. To my brother or sister
 - c. To a teacher or another adult at school
 - d. To a friend, or someone my age
 - e. To a helpline or support service for children and young people
 - f. I would report the problem on the app, game or website
 - g. I would look for advice online
 - h. I would ask an AI chatbot
 - i. I would not ask anyone **[Exclusive]**
 - j. Prefer not to say **[Exclusive]**
8. Do you know how to report something harmful, upsetting or unsafe on an app, game or website? *[Single choice]*
- a. Yes
 - b. No
 - c. I am not sure
9. If you have ever reported something on an app, game or website, please let us know what happened afterwards? *[Likert scale: Agree / Partly agree / Disagree / Don't know]*
- a. The problem was sorted out
 - b. I understood what happened after I reported it
 - c. I felt listened to
 - d. I felt safer afterwards
 - e. I got information about what to do next
 - f. I was worried that reporting could make things worse
10. What can make it hard for children to get help when something goes wrong online? *[Likert scale: Agree / Partly agree / Disagree / Don't know]*
- a. Children do not know where to get help
 - b. Children do not know how to report something on an app, game, website or social media platform

- c. Children think no one will help them
- d. Children worry they will get into trouble
- e. Children worry it will make things worse
- f. The help or advice is hard to understand

Learning about online safety

These questions are about what you have learned about staying safe online, and whether it helps.

11. In the last year, have you learned anything about how to stay safe online? *[Single choice]*

- a. Yes
- b. No
- c. I don't know

11.1. *[If Q11 = 'a']* Where did you learn it? *[Multiple choice – select all that apply]*

- a. At school
- b. From a parent, carer or someone in my family
- c. From a friend, or someone my age
- d. From a website, video or social media post
- e. From an app, game or website
- f. From a helpline or youth organisation
- g. Somewhere else

12. How confident do you feel that you can do these things online? *[Likert scale: Very confident / A bit confident / Not very confident / Not at all confident / Don't know]*

- a. Notice when something online might be unsafe
- b. Tell when information online might be false
- c. Tell when a photo or video might be fake or made by AI
- d. Keep my photos, passwords and accounts safe
- e. Use privacy or safety settings, or block someone

12.1. *[If Q11 = 'a']* Has learning about online safety changed what you do online? *[Single choice]*

- a. Yes, a lot
- b. Yes, a bit
- c. No, not really
- d. No, not at all

- e. I don't know

Online safety information and activities

These questions are about online safety information and activities you may have seen or used, like lessons, campaigns, websites, videos, helplines or report buttons.

13. Across Europe, some organisations, websites and events work to make the internet safer for children and young people. They make things like advice, videos, posters and school lessons, and they run places where you can get help or report something. Some of these are made for children, and some are made for parents or teachers. Here are some of them. For each one, tell us if you heard of it before or not. *[Likert scale: Heard of it / Never heard of it / Not sure]*

- a. Safer Internet Day, and the activities linked to it (for instance, events, conferences, and activities in schools, cinemas, and online)
- b. A helpline where children can get private advice and support about upsetting online content, bullying or online harassment
- c. A hotline where children can report something really harmful or against the law
- d. The Better Internet for Kids website
- e. A Safer Internet Centre in your country

14. Have you ever used or taken part in any of these? *[Single choice]*

- a. Yes
- b. No
- c. I don't remember

[If Q14 = 'a'] If you have used or taken part in any of these, how much do you agree with the statements below? *[Likert scale: Agree / Partly agree / Disagree / Don't know]*

- a. They were easy to find
- b. They were easy to understand
- c. They were useful for people my age
- d. I trusted them

Having a say

These questions are about whether you get to share your views about online safety.

15. Sometimes adults, schools, organisations or websites ask children what they think about online safety. This could be a survey, a school activity, a workshop, a youth

panel, or feedback on an app or game. In the past, has anyone ever asked for your views? *[Single choice]*

- a. Yes
- b. No
- c. I don't know

15.1. *[If Q15 = 'a']* Thinking about when you were asked, how much do you agree with these? *[Likert scale: Agree / Partly agree / Disagree / Don't know]*

- a. I was asked about things that matter to me
- b. I was given enough information before I shared my views
- c. I was able to say what I really thought
- d. Adults listened to what I said
- e. I was told how my views were used to improve the internet for children like me

Final thoughts

16. *[Optional]* What is one thing that should change to make the internet, apps, games or websites better for children and young people like you? *[Open text]*

A bit more about you

17. How would you describe yourself? *[Single choice]*

- a. I am a girl
- b. I am a boy
- c. In another way
- d. Prefer not to say

18. Where do you live? *[Single choice]*

- a. In a city or near a city
- b. In a small village in the countryside
- c. Somewhere else
- d. Prefer not to say

19. Think about anything that might make it harder to stay safe online or get help. This, for instance, could be a disability that makes things harder for you, a poor internet connection at home, not having an adult you can ask for help, or people treating you differently because of your language or where your family comes from. Do you think any of these make it harder for you to stay safe online or get help? *[Single choice]*

- a. Yes
- b. No
- c. I don't know
- d. Prefer not to say

Thank you page

Thank you for your time. This survey is for children and young people aged 15 or below. If you know someone in this age group who may want to take part, you can share the survey with them using this link/QR code: [insert link/QR code].