ChildFund
Kenya

Tuchanuke (Let's Wise Up) Online Child Protection Project

Post Knowledge, Attitudes and Practices (KAP) Survey on Internet Safety for Caregivers in Nairobi and Kiambu Counties
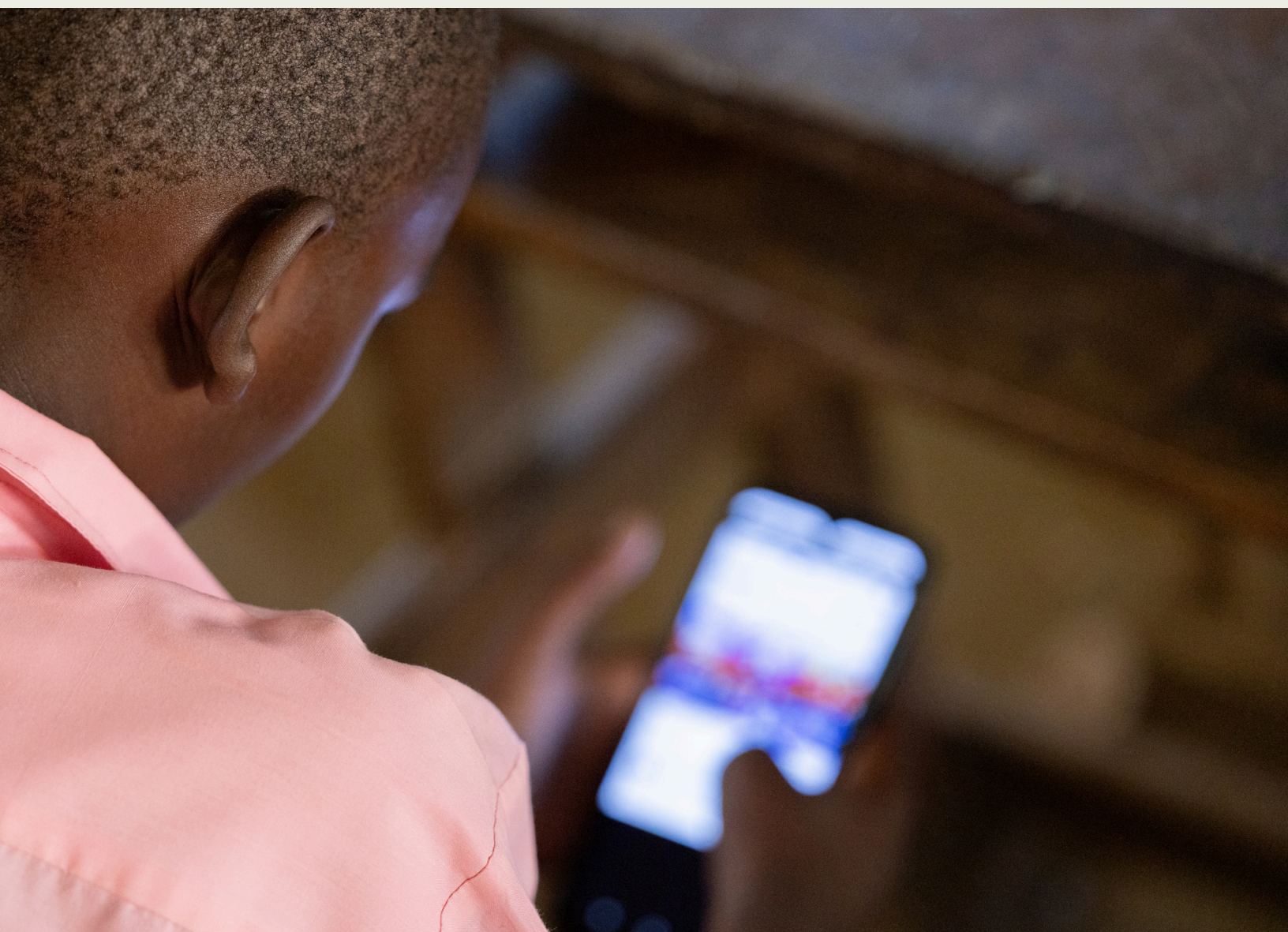
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Abbreviations and Acronyms

CBO	Community Based Organization
COVID-19	Coronavirus disease 2019
ICT	Information Communication Technology
KAP	Knowledge Attitude and Practice
MEAL	Monitoring Evaluation Accountability Learning
NGO	Non-Governmental Organization
OSEAC	Online Sexual Exploitation and Abuse of Children
PPS	Probability Proportional to Size

Executive Summary

This report summarizes the results of a Post Knowledge Attitude and Practice survey conducted in Nairobi and Kiambu Counties between 7th to 10th March 2022 with targeted participants trained and sensitized by the Tuchanuke online child protection project. The survey was conducted across in 10 wards. This report thus presents findings of the survey which aimed at establishing the understanding of caregivers on internet safety and child protection specifically sexual abuse and exploitation, level of access and utility of ICT and internet at the individual and household level, understanding of risks, rules and regulations, referral mechanisms. Data for this exercise was gathered at individual level. In total 520 caregivers were interviewed.

Key Findings

Majority 80% (n=418) of caregivers own smart phones, i.e. mobile devices whose modern technology platforms enable Internet access. In terms of availability of ICT technologies that include smart TV, laptop, personal computer tower desktop, tablet, two thirds, 66% (n=341) of caregivers do not own such gadgets while only 33% (n=174) own them at the household level. The survey further indicated that 74% (n=386) of children have access to internet at home, whereas 24% (n=126) do not. Among the caregivers who reported to have internet, there was a reduction from 46% at baseline to 8% of caregivers who reported no knowledge of where the children access it from, 42% access both in their private bedroom and living room, an increase from 18% at baseline to 30% of children who access in the open family living room, 4% in the private bedroom. This indicates that most parents are playing an active role in supervising the children and youth thereby reducing the risk of visiting inappropriate sites, advertisements etc.

It was also observed that more caregivers reported increased awareness of the time their children spend on the internet per day from 47% at baseline to 19% at the endline survey. A smaller number of children, 20% are spending more than 3 hours online every day, double the number of children are spending less than 30 minutes daily and more children 22% are spending 30 minutes to 1 hour. There are three dominant areas (content groups) which, according to parents, occupy children's attention online to the highest extent: fun-entertainment (gaming and music content consumption), education and communications (with peer groups) on social networks. Parents also think that a much smaller part of children's "Internet activities" has to do with information, although their share in the structure of all content that children devote their time to is not negligible. Other uses include betting, online marketing, job applications, watching cartoons etc. Further, the survey on the consumption of different Internet contents of the children, the highest percentage of use the information-communication applications intended for surfing and consumption of their favorite Internet contents, or for practicing their favorite Internet activities: entertainment, fun and peer communication. The most popular ones are YouTube, Facebook, WhatsApp while the least are Twitter, Snapchat, Telegram and LinkedIn. Other applications used include, *Netflix, Education app, Likee, Camera Editor,Vidmate, Viusasa, Akilikids, Google* and betting applications such *as Odibet, Sportbet*.

At the endline, more parents 23% can affirm that their children's friends online are the same as offline whereas 33% confirm that the children have friends online whom they have never met offline. This implies the risks of online grooming and sexual exploitation from strangers over the internet persists. Over half, 56% of the caregivers interviewed are confident in using the internet

and 27% are somewhat confident, 26.8% are extremely and very confident in using the internet. However, 78% of caregivers retorted that they could help their children to deal with anything that bothers them online, this is an indication that most of the parents have acquired knowledge and skills on how to protect their children online. 12% are not able and 8% do not know. This shows that there is still room for more sensitization on the role of parents/ care givers in protection of children online. The lack of awareness could be attributed to digital gap

According to the endline, more caregivers 87% are aware that the internet and ICT could be unsafe and potentially dangerous place and tool for their children from 67% (n=363) at baseline. Similarly, there was reduction 27% at baseline to 9% at endline of caregivers who do not think internet is potentially unsafe. This can be attributed to the sensitization sessions conducted by the project. Consequently, caregivers seemingly have passed on the knowledge to their children on internet safety. Above half, 58% of parents report that their children are aware that the internet and ICT is unsafe and potentially dangerous place for them up from 33% at baseline. Moreover, 38% of parents assert that they do feel or think that their children can deal in anything on the internet that bothers them from 29% at baseline. In addition, almost half 63% of caregivers indicated that their children would be likely to very likely consult them for advice should they find a potentially harmful content on the internet. This signifies the increased confidence children have that their parents will be able to handle issues of OSEAC. In terms of children's exposure to potential abuse by using the internet, more caregivers, 48% think their children are exposed "a lot" or "fair amount" whereas 52% think "not very much" to "not at all". This represents a slight increase from baseline where only 39% of caregivers were aware of risks. This indicates improved understanding of the risks posed by unsupervised internet accessibility for children by caregivers. In addition, 84% of caregivers responded that they can help children deal with anything on the internet that bothers them and 9% cannot. Almost three quarters, 72% of caregivers have ever talked to children about safe internet use, 26% have not and 2% are not sure.

The survey revealed increased engagement between caregivers and the children about potential risks in using the internet and ICT from 43% to 68% at endline i.e. 58% speak from time to time and 10% all the time. Its worth noting the latter doubled at endline. To add, more caregivers 65% from baseline 56% reported that their children have never experienced something on the internet that has bothered them in the last one year. Those who had no knowledge of children's distress also reduced from 25% at baseline to 14% at endline. Some of the internet safety activities caregivers mentioned, 37% talk to them about their online activities, 20% stay nearby when the child uses the internet, 13% sit with the child while they use the internet (watching but not joining), 11% encourage the child to explore and learn things on the internet on their own while only 8% do shared activities together on the internet.

More caregivers 87% (up from baseline=62%) reported that it is important to control their child/youth's smartphone, laptop, tablet or access to their parents' phones or ICT gadgets for safety, 11% (baseline=19%) still think that children should have unrestricted access to internet and ICT gadgets, 2% do not know. Moreover, 63% of caregivers use parental control of the internet of their child's smartphone, tablet, laptop or smart TV while 35% don't.

In terms of parental control, 24% would delete the post immediately, 20% would take the phone from the child and never trust them with it, 18% would take a screenshot as evidence and report to the police – a strategy that wasn't mentioned during baseline. Other strategies include,

reporting to the community leadership, praying with the child, talking and disciplining the child while others mentioned that the child is too young.

Recommendations

- The project stakeholders and child-focused organizations should advocate for the inclusion of internet safety in the national curriculum developed by the Kenya Institute of Curriculum Development (KICD).
- Strengthen the peer counselling department across all public and private primary and secondary schools to support children exposed to OSEAC
- The government and internet service providers to enforce stricter measures to promptly take down harmful contents online and block sites unsuitable for children
- Scale-up parental sensitization sessions at schools and community level for greater awareness on the online risks and harms to children and how to prevent and manage them including psychosocial support to children.
- The judiciary should enforce prosecute anyone involved in cybercrime or pornographic content sent to children.
- Strengthen the call centers/hotline to receive and act on cases involving child sexual exploitation on the Internet.
- The government and NGOs should Implement more training for both youth and children concerning internet safety and its impact.
- Parents to take control of their children's lives through spending more time with them and getting into their world, to enable them to open up.
- The government to create safe space for those who have gone through cyberbullying as well as implement policies to help deal with cyber bullies
- Schools to introduce more co-curricular activities to help our children be creative and innovative as this will reduce internet addiction
- Schools should introduce educational programs focusing on internet risks to enlighten the children and youths on the impact of online engagements
- The church to inculcate good moral values to the community to avert the dangers posed by the Internet to our Children
- Age sensitive information should come late hours from the tv media

1.Introduction and scope

Over the last two decades, sexual exploitation and abuse of children in Kenya has worsened in part due to the expansion of information and communication technologies and the internet. The spread of the internet in Kenya through mobile broadband, low-cost smartphones/tablets, and increased fiber optic cable connections has enabled greater online access throughout the country for women, youth/children. Both children and their caregivers can be oblivious to the need of child protection against online risks such as sexual exploitation. Due to this, the use of filtering or blocking applications are often not used to monitor children's online access.

Additionally, with the use of numerous online channels available to potential abusers to access children, it is often difficult for police and other officials to track illegal behaviors. This is especially apparent in low-income areas found in Nairobi, considered the hub of online sexual exploitation of children in Kenya, and Kiambu County which often serves as a "supplier" of trafficked children. Perpetrators of online child sexual exploitation and abuse (OSEAC) are more likely to offend during the context of a pandemic, as increased stress and isolation enable the conditions and anonymity to act on negative impulses. Lockdowns and economic consequences contribute to an increase in OSEAC and victims and caregivers are manipulated to enable participation and expansion of abuse to new victims by taking advantage of economic distress and fragile financial situations. Considering the above, ChildFund together with partners[1] launched the Tuchanuke online child protection project which aims at achieving three-pronged objectives.

i. To increase the understanding of online child protection risks among caregivers in Nairobi and Kiambu counties.
ii. To improve stakeholders' commitment to combating online sexual abuse of children.
iii. To improve the implementation of relevant policies and legislation on online sexual exploitation and abuse of children by stakeholders.

The project targeted to reach 3,000 caregivers, 800 youth, 40 community volunteers, 30 government officials and 400 children with various interventions including community outreaches, life skills and peer education training, media programs, workshops with government and other stakeholders to foster dialogues and using research and short studies to inform strategies on OSEAC. The project was implemented from April 2021 to March 2022 in Starehe and Kasarani sub-counties, and Kikuyu sub counties of Nairobi and Kiambu counties respectively. To this end, the project trained community resource persons and teachers as facilitators who in turn sensitized youth and caregivers on internet safety.

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[1] Missing Child Kenya, Childline Kenya, Google, Impact Amplifier, Lifeskills Promoters, Communications Authority of Kenya, Department of Criminal Investigations, Department of Childrens Services.

1.1. The purpose of the post-KAP survey

The main purpose of undertaking the knowledge attitude practice survey was to establish the change in understanding of caregivers on internet safety and child protection specifically sexual abuse and exploitation of children, level of access and utility of ICT and internet at the individual and household level, understanding of risks, rules and regulations, referral mechanisms. The survey would also provide tangible and realistic recommendations to the various actors involved to contribute to the realization of the project's impact of reduced sex trafficking through strengthening system capacity in online child protection.

2.Methodology

The Post KAP relied on quantitative survey through individual interviews with the project participants. A total of 520 (F:429 M:91) caregivers were interviewed for quantitative analysis with 5% margin of error and 95% confidence level. Probability Proportional to Size (PPS) was used to determine the number of caregivers to be sampled in a zone while purposive sampling was employed to identify the specific households with caregivers to be interviewed after the number per zones was established.

For the data collection 10 (M:5 F:5) enumerators were recruited by ChildFund Kenya and trained on undertaking digital data collection for a day with an additional day of pre-testing the tools held. To ensure quality of the data collected, we ensured that the team engaged for data collected had previous experience in the use of smart phones for data collection.

At the end of each day of field data collection, the team of data collectors/enumerators uploaded complete questionnaires to the server. Regular data checks were conducted by the MEAL Manager to check on the consistency, accuracy, and completeness of the data.

After the survey was done, the data was exported from survey to excel for analysis and reporting. Presentation is done mostly through charts (bar graphs, pie charts and column graphs) and tables to provide pictorial representation of the findings in a simpler and easy to understand way.

3.Summary of Findings

## 3.1. Demographics and socio-economic characteristics of households

A total of 520 households were reached in the survey translating to 520 caregivers, out of which 82.5% (n=429) were female while 17.5% (n=91) were male respondents. At least 3.7% (n=19) of the sampled caregivers live with disability which included deaf, blindness and inability to walk.

Type of disability	N	Percentage
Walking	9	1.73%
Other specify	7	1.35%
Visual	2	0.38%
Hearing	1	0.19%

Table 1: Respondents by type of disability

Most of the caregivers are between the ages of 36-49 years accounting for 56% (n=291) followed by those between the ages of 25-35 years accounting for 26% (n=133), those over 50 years at 16% (n=84) and the least were aged 18 to 24 years at 2%(n=12). According to the survey, 30% have completed their secondary/high school education, 22% completed primary and 7% in tertiary institutions indicating a high level of literacy.

Fig 1: respondents by level of education

Respondents by level of education
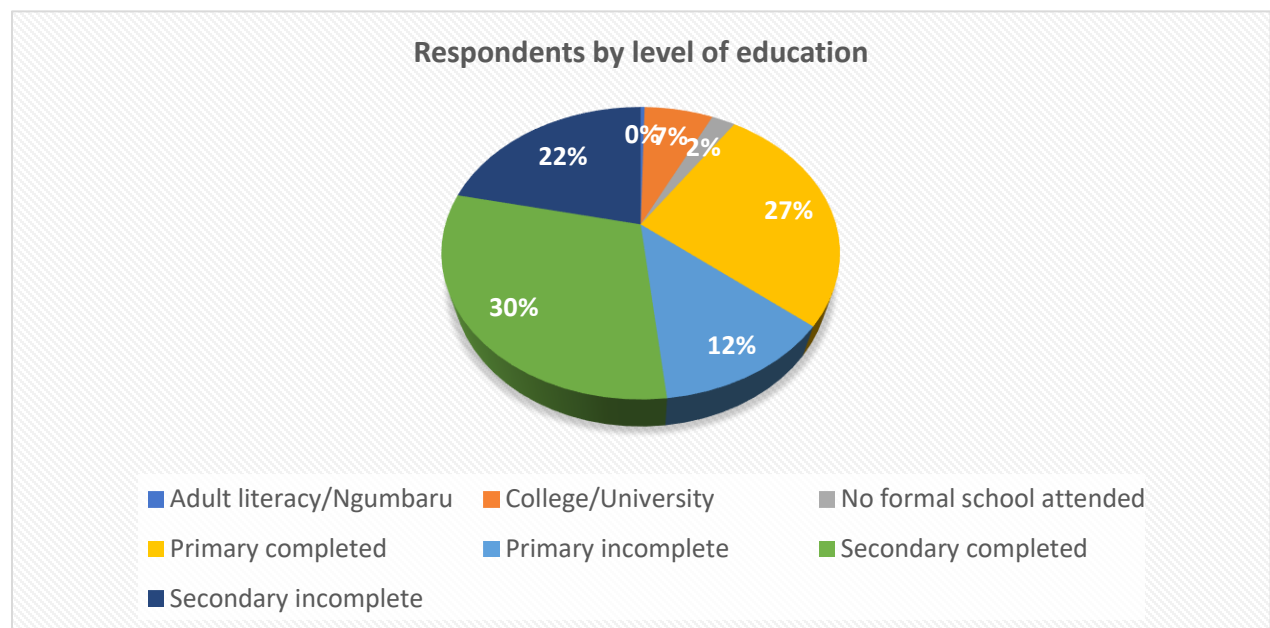
3.2. Internet accessibility and use

3.2.1. Access to Information Communication Technology

Majority 80% (n=418) of caregivers own smartphones, i.e. mobile devices whose modern technology platforms enable Internet access. In terms of availability of ICT technologies that include smart TV, laptop, personal computer tower desktop, tablet, two thirds, 66% (n=341) of caregivers do not own such gadgets while only 33% (n=174) own them at the household level.

3.2.2. Access to Information Communication Technology

The survey further indicated that 74% (n=386) of children have access to internet at home, whereas 24% (n=126) do not. Among the caregivers who reported to have internet, there was a reduction from 46% at baseline to 8% of caregivers who reported no knowledge of where the children access it from, 42% access both in their private bedroom and living room, an increase from 18% at baseline to 30% of children who access in the open family living room, 4% in the private bedroom. This indicates that most parents are playing an active role in supervising the children and youth activity online thereby reducing the risk of visiting inappropriate sites, advertisements etc.
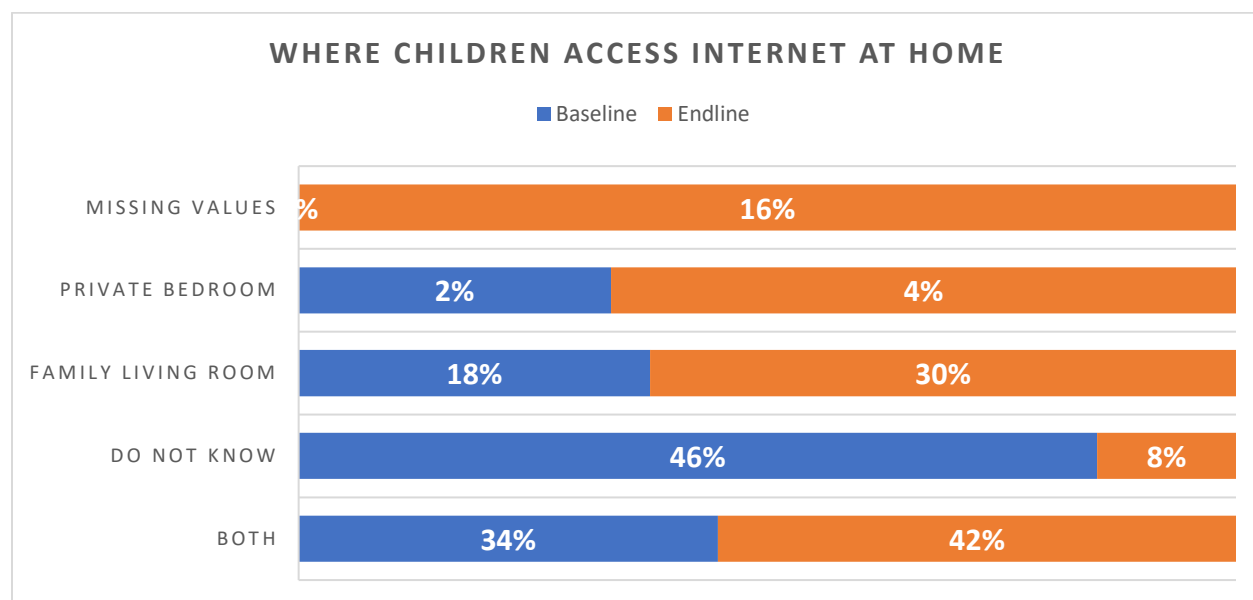

WHERE CHILDREN ACCESS INTERNET AT HOME

Baseline ■ Endline

	Baseline	Endline
MISSING VALUES	%	16%
PRIVATE BEDROOM	2%	4%
FAMILY LIVING ROOM	18%	30%
DO NOT KNOW	46%	8%
BOTH	34%	42%

Fig 2: respondents by internet accessibility at home at baseline and endline

3.2.3. Average time spent on the internet by children

It was also observed that more caregivers reported increased awareness of the time their children spend on the internet per day from 47% at baseline to 19% at the endline. A smaller number of children, 20% are spending more than 3 hours online every day double the number of children who are spending less than 30 minutes daily and more children 22% are spending 30 minutes to 1 hour.
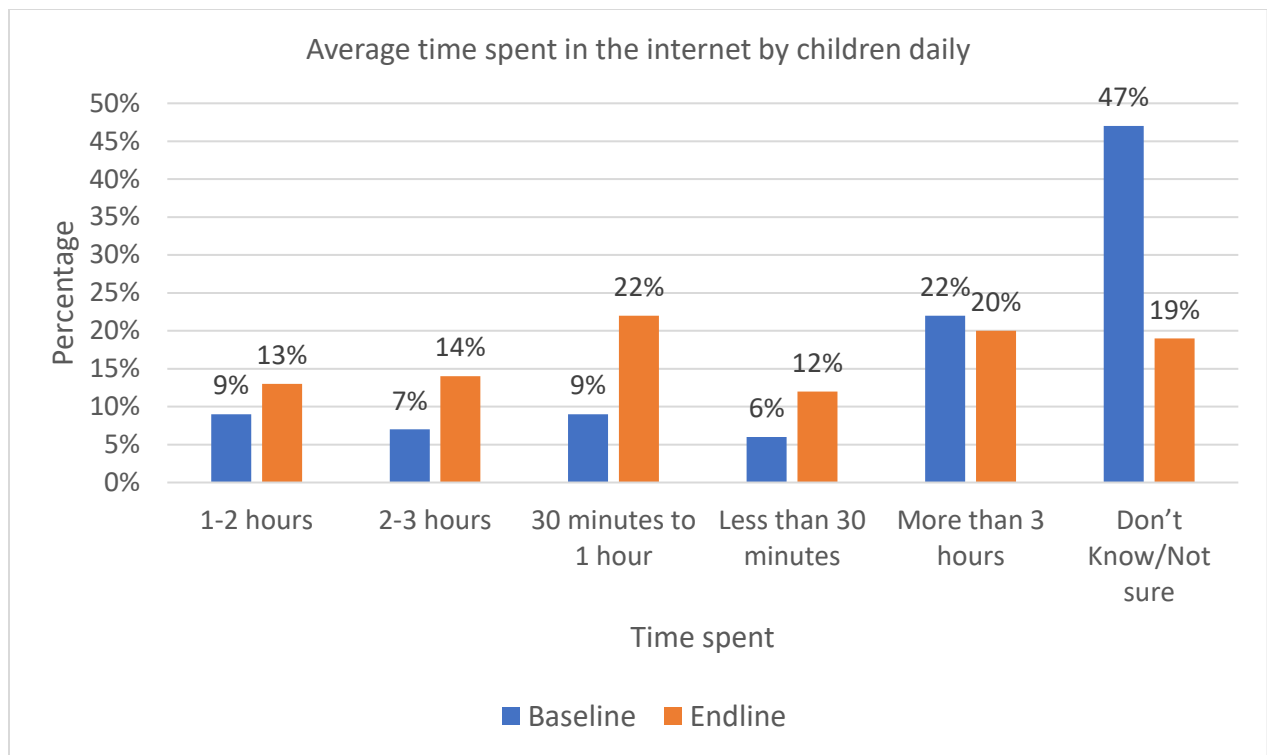
Fig 3:Average time children spend per day on the internet.

3.2.4. Use of the internet among children

Important question of this analysis refers to structure of children's activities on Internet, that is, the way in which they use their time during Internet consumption. Data presented in table 2. Illustrate the parent's assessment of contents structure which their children most frequently consume on Internet.

There are three dominant areas (content groups) which, according to parents, occupy children's attention on Internet to the highest extent: fun-entertainment (gaming and music content consumption), education and communications (with peer groups) on social networks. Parents also think that, a much smaller part of children's "Internet activities" has to do with information, although their share in the structure of all content that children devote their time to is not negligible. Other uses include betting, online marketing, job applications, watching cartoons etc.

Use of internet	N	Percentage
Watching music videos	251	24%
Communicating with friends	161	15%
Playing games	175	17%
Learning and education	189	18%
Watching movies and series	92	9%
Tracking news of pop artists	8	1%
Hobbies such as fashion, youth, sports	10	1%
Blogging and chatting	57	5%
Reading e-newspapers/magazines	8	1%
Shopping	18	2%
Reading e-books	26	2%
Other specify	26	2%
Don't know	26	2%

3.2.5. Use of ICT applications by children

Further, the survey on the consumption of different Internet contents of the children, the highest percentage of use the information-communication applications intended for surfing and consumption of their favorite Internet contents, or for practicing their favorite Internet activities: entertainment, fun and peer communication. Most popular ones are YouTube, Facebook, WhatsApp while the least are Twitter, Snapchat, Telegram and LinkedIn. Other applications used include betting applications such *as Odibet and Sportbet, Netflix, Education app, Likee, Camera Editor, Vidmate, Viusasa, Akilikids andGoogle*.

Table 3: Use of ICT application by children

Use of ICT Application	N	Percentage %
YouTube	227	27%
Facebook	164	20%
PC Game sites e.g. Steam	75	9%
Instagram	42	5%
WhatsApp	183	22%
TikTok	79	9%
LinkedIn	2	0%
Twitter	9	1%
Telegram	2	0%
Snapchat	16	2%
Other	41	5%

3.5. Internet safety attitude and practice

3.5.1. Forms and types of friendships among children

At the endline, more parents 23% can affirm that their children's friends online are the same as offline whereas 33% confirm that the children have friends online whom they have never met offline. This implies the risks of online grooming and sexual exploitation from strangers over the internet persists.
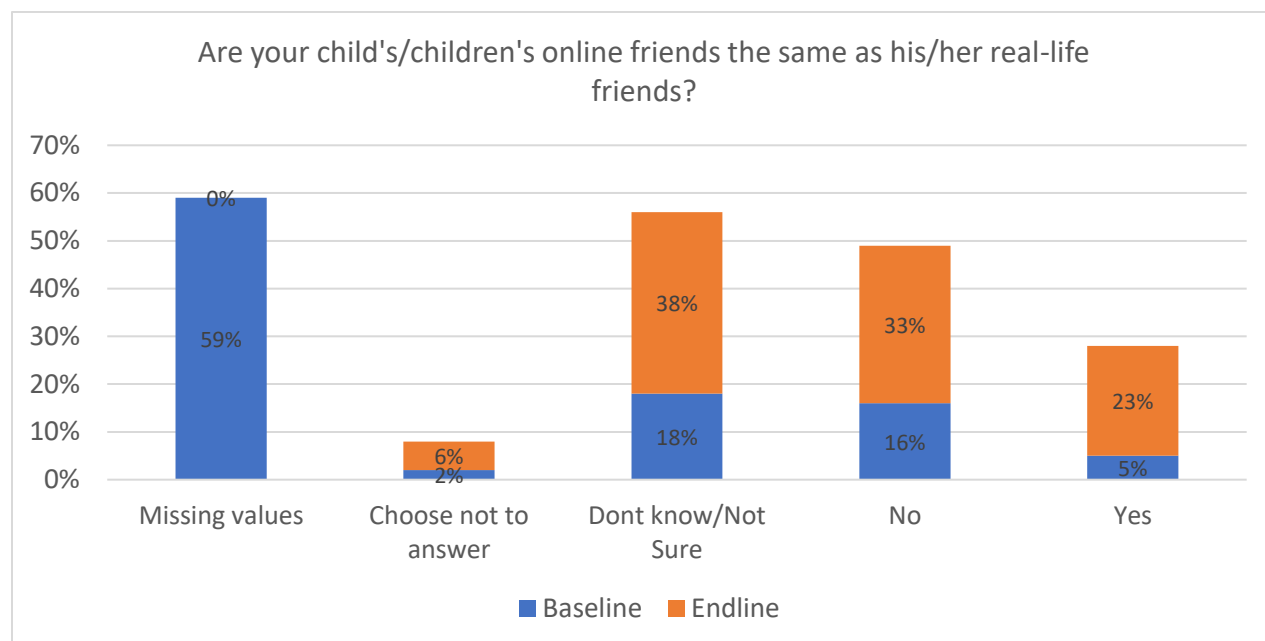

Fig 4: Children's online and offline friends

3.5.2. Knowledge of internet and digital environment by parents/caregivers

Over half, 56% of the caregivers interviewed are confident in using the internet and 27% are somewhat confident, 26.8% are extremely and very confident in using the internet. However, 78% of caregivers retorted that they could help their children to deal with anything that bothers them online, 12% are not able and 8% do not know.

Table 4: Parents confidence in using the internet

How confident are you in using the internet?	Baseline	Endline
Extremely confident	4%	2%
Not at all confident	28%	23%
Not so confident	18%	21%
Somewhat confident	27%	34%
Very confident	23%	20%

3.5.3. Knowledge of internet safety by parents/caregivers

According to the endline, more caregivers 87% are aware that the internet and ICT could be unsafe and potentially dangerous place and tool for their children from 67% (n=363) at baseline. Similarly, there was reduction 27% at baseline to 9% at endline of caregivers who do not think internet is potentially unsafe. This can be attributed to the sensitization sessions conducted by the project and probably these caregivers are having family dialogues with their children on internet risks and how to stay safe while browsing the internet.
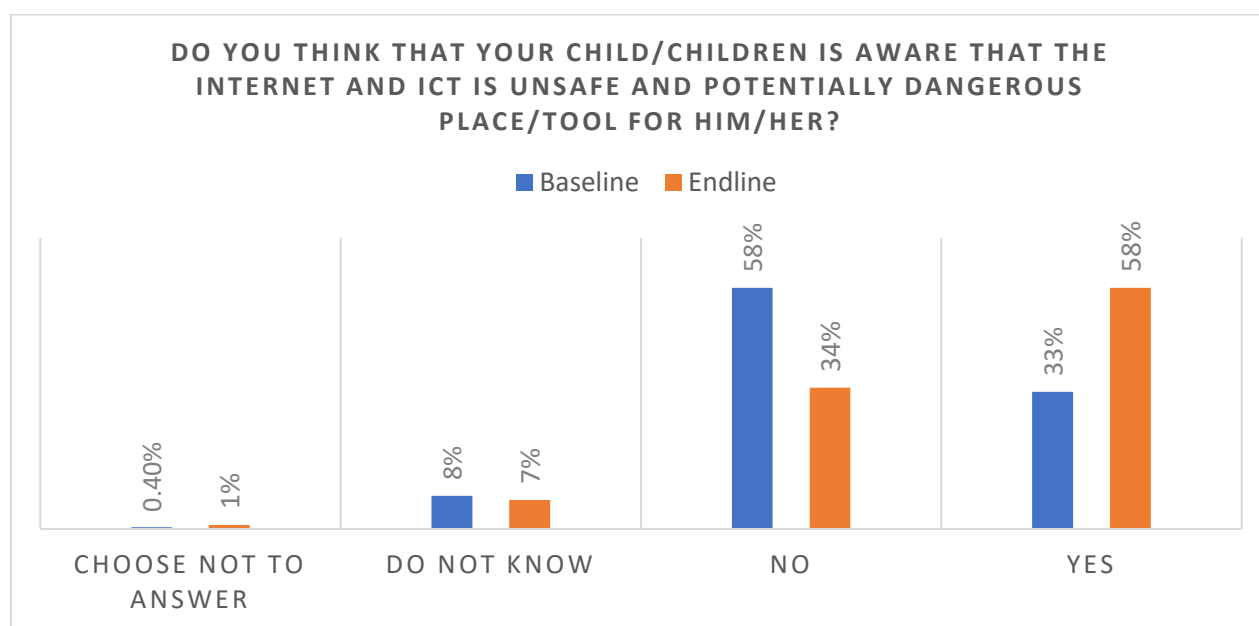

Fig 5: Awareness of internet and ICT safety among children

Consequently, caregivers seemingly have passed on the knowledge to their children on internet safety. Above half, 58% of parents report that their children are aware that the internet and ICT are unsafe and potentially dangerous for them up from 33% at baseline. Moreover, 38% of parents assert that they do feel or think that their children can deal with anything on the internet that bothers them up from 29% at baseline.

In addition, almost half 63% of caregivers indicated that their children would likely to very likely consult them for advice should they find potentially harmful content on the internet. This signifies the increased confidence children have that their parents will be able to handle issues of OSEAC.

In terms of children's exposure to potential abuse by using the internet, more caregivers, 48% think their children are exposed "a lot" or "fair amount" whereas 52% think "not very much" to "not at all". This represents a slight increase from the baseline where only 39% of caregivers were aware of risks. This indicates an improved understanding of the risks posed by unsupervised

internet accessibility for children by caregivers. In addition, 84% of caregivers responded that they can help children deal with anything on the internet that bothers them and 9% cannot. Almost three quarters, 72% of caregivers have ever talked to children about safe internet use, 26% have not and 2% are not sure.
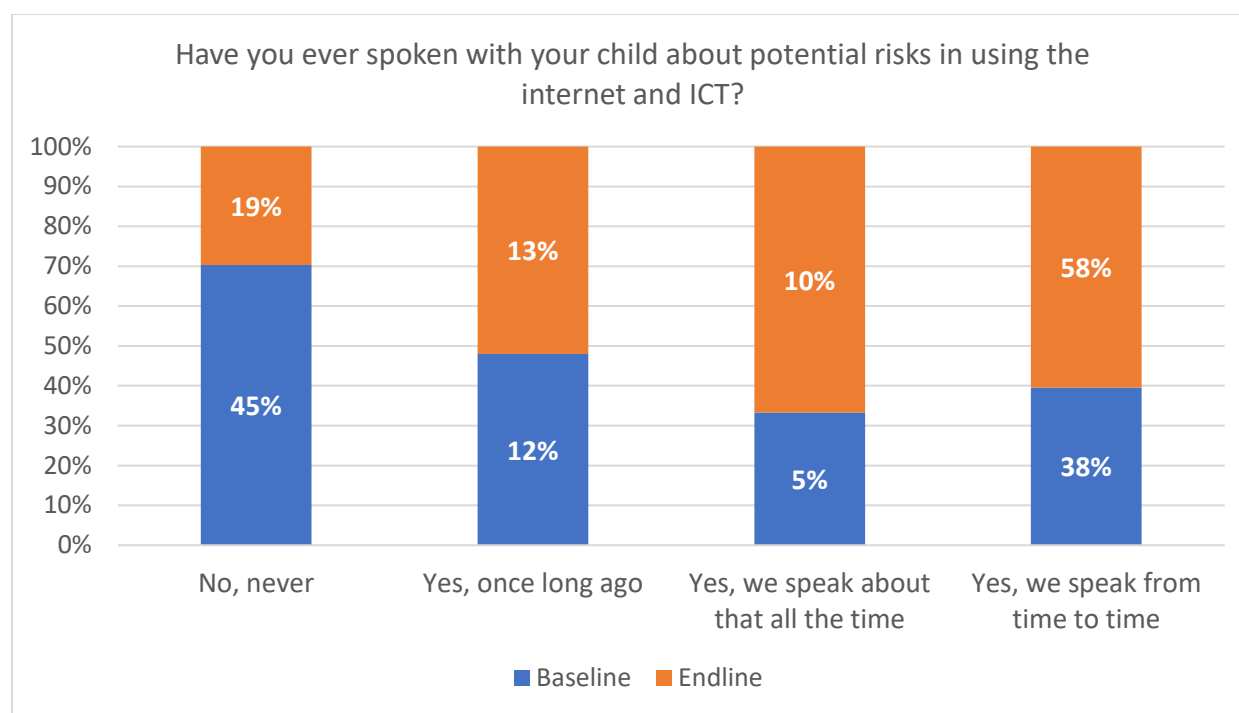

Fig 6: Parental engagement with children on internet and ICT risks

The survey revealed increased engagement between caregivers and the children about potential risks in using the internet and ICT from 43% to 68% at endline i.e. 58% speak from time to time and 10% all the time. Its worth noting the latter doubled at endline. To add, more caregivers 65% from baseline 56% reported that their children have never experienced something on the internet that has bothered them in the last one year. Those who had no knowledge of childrens distress also reduced from 25% at baseline to 14% at endline. Some of the internet safety activities caregivers mentioned, 37% talk to them about their online activities, 20% stay nearby when the child uses the internet, 13% sit with the child while they use the internet (watching but not joining), 11% encourage the child to explore and learn things on the internet on their own while only 8% do shared activities together on the internet.

Activities done with the child	N	Percentage
Talk to him/her about what she/he does on the internet	322	37%
Stay nearby when he/she uses the internet	171	20%
Sit with him/her while he/she uses the internet (watching but not joining)	115	13%
Encourage your child to explore and learn things on the internet on their own	7	11%

Do shared activities together on the internet	68	8%
Don't know/Not sure	31	4%
Choose not to answer	27	3%
Other specify	39	4%

Table 5: Internet safety activities done between parents and children

3.5.3. Parental control

More caregivers 87% (up from baseline=62%) reported that it is important to control their child/youth's smartphone, laptop, tablet or access to their parents' phones or ICT gadgets for safety, 11% (baseline=19%) still think that children should have unrestricted access to internet and ICT gadgets, 2% do not know. Moreover, 63% of caregivers use parental control of the internet of their child's smartphone, tablet, laptop or smart TV while 35% don't.
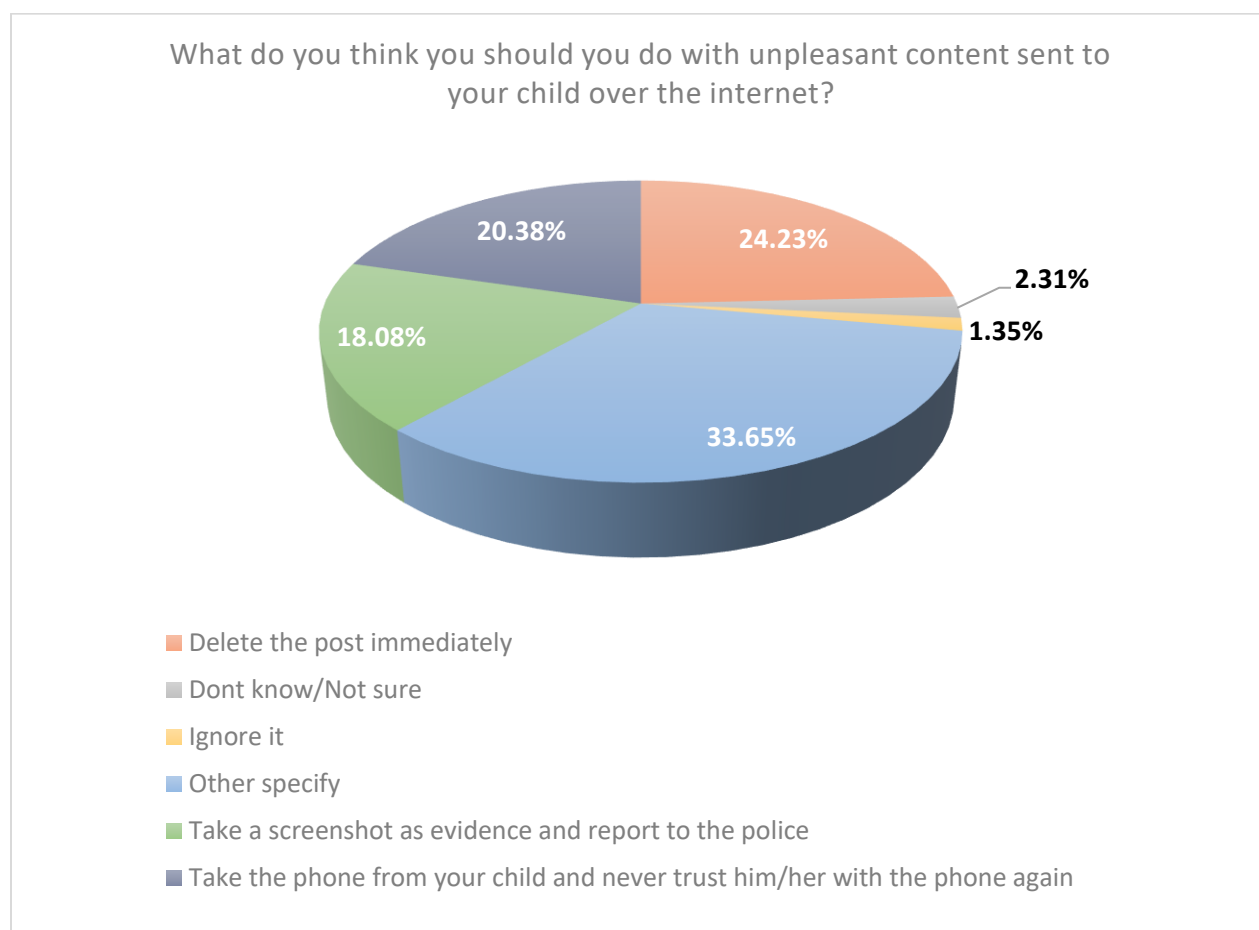

What do you think you should you do with unpleasant content sent to your child over the internet?

- 24.23%
- 2.31%
- 1.35%
- 33.65%
- 18.08%
- 20.38%

■ Delete the post immediately
■ Dont know/Not sure
■ Ignore it
■ Other specify
■ Take a screenshot as evidence and report to the police
■ Take the phone from your child and never trust him/her with the phone again

Fig 7: Parental controls over the internet use

In terms of parental control, 24% would delete the post immediately, 20% would take the phone from the child and never trust them with it, 18% would take a screenshot as evidence and report to the police – a strategy that wasn't mentioned during baseline. Other strategies include,

reporting to the community leadership, praying with the child, talking and disciplining the child while others mentioned that the child is too young.

4. Conclusion and recommendations

4.1. Conclusion

The project aimed at increasing awareness of caregivers on the increased cases of child protection risks and harm for children and youth from their internet use, including sexual exploitation and child trafficking and the need of child protection. Generally, majority of the caregivers report that their children have greater access to internet and ICT technology. In addition, they are more knowledgeable of where children access internet and they are now playing an active role in supervising the children and youth thereby reducing the risk of visiting inappropriate sites, advertisements etc. In addition, more caregivers are aware of the time their children spend on the internet per day. However, the risks of online grooming and sexual exploitation from strangers over the internet persists as caregivers confirm that the children have friends online whom they have never met offline.

Over half, 56% of the caregivers interviewed are confident in using the internet and can help their children to deal with anything that bothers them online. Similarly, caregivers are aware that the internet and ICT could be unsafe and potentially dangerous for their children. These can be attributed to the sensitization sessions conducted by the project. Consequently, caregivers seemingly have passed on the knowledge to their children on internet safety. Above half, 58% of parents report that their children are aware that the internet and ICT is unsafe and potentially dangerous for them up from 33% at baseline. The project has also enhanced parent-child relationship and confidence as children would likely to very likely consult caregivers for advice should they find a potentially harmful content on the internet. In addition, there is improved understanding of the risks posed by unsupervised internet accessibility for children by caregivers.

The survey has also established greater capacity of caregivers to support their children to deal with anything on the internet that bothers them. Moreover, there is increased engagement between caregivers and the children about potential risks in using the internet and ICT. There is reduced incidences of children reported to be exposed to OSEAC in the project area for the last one year. Caregivers also understand and control the use of their child/youth's smartphone, laptop, tablet or access to their parents' phones or ICT gadgets for safety.

4.2. Recommendations

In conclusion, there is increased understanding and practice of internet safety among the caregivers trained by the project. In terms of recommendations, there are several things that this report recommends being improved, these include;

- The project stakeholders and child-focused organizations should advocate for the inclusion of internet safety in the national curriculum developed by Kenya Institute of Curriculum Development (KICD).

- Strengthen the peer counselling department across all public and private primary and secondary schools to support children exposed to OSEAC

- The government and internet service providers to enforce stricter measures to promptly take down harmful contents online and block sites unsuitable for children

- Scale up parental sensitization sessions at schools and community level for greater awareness on the online risks and harms to children and how to prevent and manage them including psychosocial support to children.

- The judiciary should enforce prosecute anyone involved in cybercrime or pornographic content sent to children.
- Strengthen the call centers/hotline to receive and act on cases involving child sexual exploitation on the Internet.
- The government and NGOs should Implement more trainings for both youth and children concerning internet safety and its impact.
- Parents to take control of their children's lives through spending more time with them and getting into their world, to enable them to open up.
  The government to create safe space for those who have gone through cyberbullying as well as implement policies to help deal with cyber bullies
- Schools to introduce more co-curricular activities to help our children be creative and innovative as this will reduce addiction towards internet

- Schools should introduce educational programs focusing on internet issues to enlighten the children and youths on the impacts
- Church to is core to inculcate good moral values in order to avert the dangers posed by the Internet to our Children
- Age sensitive information should come late hours from the tv media