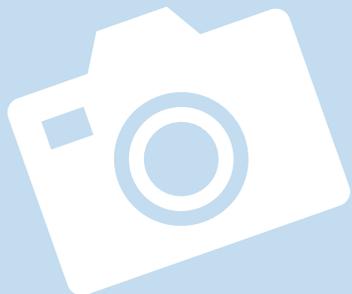




My Media Diary

This diary belongs to



Welcome back to another wave of our media project!

We're really excited to have you on board again and we can't wait to see what you show us!

We'll be asking you to a **diary task** for us again over 6 days – as well as uploading some photos and videos of how you use your phone onto connect.

We'll also be doing the **social media tracking** we have done previously.

Meet the team:



Rowan



Johanna



Dom



Matilda



Ruby

If you have any questions or want to get in contact you can **phone** us on 020 7735 8040 and ask for Johanna or Rowan, or **email** us at johanna.wiedermann@revealingreality.co.uk

What do we want you to do?



We're asking you to do a few different things, so we've made checklist that you can tick off and help you keep track of what you've done.

1. Write and take a photo of your **6-day diary**

Day 1	Day 2
Day 3	Day 4
Day 5	Day 6

2. Take at least **15 photos** of your life and hobbies

3. Complete **2** social media screen records

4. Take us on a **video** house tour!

*Everything you do, we'll ask you to **upload to Connect**. The instructions for how to set up a connect account are on the next page.*

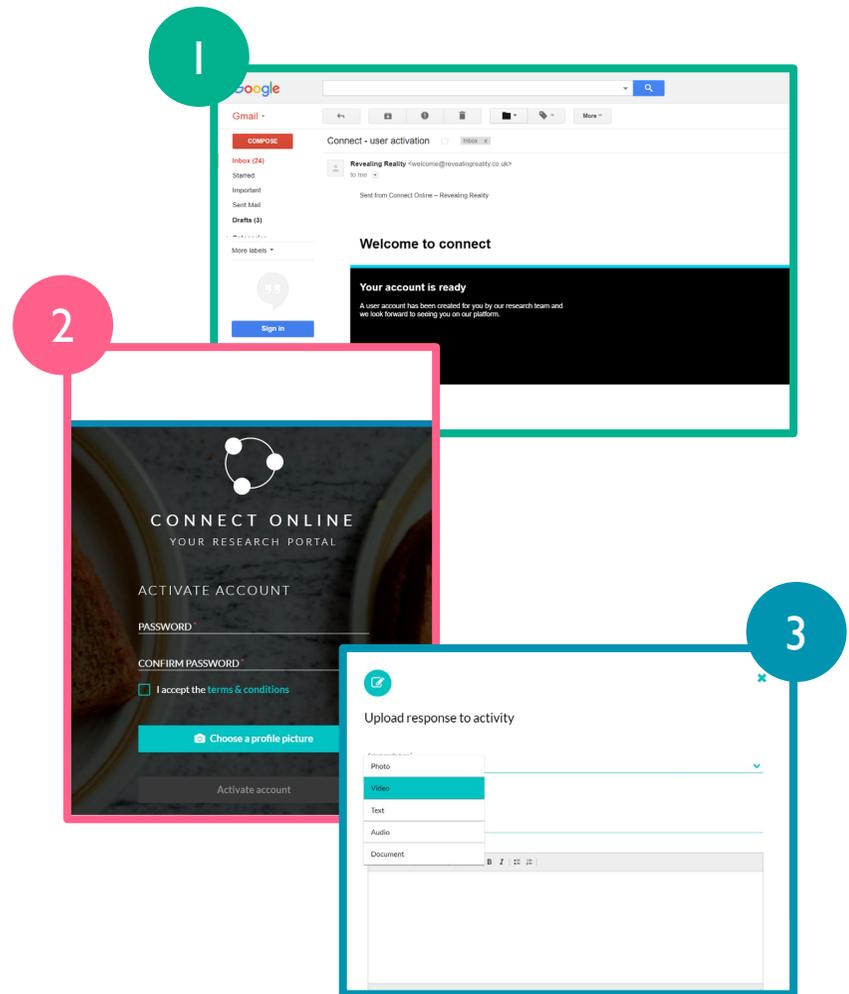
Uploading onto Connect

Creating an account:

1. Go to your inbox and find the **email from Revealing Reality** asking you to set up a password
2. Click on the link, sign in and **create a new password**
3. Set a profile picture and then click **activate account**
4. You will then be taken to a sign-in screen. Enter your new password here to see the project!

Uploading something onto Connect:

1. Log in to your account and click on the project
2. Select an upload format - photo or video – and **add a title / description** telling us what you're uploading
3. Click **Add Response**



Task 1:

6 Day Diary

What did you do today?

Each day, we'd like you to fill out a daily activities form, telling us about what you did that day, including what you did on your devices

1. What did you get up to today!

Date: _____

Day 1

The best part of my day was...
Dance class. It was a really fun lesson and nice to see my other friends.

I went to bed at 10.30 and went to sleep at about 11.15

What did you do today?
I wake up at 7.45 and then get ready for school. I walked to school with two of my friends.

I had English PE and maths in the morning. At break I hung out with my friends outside.

I had lunch in the canteen and chatted with my friends.

I had science class in the afternoon. Afterschool I went to a dance class and then went home and had dinner. After dinner I did my homework.

Leaving for school? 6am

Scrolling on Tiktok? 9am

Lunchtime? 12pm

Playing with your dog? 3pm

Watching Netflix? 6pm

Playing games with friends? 9pm

12am

3am

What did you do on your devices?
I scrolled on Tiktok for 15 minutes when I woke up and checked snapchat.

At break me and my friends watched some eating challenge videos on youtube and scrolled on Tiktok.

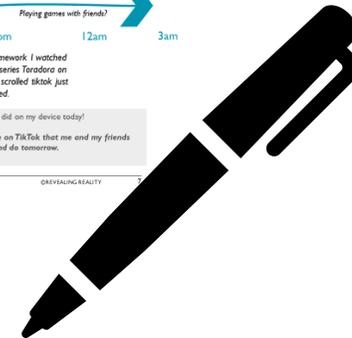
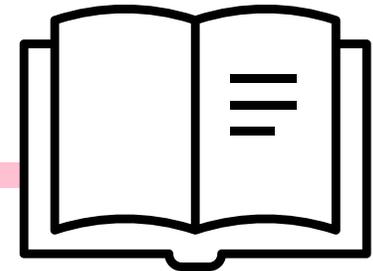
I went on snapchat for 10 mins at the end of lunch break.

I went on Tiktok in the car on the way home from dance.

After homework I watched my new series Toradora on Netflix. I scrolled tiktok just before bed.

My favourite thing I did on my device today?
I saw a cool dance on Tiktok that me and my friends are going to try and do tomorrow.

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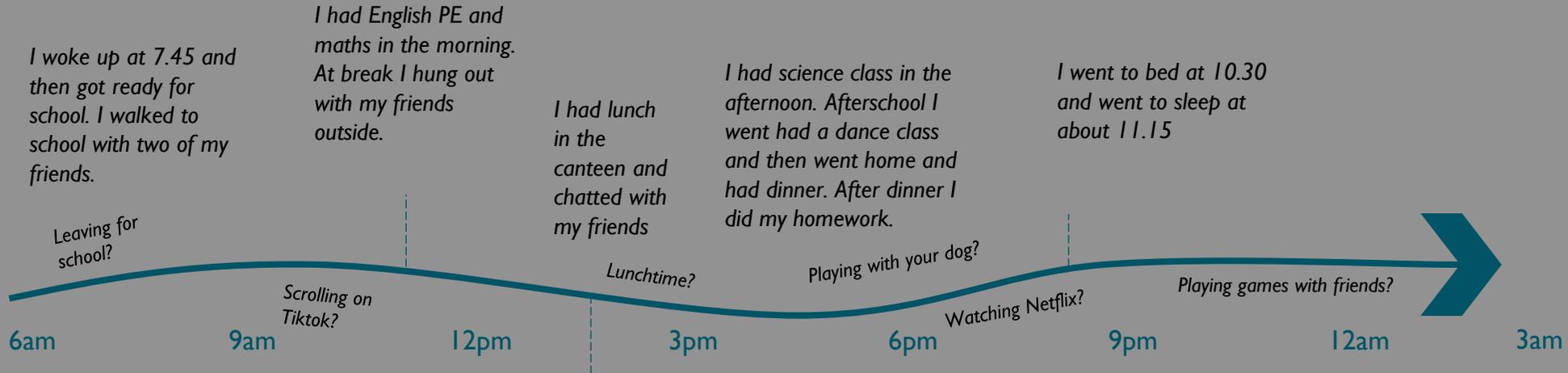


Here's an example of how you could fill it out!

What did you do today?

The best part of my day was...

Dance class. It was a really fun lesson and nice to see my other friends



I woke up at 7.45 and then got ready for school. I walked to school with two of my friends.

I had English PE and maths in the morning. At break I hung out with my friends outside.

I had lunch in the canteen and chatted with my friends

I had science class in the afternoon. Afterschool I went had a dance class and then went home and had dinner. After dinner I did my homework.

I went to bed at 10.30 and went to sleep at about 11.15

What did you do on your **devices**?

I scrolled on TikTok for 15 minutes when I woke up and checked snapchat.

At break me and my friends watched some eating challenge videos on youtube and scrolled on TikTok.

I went on snapchat for 10 mins at the end of lunch break

I went on TikTok in the car on the way home from dance.

After homework I watched my new series Toradora on Netflix. I scrolled tiktok just before bed.

My favourite thing I did on my device today!

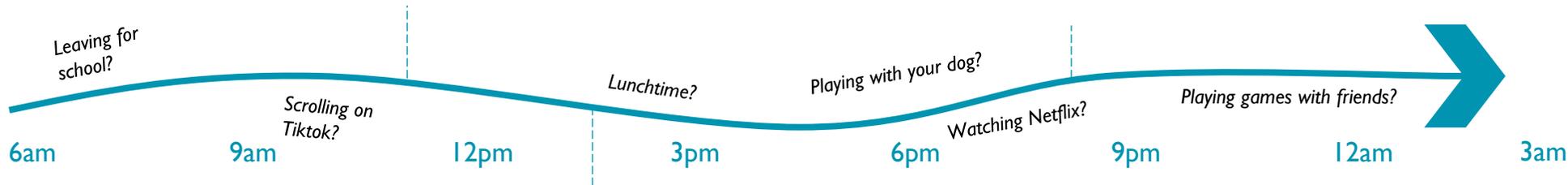
I saw a cool dance on TikTok that me and my friends are going to try and do tomorrow.

I. What did you get up to today?

Date:

What did you do today?

The best part of my day was...



What did you do on your **devices**?

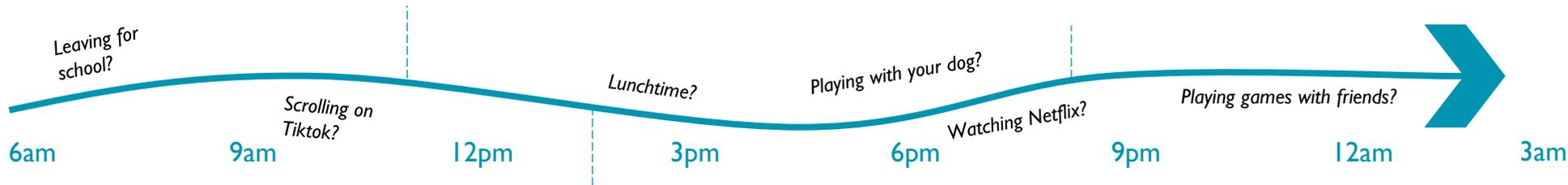
My favourite thing I did on my device today!

I. What did you get up to today?

Date:

What did you do today?

The best part of my day was...



What did you do on your **devices**?

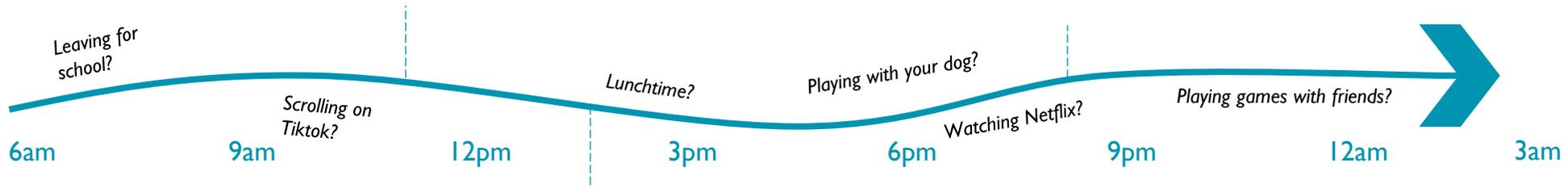
My favourite thing I did on my device today!

I. What did you get up to today?

Date:

What did you do today?

The best part of my day was...



What did you do on your **devices**?

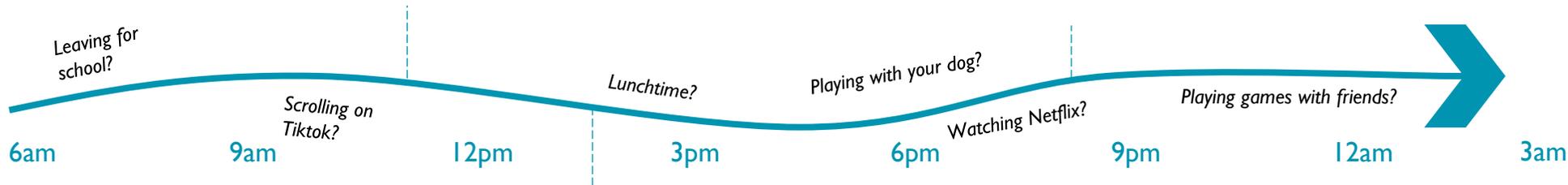
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What did you do on your **devices**?

My favourite thing I did on my device today!

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The best part of my day was...



What did you do on your **devices**?

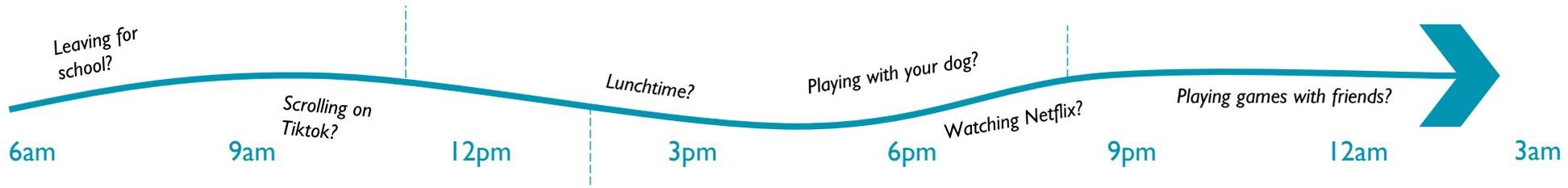
My favourite thing I did on my device today!

I. What did you get up to today?

Date:

What did you do today?

The best part of my day was...



What did you do on your **devices**?

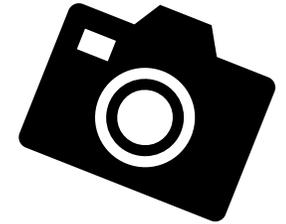
My favourite thing I did on my device today!

Task 2: Photos

Show us your life!

Show us more about your routine and hobbies by taking photos of the things you get up to. Please take at least **15 photos** of your life (or more if you want!) and write a short description for each of them.

Make sure you take **at least one photo for each of these categories.**



Homework



Bedroom



Where you use
your phone

Family



Outdoor activities



What you're
watching



Family activities



Gaming setup

Chores and helping
out



Task 3:

Social media screen record

2x Social Media Screen Record

We want you to record two 10 to 15 minutes clips of **you scrolling on two of your favourite social media platforms:**

Tell us about what you're seeing!

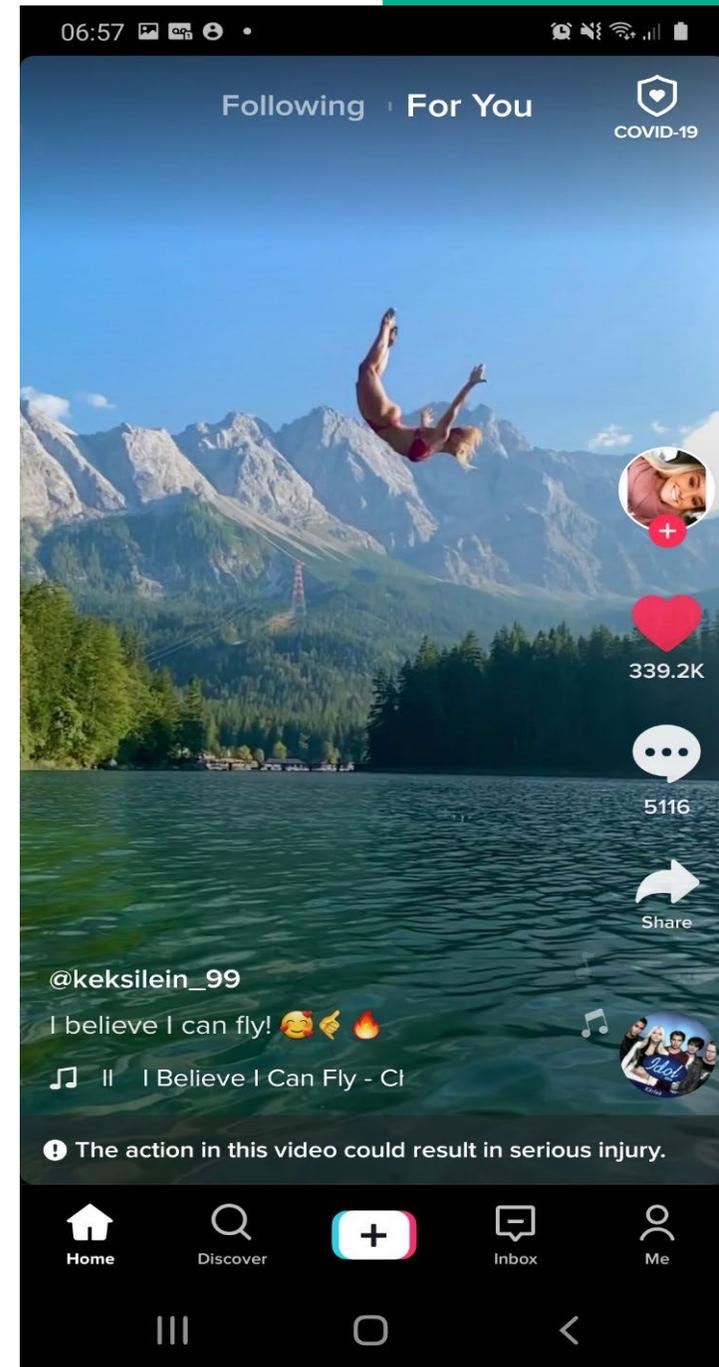
Show us some of your **favourite accounts**

Make sure that its recording audio so you can tell us about what you like and dislike!

The next slides give instructions about how to set up screen record.

Please **do not** include screen record of:

- Anything you find upsetting, or that other people might find upsetting
- Any inappropriate material



iPhone - Screen Record: How do I set things up?



1. Go to Settings > Control Centre, then tap  next to Screen Recording.

2. Swipe up from the bottom edge of any screen. On iPhone X or later or iPad with iOS 12 or later, or iPadOS, swipe down from the top-right corner of the screen.

3. Press deeply on  and tap Microphone to turn it on.

4. Tap Start Recording, then wait for the three-second countdown.

5. Open Control Centre and tap  Or tap the red status bar at the top of your screen and tap Stop. Go to the Photos app and select your screen recording.

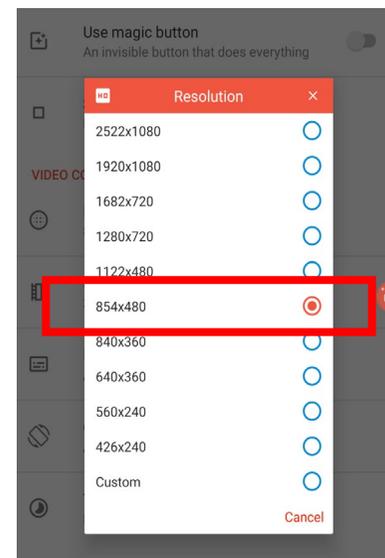
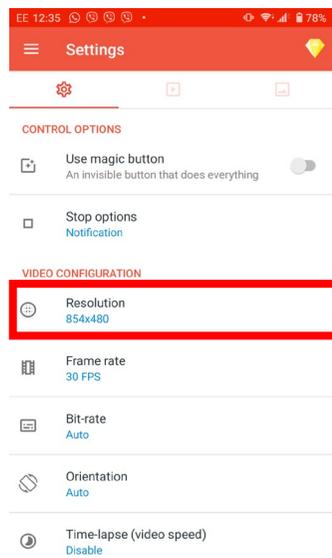
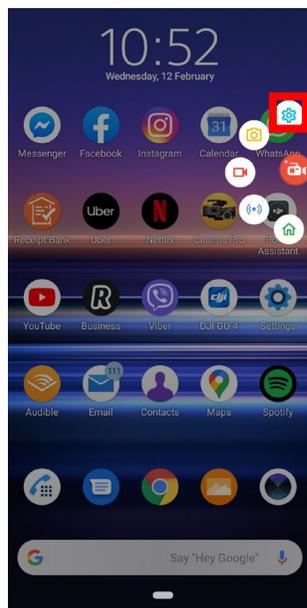
Android - Screen Record: How do I set things up?

If you have screen record inbuilt into your phone, feel free to use this. If not, please follow these instructions:

1. Firstly, download the **AZ Screen Record App** via **Play Store**

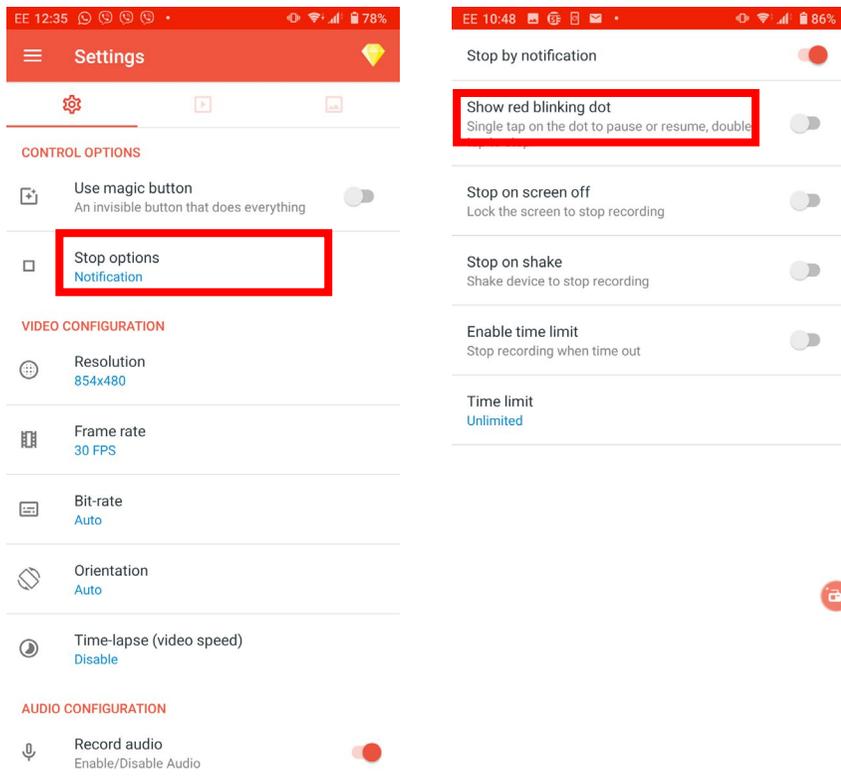
2. Once you've done this, and then select the Settings option (This will look like a small gear icon):

3. Change the resolution to 854x480

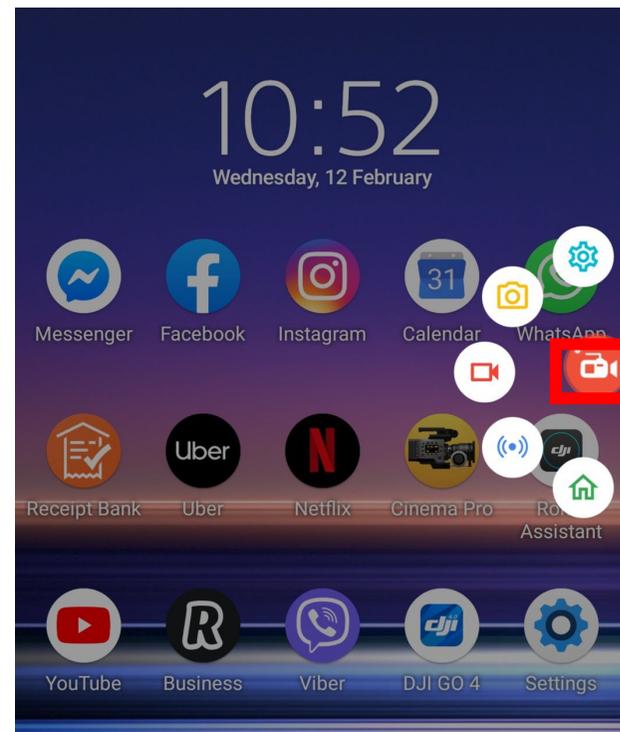


Android - How do I set things up?

4. Next make sure that the **Stop options** are set to **Stop by notification**:

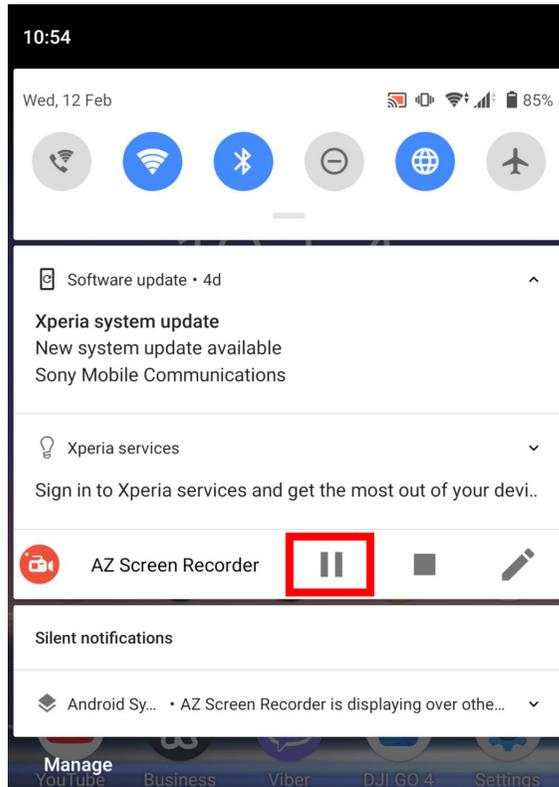


5. To start the recording, select the AZ icon on your home screen and press the recording button:

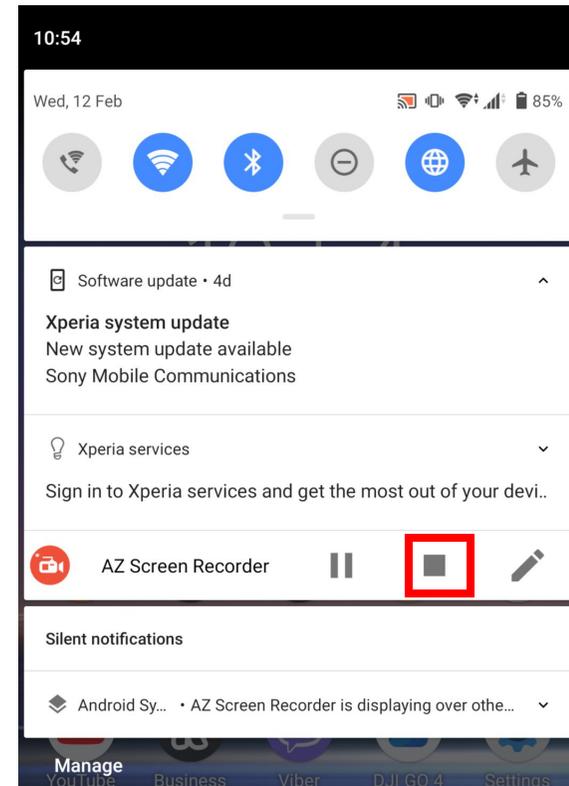


Android

6. To pause the recording, select the AZ icon on your home screen and press the pause button. This can then be un-paused by pressing the same



7. To stop the recording go to your notifications menu at the top of your phone screen and hit the stop button:



Task 4:

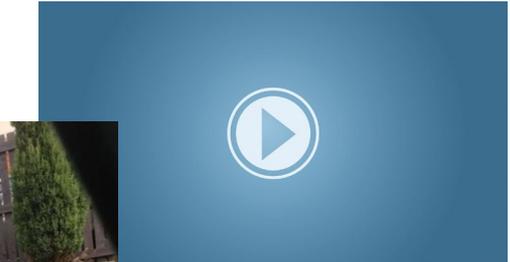
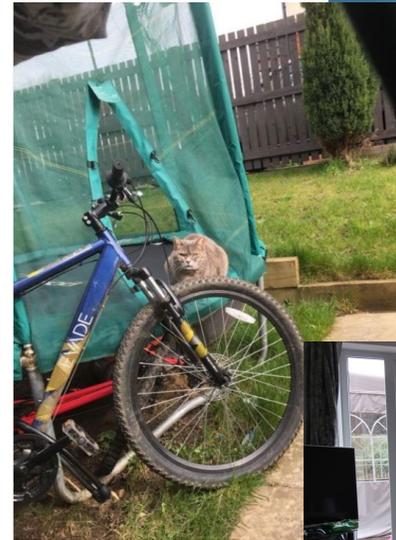
Video Tour

Give us a house tour!

We would like you to give us a video tour of your house. Take a video of you walking through the house and show us all the different rooms. Make sure to show us your favourite place to hang out in your house and show us what you do there.

Video check list

- Show us the different the rooms in the house
- Tell us what you do in each room
- Give us a big tour of your favourite room in the house. Show us your favourite devices there, tell us when you use them and what you do on them.



Thank you for taking part, this is a really exciting project and we can't wait to see what you upload onto **Connect!**

If you have any questions or problems please let us know!

Phone: 020 7735 804 and ask for Johanna or Rowan

Email:
johanna.wiedermann@revealingreality.co.uk

