



Australia's  
broadband  
network

# nbn™ Digital Parenting Report 2017

**Research commissioned by nbn,  
undertaken by Evolve**



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# About the research

## Purpose

The core objective of this research is to garner understanding around the use of Australian student's use of the internet in the home for the purposes of education. More specifically the research aims to provide insights into:

- The extent to which the internet is used for learning and schoolwork.
- Australian parents' attitudes towards their child's use of technology for education – both in and outside of the classroom.
- The main motivators and deterrents for parents using technology for education.
- The application and time spent using technology for education in the home.
- The impact of broadband on learning and schoolwork.

## Methodology

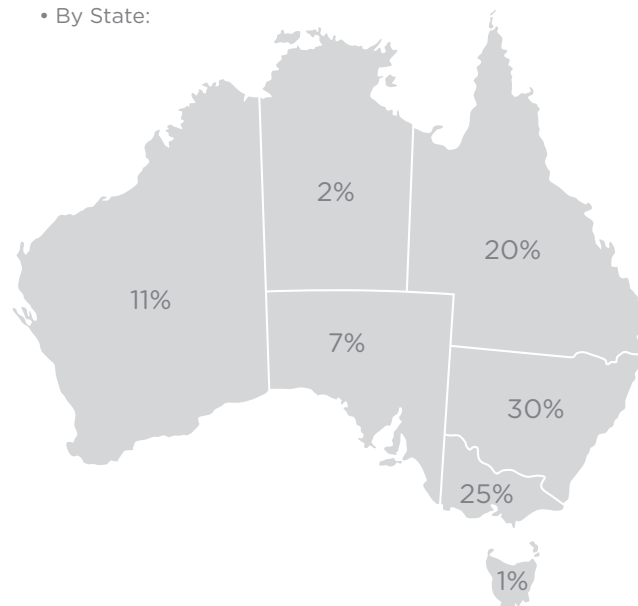
- Online
- Australia wide
- Parents of Primary school students
- Parents of Secondary school students

## Research Dates

30 November – 7 December 2016

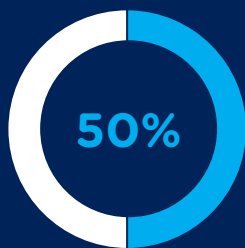
## Respondents

- Total: 1,200
- By State:

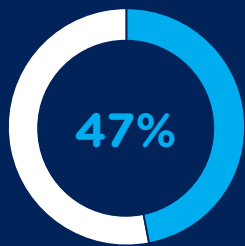


# Introduction from Dr Kristy Goodwin

The Second Annual nbn™ Digital Parenting Report reveals key trends in how Aussie kids use the internet for learning as well as insights into how their parents feel about it.



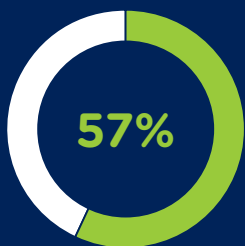
Although majority of parents agree that digital skills and access to fast broadband are key in order to best prepare their children for the future workforce, half (50 per cent) worry their children are spending too much time online.



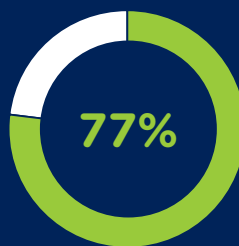
Almost half (47 per cent) of students head online after school to collaborate with their classmates via video chat.



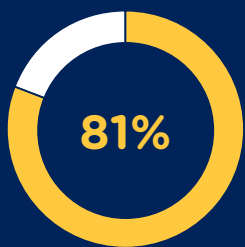
Primary school aged children are spending 1.8 hours online for homework each weekday, this jumps to 3 hours per weekday when students reach high school.



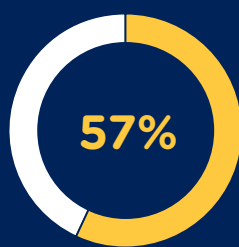
More than half (57 per cent) of school aged children watch online tutorials to assist with homework.



The majority (77 per cent) of parents think that high-speed internet is important at home to meet demands of school work.



The number of parents who agree that using the internet for homework, research or educational games helps prepare children for the future is increasing (81 per cent compared with 76 per cent last year).



Over half (57%) believe that quality internet access could impact their child's educational outcomes.

With growing access to technology and fast broadband via the nbn™ network in our homes and schools, students have access to a world of resources and opportunities to help set them up for success. It's these resources alongside important STEM skills which are essential to help equip, motivate and educate this generation of tech-savvy kids.

# About Dr Kristy

**Dr Kristy Goodwin is one of Australia's leading digital parenting experts (and mum who also has to deal with her kids' techno-tantrums!).**

She's the author of *Raising Your Child in a Digital World*, speaker, researcher and media commentator. Dr Kristy arms parents, educators and health professionals with research-based information about what today's young, digital kids really need to thrive online and offline.

Kristy takes the guesswork and guilt out of raising kids in the digital age by arming parents and educators with facts, not fears about how screens are impacting on children's health, wellbeing and development.



# Dr Kristy Goodwin's tips for managing techno-guilt

The reality is children will continue to spend more and more time online, so rather than burying their heads in the sand and trying to limit use of technology, I'd recommend parents try and prevent the 'digital zombie' effect by finding active ways for kids to engage with technology. Below are my tips on how parents can best manage their techno-guilt:

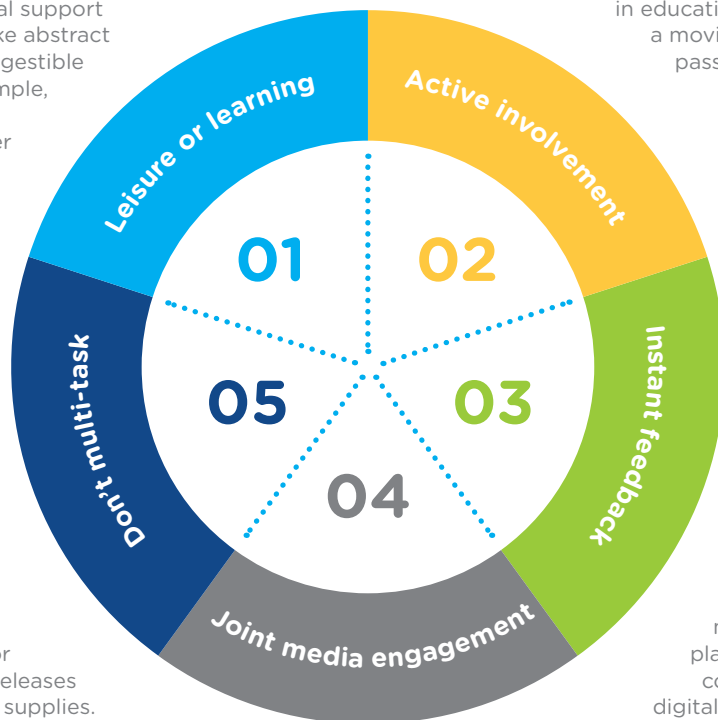
**Leisure or learning:** Screen time can be beneficial for kids, especially if they're actively involved when accessing or creating educational content. Digital educational resources allow kids to consolidate their understanding and skills (neuroscience confirms that repetition is essential for memory consolidation), seek additional support (anywhere, anytime) and make abstract or complex concepts more digestible and understandable (for example, kids can use apps and online games to rehearse and master their multiplication facts).

**Don't multi-task:** Our digital kids are engaging in frequent media multi-tasking because of slow Internet speeds and a desire for instant gratification (i.e. they're watching TV, replying to an SMS and completing their online maths homework). Multi-tasking can impede kids' learning because information goes to the wrong part of the brain for memory recall and the brain releases cortisol and depletes glucose supplies. Providing kids with access to fast and reliable Internet and teaching them the importance of mono-tasking will empower kids to learn the essential 21st skill of mono-tasking.

**Active involvement:** Parents can worry less about the pitfalls of screen time if their kids are assuming an active role when using digital devices (this stops the 'digital zombie' effect that many parents report). For example, when kids are coding, designing webpages, participating in educational chat forums, or producing a movie they're actively involved (not passively consuming) and this uses higher order thinking skills.

**Instant feedback:** Many online tools provide instant feedback so learners can immediately rectify their errors. Apps, websites and even video games not only assist with kids' engagement levels, but they can also help improve kids' understanding of concepts and prevent learners from forming misconceptions. For example, if playing a science app, or entering code and kids make an error, the digital tool provides instant feedback and the learner can instantaneously correct their mistake. Traditional feedback (i.e. the marking of textbooks and worksheets) doesn't offer this type of timely, powerful feedback, so mistakes can be perpetuated over time and are often difficult to correct.

**Joint media engagement:** Research confirms that active parental involvement is beneficial for kids' learning with screens (and also in ensuring kids stay safe online). Kids love teaching their parents, so allow your child to show you how to edit and upload a movie, or create a website, or go on a digital scavenger hunt together. Showing an interest in your child's digital world builds rapport (you suddenly speak their digital language) and reinforces the idea that screen time isn't toxic or taboo.



# Flipped learning in Aussie homes

Internet at home enables the child to learn at home.



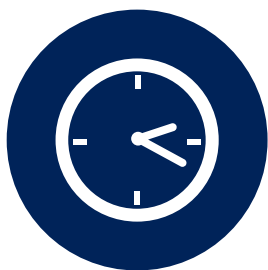
**8 in 10 parents (81%)** agree that using the internet for homework, research or educational games helps prepare children for the future compared with **76%** last year.

## Flipped Learning

Flipped learning is a model where the homework and lessons are viewed by students at home before in-classroom study. Class time is then dedicated to exercises, projects and/or discussions relating to the content viewed at home.



**77%** of Aussies are using technology for educational purpose



Primary school aged children spend an average of 1.8hrs using the internet for homework each weekday and **1.2hrs** on weekend days. This increases to **3 hrs** per weekday and **2.1 hrs** on weekends when students reach high school.



More than ever before, kids are watching online tutorials to assist with homework and assignment (**57%** compared with **49% last year**).

# Families use the internet to learn together



of Aussie parents claim to regularly use the internet with their child in order to learn something together .



of parents feel comfortable helping their children learn digital skills at home.

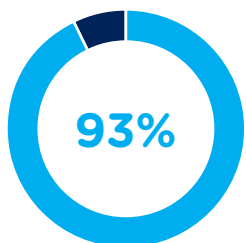


of Aussie parents feel equipped to help support their kids learn digital skills at home.

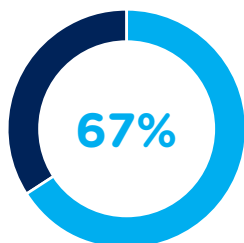




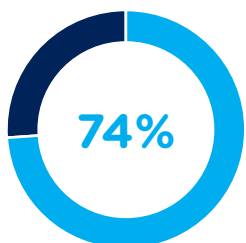
# Parent's attitudes towards internet usage at home



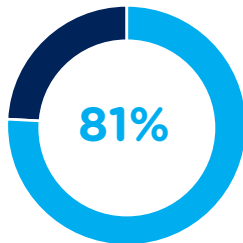
Almost all (93%) parents think Science, Technology, Engineering, Mathematics and digital skills will be important for their child's success in the workforce of the future.



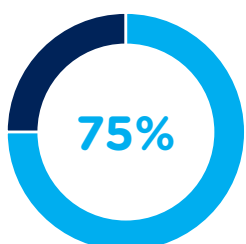
Over two thirds of parents (67%.) agree that technology makes it easier for children to get their school work done, and that technology makes it easier for children to learn at their own pace (66%,).



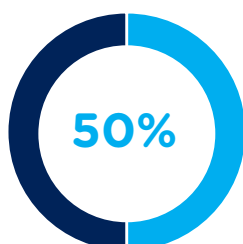
74% of parents agree that technology is now a foundation skill children need in order to best prepare them for the futures workforce.



The majority of all parents (81%) believe that using the internet for homework, research or educational games helps prepare children for the future (76% last year).



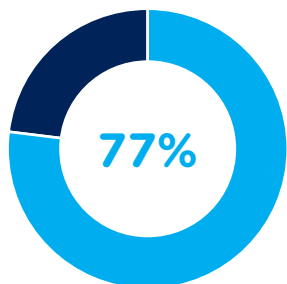
Three quarters of parents (75%) think that technology has enabled their child to learn at home and take these key learnings to class with them.



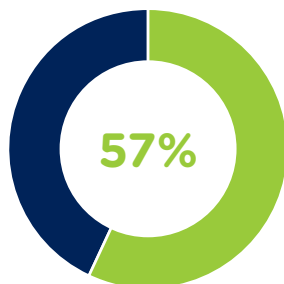
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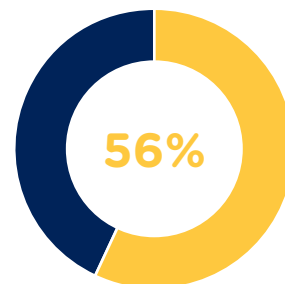
# How faster internet is impacting the ability to learn at home



Over two thirds of parents (77%) think that high speed internet is important at home to meet demands of school work.



Over half 57% of parents believe that quality internet access could impact their child's education outcomes.



56% agree that their household would be more harmonious with a faster more reliable internet connection.





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