

Parenting in a Digital World

A Survey of Infants -Year 3 Parents



Conducted from:
OCTOBER 7-15, 2021

Prepared by:  **ParedAcademy**

We live in a Digital World where technology has become part of our daily lives. While devices such as mobile phones and laptops bring benefits, they can also have significant negative effects, particularly on our children.

A survey of Australian parents in 2018 showed that 68% of parents are concerned that their children are spending far too much time online. This constant exposure to screens has been shown to have harmful effects on the normal brain development of children, and consequently on their learning and behaviour.

At the PARED Academy, we are always looking to identify issues affecting the education and development of children and come up with modern solutions. Knowing that technology is impeding school students from achieving their full potential, we want to empower kids to make the right choices online.

How can we help parents help their children to make wise choices online?

To answer this question, in October 2021 the PARED Academy, a think-tank of educators within The PARED Foundation, conducted a survey of the parents at five of the Schools of The PARED Foundation who have students in Kindergarten - Year 3. It has revealed some interesting perspectives and insights about the digital habits of the youngest students and parents of the Schools.

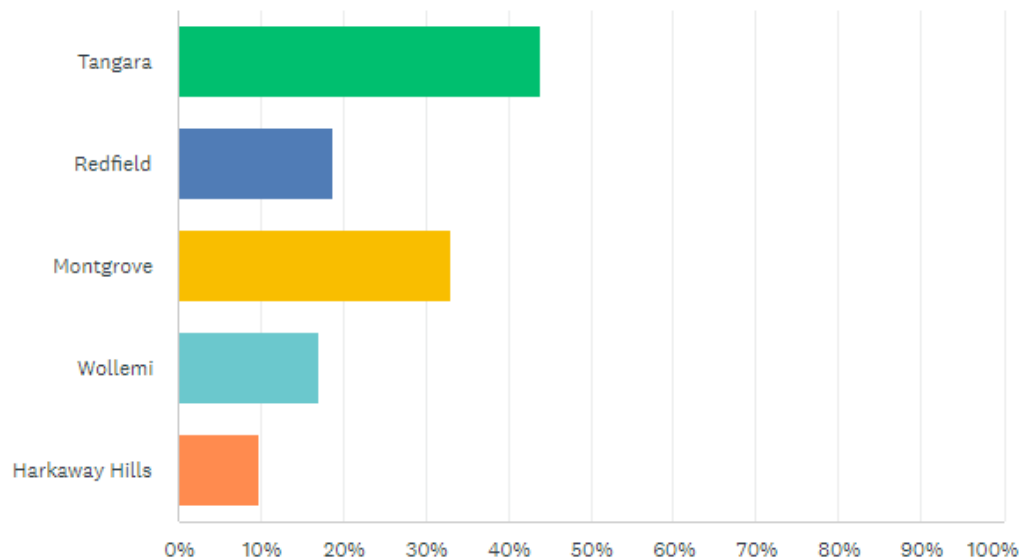
This research will allow PARED Academy to better define the challenges that parents face, and to serve as a springboard for coming up with effective and long-term solutions to parenting in a digital world.

The Respondents

From 7-15 October 2021 **257 parents** answered the online survey.

There was an expected larger share of parents responding to the survey from the all-girls schools Tangara School for Girls, and Montgrove College, and Harkaway Hills College, as they include students from Kindergarten and Year 1, unlike the all-boys schools Redfield College and Wollemi College.

Answered: 257 Skipped: 0



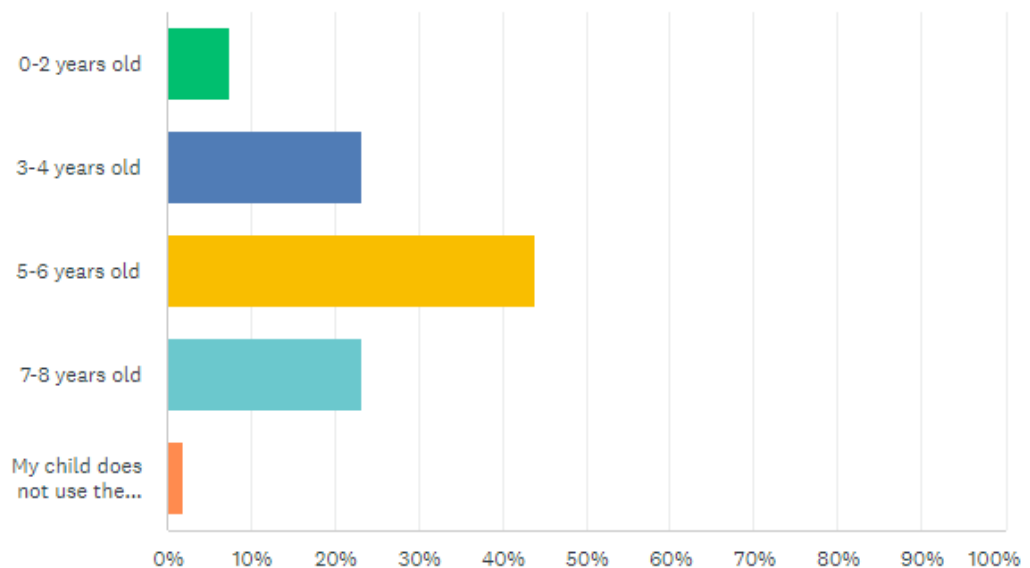
ANSWER CHOICES	RESPONSES
▼ Tangara	43.97% 113
▼ Redfield	18.68% 48
▼ Montgrove	33.07% 85
▼ Wollemi	17.12% 44
▼ Harkaway Hills	9.73% 25
Total Respondents: 257	

Age of Children Starting To Use the Internet

The average age of children starting to use the internet is **5-6 years old**, which is later than the Australian average*, where 94% of children start using the internet at the age of 4 years old.

**2018 national survey of Australian parents, conducted by the eSafety Commissioner.*

Answered: 257 Skipped: 0

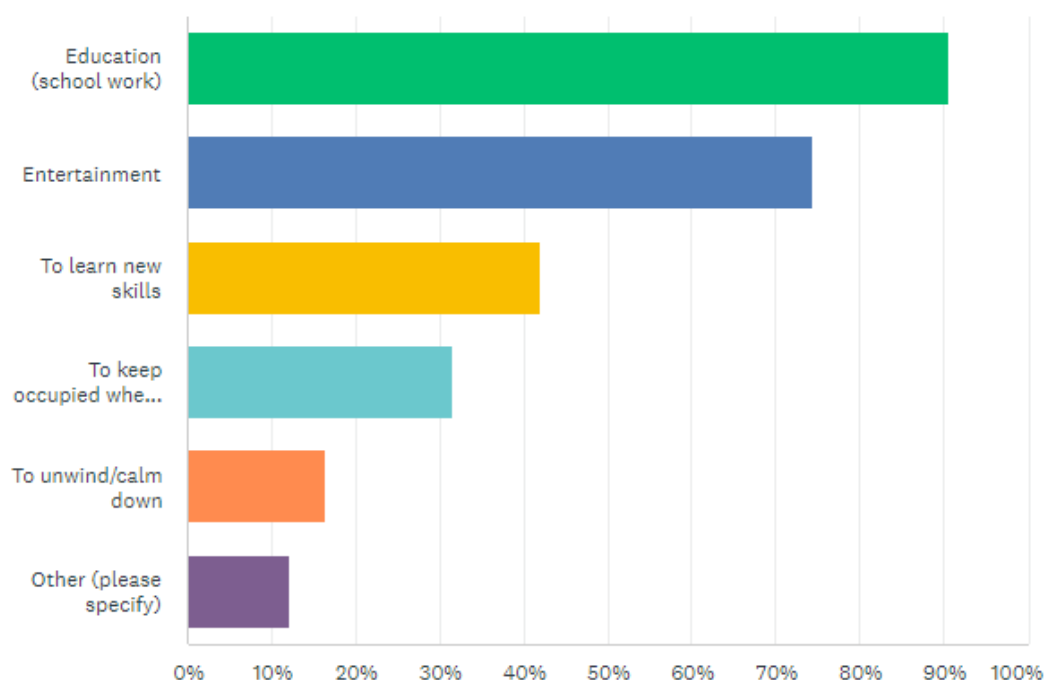


ANSWER CHOICES	RESPONSES
0-2 years old	7.39% 19
3-4 years old	23.35% 60
5-6 years old	43.97% 113
7-8 years old	23.35% 60
My child does not use the internet	1.95% 5
TOTAL	257

Reasons for Using Technology

As is expected in a period post-lockdown, the majority of children use technology for school-related purposes and entertainment. A fair percentage of parents also reported that their children use technology to stay in touch with family and relatives.

Answered: 257 Skipped: 0

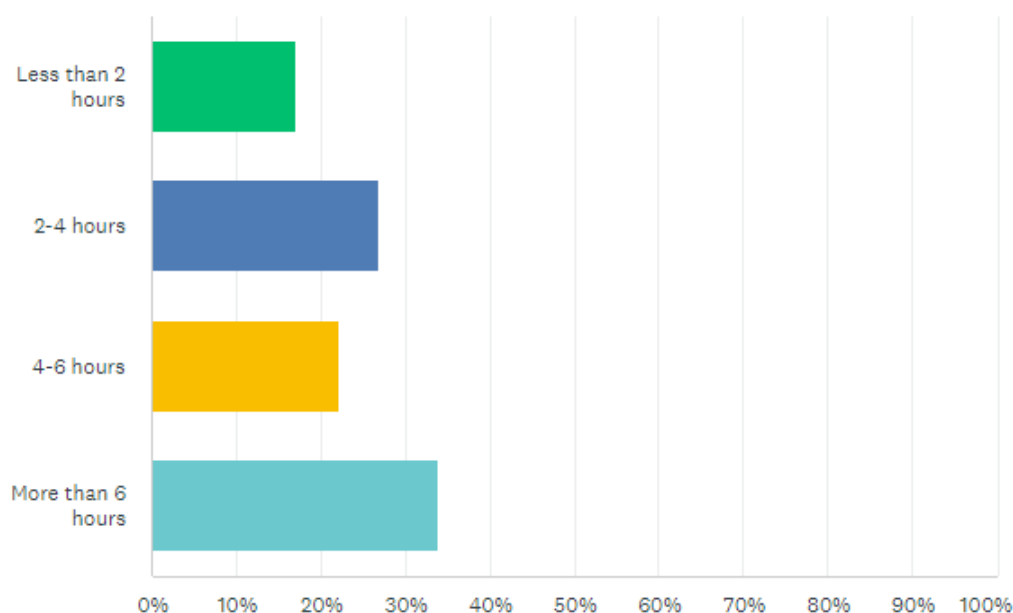


ANSWER CHOICES	RESPONSES
Education (school work)	90.66% 233
Entertainment	74.32% 191
To learn new skills	42.02% 108
To keep occupied when parent(s) are busy	31.52% 81
To unwind/calm down	16.34% 42
Other (please specify)	Responses 12.06% 31
Total Respondents: 257	

Time Spent Online

Approximately 34% of children from Kindergarten - Year 3 spend more than six hours per week online. This is most likely exacerbated by the COVID lockdown period and remote learning during June - October 2021.

Answered: 257 Skipped: 0

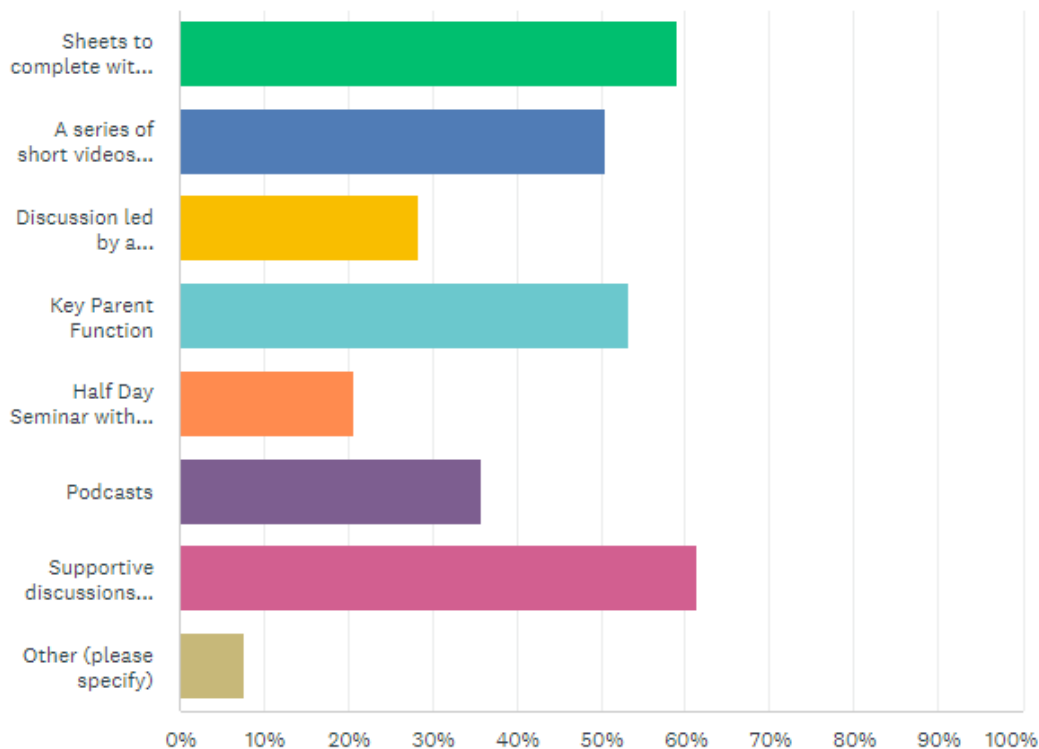


ANSWER CHOICES	RESPONSES
Less than 2 hours	17.12% 44
2-4 hours	26.85% 69
4-6 hours	22.18% 57
More than 6 hours	33.85% 87
TOTAL	257

How Parents Prefer Input

When it comes to receiving support for parenting, most parents prefer to work closely with their children's school teacher, work through resources with their children, and hear from experts at school functions.

Answered: 257 Skipped: 0



ANSWER CHOICES	RESPONSES
Sheets to complete with your child	59.14% 152
A series of short videos to watch with your spouse	50.58% 130
Discussion led by a facilitator in small groups of parents	28.40% 73
Key Parent Function	53.31% 137
Half Day Seminar with an expert	20.62% 53
Podcasts	35.80% 92
Supportive discussions with the mentor of your child	61.48% 158
Other (please specify)	Responses 7.78% 20
Total Respondents: 257	

Let's take this project forward

Mentors in the Schools of The PARED Foundation have been briefed about the survey results and will now convene a focus group discussion with parents. Thank you to the 68 parents who have offered their help. Our goal is to refine a multi-pronged approach that parents, teachers and mentors can implement in the PARED schools in the near future, and then expand to older classes.

Our overarching goal is not only to protect children but to empower them with self-mastery and an others-centred approach to life.

ParedAcademy

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THE
PARENT-TEACHER
 PROJECT

 **podcast listen**

Exploring all the aspects of a successful parent-teacher partnership and how to bring out the best in you, your students and your children. Our goal is to answer your questions and to inspire you about the future of education.