

# The 2022 Children and Youth Report

## The Media Use of Children and Youth

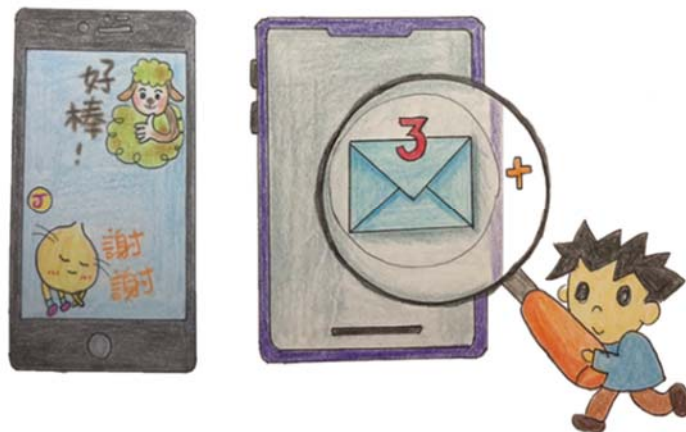
### I. Relevant Articles of Protecting the Use of 3Cs for Children and Youth in the Convention on the Rights of the Child

#### Article 17

States Parties recognize the important function performed by the mass media and shall ensure that the child has access to information and material from a diversity of national and international sources, especially those aimed at the promotion of his or her social, spiritual and moral well-being and physical and mental health.

To this end, States Parties shall:

- (a) Encourage the mass media to disseminate information and material of social and cultural benefit to the child and in accordance with the spirit of article 29.



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Date: February 10, 2022

Assisted by Children Education Association

Concerns of Tainan

Non-disclosure

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## **I. Research Motivation**

The internet provides people with more and more convenience nowadays. However, this convenience has led to the overuse of 3C (computer, communication, and consumer electronics), so some people become to have internet addiction. Internet addiction could lead to the problems such as nearsightedness, the physical and mental symptoms while not accessing to the internet, interpersonal isolations, physical impairments, being not able to resist the urge of internet-surfing, etc. This is why I hope that the media could impact people positively and act as a guardian for them, not providing bad information and misleading the public.

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To this end, States Parties shall:

- (a) Encourage the mass media to disseminate information and material of social and cultural benefit to the child and in accordance with the spirit of article 29.

## **III. Concluding Observations on the First Report of the ROC/Taiwan on the Implementation**

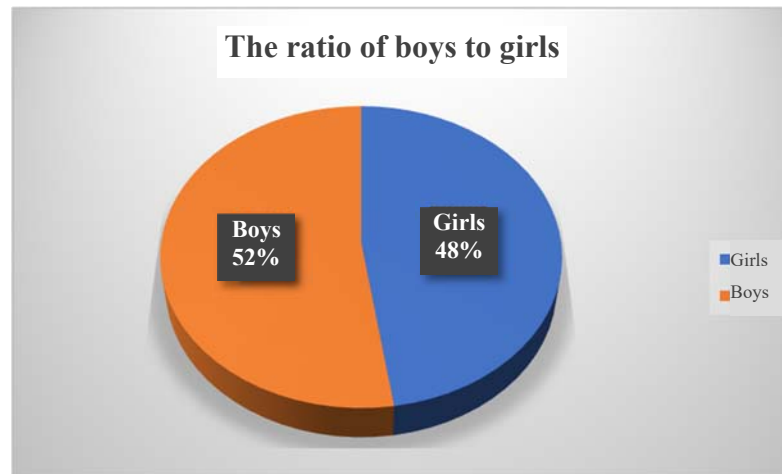
24. With reference to the CRC Committee's General Comment No. 16 (2013) on State Obligations Regarding the Impact of Business on Children's Rights, the Review Committee recommends that the Government establish and implement regulations to ensure that the business sector complies with the rights of the child, particularly in the area of children's employment and working conditions, media (including social media and the internet) and protection of the environment.

## **IV. Research Subjects and Methods**

I prepared a paper questionnaire with 8 questions about "Internet Uses" (Appendix 1). This questionnaire was given to the 7th graders in Tainan Municipal Fusing Junior High School. I am currently an 8th grader. The time I designed the questionnaire was between my graduation from elementary school and going on to the 7th grade. When the school started, the first semester of the 7th grade, I asked all the teachers of the 7th grade classes to help me to distribute the questionnaire

to the students. There were 63 questionnaires collected in total, with 33 boys (52.4%) and 30 girls (47.6%), which is almost a 50/50 ratio between boys and girls.

**Table 1. The ratio of boys to girls who responded to the questionnaire, 63 7th graders responded in total.**



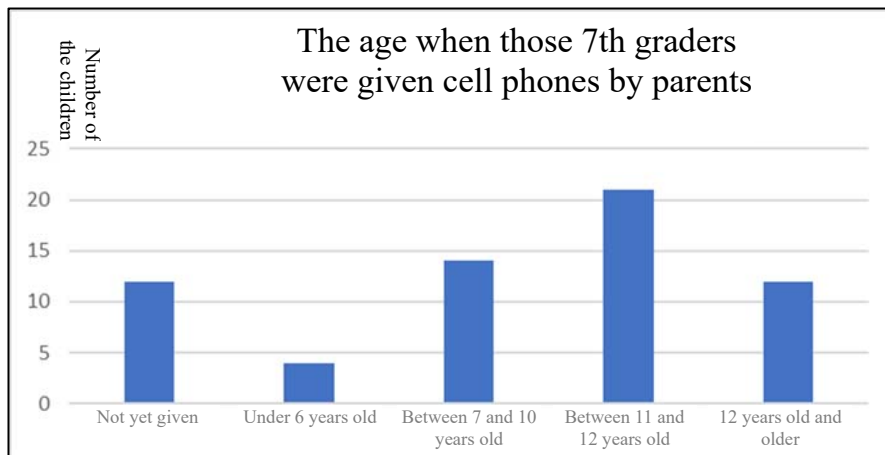
## **V. Research Findings and Analysis**

### **(1) The age of children when cell phones were given by parents**

Most parents gave their children cell phones when they were seniors in the elementary school, i.e. 11-12 years old. The percentage was 33%. The next highest percentage was 22%, when the children were 7-10 years old. For those who were 12 years old and older and in the 7th grade, the percentage was 19%. For the parents who did not give their children any cell phone when the children were in 7th grade, the percentage was 19%. This concludes that 81% of those 7th graders already have cell phones.

I think it is because parents and children have to keep in touch with each other during drop-off and pick-up times for school and cram school since children attend elementary school. When the lessons in the senior classes become difficult for children, more of them would be sent to cram school. Then it would be easier for parents to drop-off and pick-up children if they purchase cell phones for children.

**Table 2. The age when those 7th graders were given cell phones by parents**



**(2) Did the parents and children in the 7th grade come to an agreement on when and how long the children could use cell phones?**

Most parents came to an agreement with their children on when and how long they could use cell phones (73%). The percentage of parents is 17%, who came to an agreement with their children neither about when nor how long their children could use cell phones. In five questionnaire (i.e. 10% of the respondents), those parents came to only one of those agreements with their children.

**(3) Did the 7th graders understand the notices of using cell phones and the harms caused by them?**

From the statistics in Table 3, it is found that 80% of the students knew that “do not post any message to abuse others”, “do not disclose any personal information (name, address, telephone number, and personal information of friends and relatives)” and “do not send any of my intimate photos to any netizens”. The percentage of students who knew about “to take a 10-minute break after 30 minutes of use”, “to use a fake name or photo” and “to set a time limit for myself” were all between 50-70%.

However, in Table 3, 40% of the girls and 48% of the boys knew about “do not look down while using a cell phone”. Comparatively, these percentages are less. For the item “do not use any electronic device (a mobile phone, a computer, etc.) one hour before bed”, 37% of the girls and 48% of the boys understood that. Comparatively, the percentages are the least.

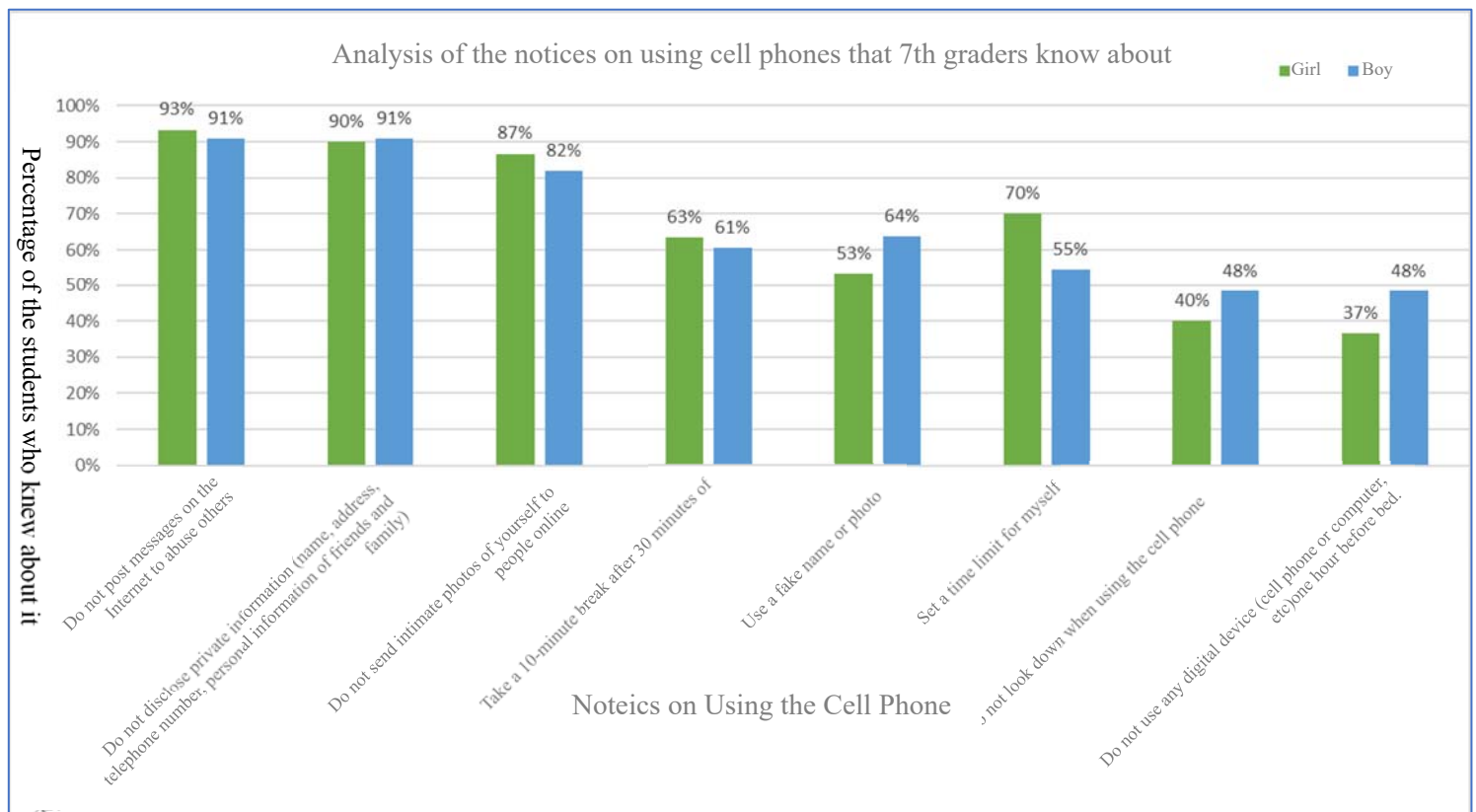
The statistics in Table 4 shows that 98% of the 7th graders knew that using a cell phone may cause visual impairment. 95% of them knew that using a cell phone may cause internet addiction. And 85% of them knew that using a cell phone may cause exposure to harmful information, such as violence and pornography.

However, in Table 4, 53% of the girls and 48% of the boys were aware about the “image stimulation overdependence”. The percentages were the least. As for the “cervical osteophytes”, 56% of the girls and 57% of the boys knew about it. The percentages were less comparatively.

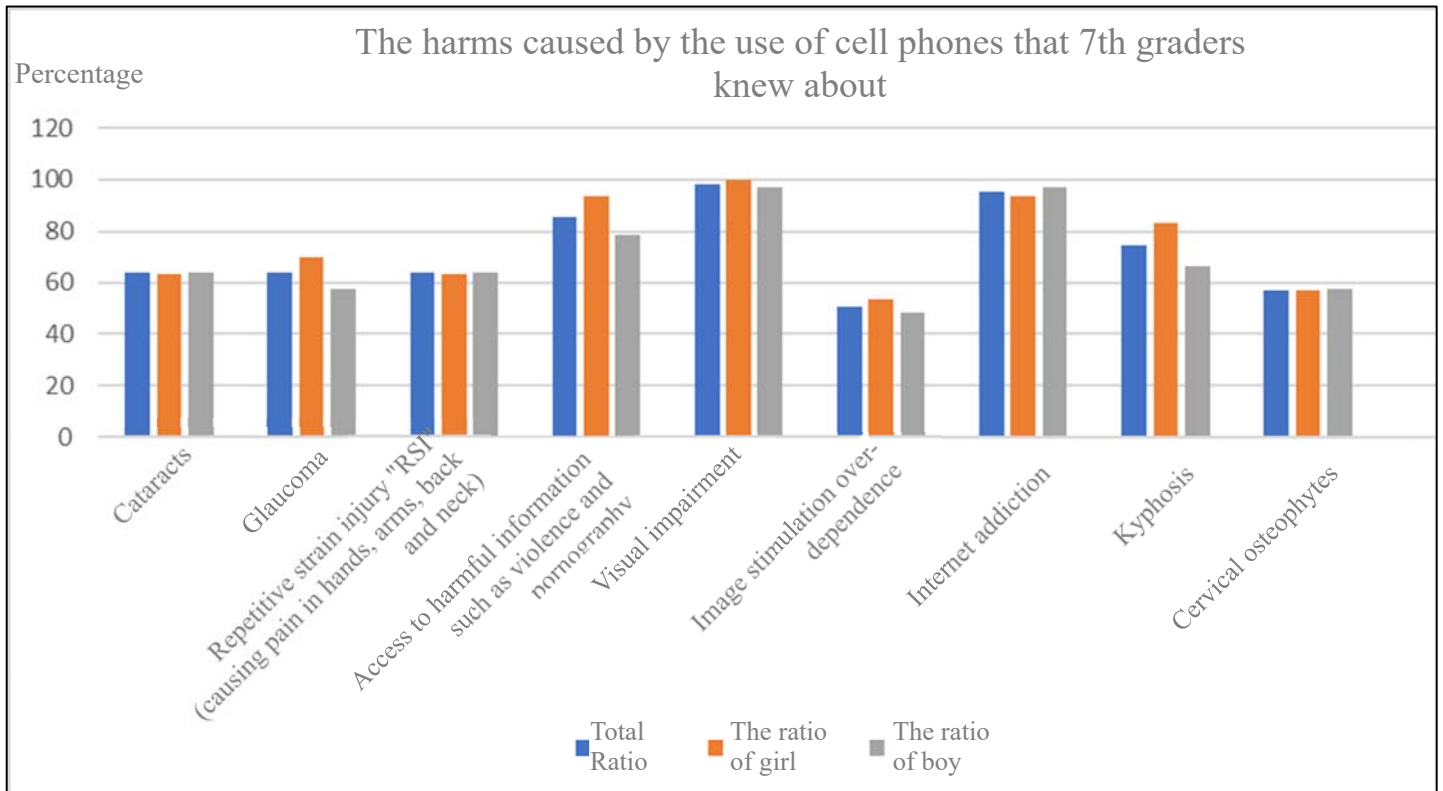
Based on the results in Table 3 and Table 4, it is found that the 7th graders were quite familiar with these concepts, such as to be careful about meeting netizens or internet retouching scams, to protect their privacy, and that overuse of cell phones could damage their eyesight. It is because these students watched videos and were taught about safe use of internet in elementary school.

However, about how the cell phone causes damage to the eyes, bone and brain development, such as glaucoma, cataract, cervical osteophytes, image stimulation overdependence, as well as how “not to look down while using a cell phone” and “not to use any electronic devices (cell phone, computer ...) one hour before bed” are related to health. These issues are less frequently discussed in elementary school because the questionnaire was designed for students at the time they started 7th grade, so they may not understand these issues. So, we can see that what we are taught in school influences our perception of cell phones uses.

**Table 3. What do the 7th graders know about the notices on using cell phones?**



**Table 4. The harms caused by the use of cell phones that 7th graders knew about**



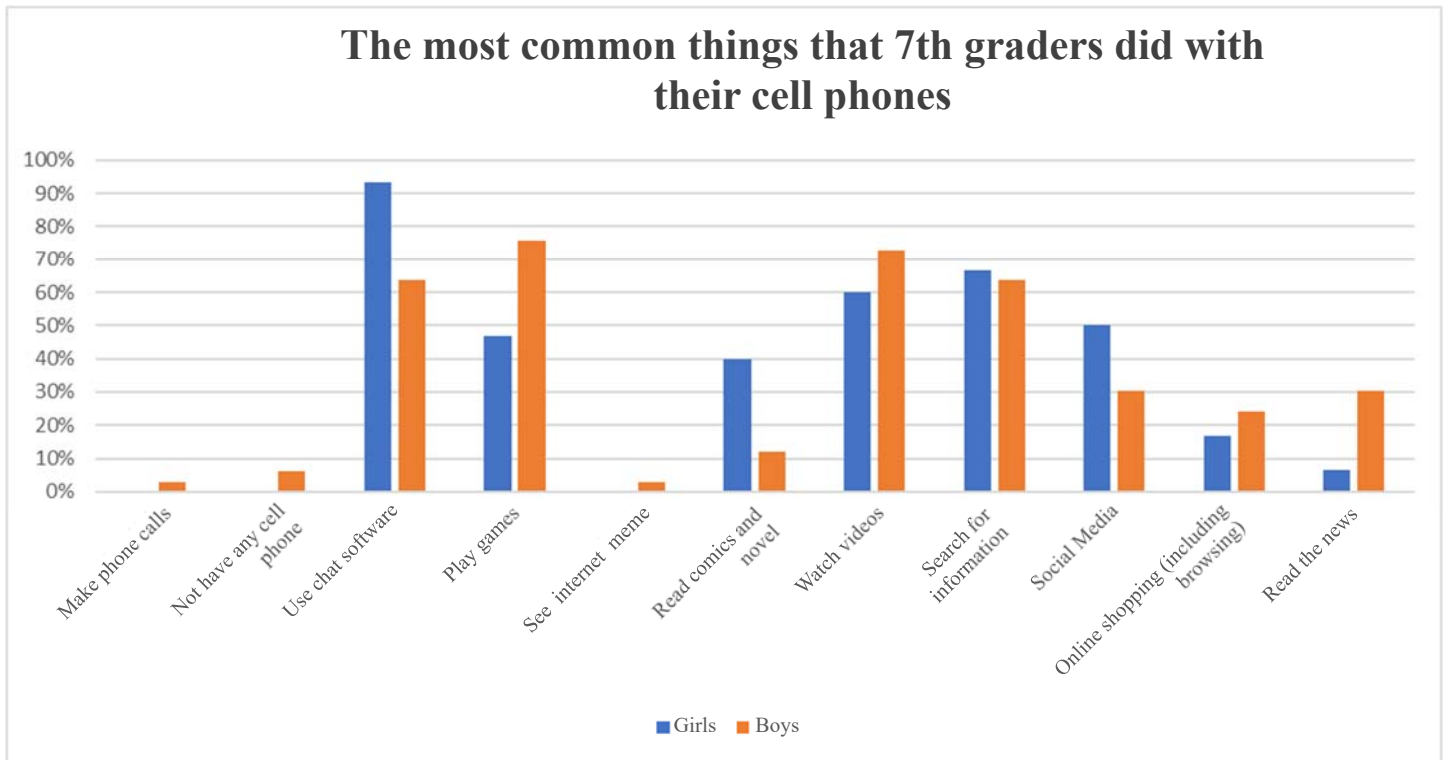
**(4) The most common things that 7th graders did with their cell phones**

From the statistics in Table 5, it is found that the most common thing girls did is to use chat software (93%), the second is to search for information (67%) and the third is to watch videos (60%). However, the most common thing boys did is to play games (76%), the second is to watch videos (73%) and the third is to search for information (64%).

Making phone calls with cell phones is the least common thing to do. The percentage is 3% for boys and 0% for girls in Table 5. Therefore, the call function of cell phones is rarely used by the youth.

Because girls used chat software most often, they should be aware of internet safety and self-protection. Boys were most likely to use their phones to play games, so they should be aware of the visual impairment and internet addiction as a result of it.

**Table 5. The most common things that 7th graders did with their cell phones**



## VI. Suggestions

Based on the findings of this study, I would like to make the following suggestions:

(1) We should improve social education and continue to educate parents and children and youth about the uses of cell phones, so that parents could limit the time that their children and youth could use them and also could set rules on when they could use them in order to reduce the possibility of internet addiction.

(2) The school curriculum did teach children and youth about the harms of using cell phones and that should be continued in school education. However, we should improve awareness through education about how cell phones cause damages to the eyes, bones and brain development, such as glaucoma, cataract, cervical osteophytes, image stimulation overdependence, as well as how “not to look down while using a cell phone” and “not to use digital devices (cell phone, computer ...) one hour before bed”, because these are less aware of by them.

(3) The things that boys and girls often did with their cell phones were different. The number one thing that girls did is to use chat software, so they should be taught more about internet safety and self-protection. The number one thing that boys did is to play games, so they should be taught more about the visual impairment and internet addiction as a result of it.

(4) As watching videos was the second most common thing for both boys and girls, it is very



important to establish regulations and classify videos on Internet to reduce the risk of inappropriate content doing harms to children and youth.

(5) Searching for information is also common for children and youth using cell phones. It is suggested that the government should develop a protective data searching engine or program that could filter inappropriate information (e.g. pornography, violence, suicide, etc.) for the children and youth while they are searching for information. The goal is to reduce the risk of inappropriate information doing harms to children and youth.

## **VII. Appendix: Questionnaire for the 7th Grade Students on their Uses of Cell Phones (September 2020)**

Hello, everyone!

My name is Chia-En Ding, a 7<sup>th</sup> grade student. I am currently writing a children and youth report for the meeting of the Convention on the Rights of the Child and would like to know more about the uses of cell phones among the 7th graders. I need your help to fill out this questionnaire. Thank you.

This questionnaire is about the “Internet use”. There are 8 questions, the answers are only for the statistical analysis of “Convention on the Rights of the Child - Children and Youth Report”, I hope you carefully answer the questions according to your own experience, thank you very much for your cooperation!

1. Gender: (Single choice)  
 Boy  Girl
  
2. Do you have a cell phone or a tablet? (Multiple choices)  
 A cell phone  A tablet  Both a cell phone and a tablet  No cell phone or tablet
  
3. How old were you when your parents gave you a cell phone? (Multiple choices)  
 6 years old or younger  between 7 and 10 years old  between 11 and 12 years old  12 years old or older  I don't have any yet.
  
4. Have your parents reached an agreement with you on when you could use the cell phone? (Multiple choices)  
 Yes  No
  
5. Did your parents and you agree on how long you could use the cell phone? (Multiple choices)  
 Yes  No
  
6. What are the things you do most often with your cell phone? (Multiple choices)

Use chat software  Play games  Watch videos  Use social networks  Search for information  Read the news  Shop online (including browsing)  Read comics or novels  Others \_\_\_\_\_

7. What do you know about the following potential injuries caused by using a cell phone?  
(Multiple choices)

Internet addiction  Visual impairment  Cataract  Exposure to harmful information such as violence or pornography  Glaucoma  Cervical spondylolisthesis  Kyphosis  "RSI" (Repetitive strain injury), causing pain in hands, arms, back and neck  Image stimulation over-dependence  Others \_\_\_\_\_

8. **What rules** do you follow when you use your cell phone? (Multiple choices)

Do not disclose any of my personal information (name, address, telephone number, personal information of friends and family)  
 Do not post any message on Internet to abuse others  
 Do not send my intimate photos to any netizen  
 Use a fake name or a dummy image  
 Do not use any electronic devices (a cell phone or a computer, etc.) one hour before bed.  
 Take a 10-minute break after 30 minutes of use  
 Do not lower the head while using the phone  
 Set a time limit while using the phone  
 Others \_\_\_\_\_

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