Online Harms Quiz

True or false statements (please circle)

1. On average, people in Scotland spend 2 hours a day online.	True/False
2. If someone experiences online harm, it's their fault.	True/False
3. The negative impact of online harm can last for years.	True/False
4. Only young people experience online harms.	True/False
5. It is important to encourage people who have experienced online harm to talk about their mental health and wellbeing.	True/False

Online Harms Quiz: Answers

1. On average, people in Scotland spend 2 hours a day online.	**False** It is in fact much higher than this. According to Ofcom's Online National Report 2024, adult internet users in Scotland spent an average of **4 hours and 20 minutes online** a day on computers, tablets, and smartphones. Young adults aged 18-24 spend even more time online, at an average of **6 hours and 1 minutes** a day.
2. If someone experiences online harm, it's their fault.	**False** Regardless of the context or circumstance, the responsibility always lies with the person who has caused harm. Individuals, however, can be supported to develop their digital literacy skills so that they can reduce their risk for online harm. For example, through learning about privacy settings.
3. The negative impact of online harm can last for years.	**True** Research has shown the long-term impact that online harm can have. Studies have shown that years after online harm has occurred, individuals have higher rates of depression and anxiety than those who have not experienced online harm.
4. Only young people experience online harm.	**False** Anyone who is online can experience harm. Young people are more likely to have recently experienced harm online, but people of all ages can experience it too. The type of online harm someone

	experiences might change depending on their age. For example, research has shown that while young people might be more likely to encounter hateful content, users aged 55+ have a higher risk of encountering scams, fraud, or phishing.
5. It is important to encourage people who have experienced online harm to talk about their mental health and wellbeing.	<mark>True</mark> It's important to realise the impact that online harm can have on people. Online harm can have a very real impact – including on a person's mental health, it can lead to financial losses, social withdrawal, and in some cases, suicidal ideation or attempt. Having conversations about how it is impacting their mental health and wellbeing can encourage people to seek help if they are struggling. The more we can raise awareness and develop understanding, the more people will feel supported in seeking advice and help.