

CML COVID check in

Project Objectives

This project aims to understand how children in our sample are experiencing lockdown, including:

- What new digital behaviours (and offline behaviours) they are adopting for education, socialising and other activities
- What new digital spaces they are exploring – and whether they are encountering increased risk or pressure
- How this fits into their wider life, including their hopes for the future

Interview (approx. 1.5 hours)

Section	Detail
Introduction	<ul style="list-style-type: none"> ▪ Check in & change of routine - how are they doing? ▪ Digital access and devices – are they sharing? ▪ Their new routine – exercise, getting out and about ▪ Their wider family and social networks. ▪ How are they managing boredom?
Thoughts on COVID19	<ul style="list-style-type: none"> ▪ What do they know about why they are in lockdown? ▪ How do they feel about it? ▪ How 'close' are they to it - are their parents key workers? ▪ How similar do they think their experience is to that of their friends/ their classmates? ▪ Have they engaged in/ heard of anything relevant such as the 'clap' or NHS rainbows? ▪ Who are the 'stars'/ big names/influencers they are engaging with at the moment (e.g. Joe wicks)
School and learning	<ul style="list-style-type: none"> ▪ Home-schooling & lessons – how are these going? ▪ Grades/ exams – anything foregone ▪ What are they happy/sad about in relation to not going into school (e.g. lessons, end of year rituals, contact with friends, etc.) How involved are their parents in their education at the moment?
Family life and entertainment	<ul style="list-style-type: none"> ▪ What are they doing with family? Time inside/outside? ▪ What media do they consume together? How is this different to other times in their life? ▪ Have any of the normal 'rules' changed (in regard to media use and otherwise?) ▪ How is this different than during non-quarantine times? ▪ What are they enjoying? ▪ How are family dynamics – any new tensions? New positives? ▪ What do they do when they're bored?
Social media	<ul style="list-style-type: none"> ▪ How are they staying up to date with friends and extended family? Which platforms they are using/ functions on the platforms? ▪ Has this changed what they talk about/do together? ▪ What new trends are they seeing?

	<ul style="list-style-type: none"> ▪ What pressures are they feeling?
Gaming	<ul style="list-style-type: none"> ▪ What games are they playing/streaming? ▪ How different is their gaming during lockdown compared to normal? ▪ Is the way they are playing these games changing? ▪ Is there more of a social function to these gaming habits (NB this is an observation/ analysis point)
News consumption	<ul style="list-style-type: none"> ▪ How/ Have they been keeping up to date? ▪ What are their preferred sources to learn about Covid19 and other news? ▪ How aware are they of the developments? ▪ What do they think about social distancing rules? ▪ Where are they getting most of their info? How much of this is influenced by their parents? What are they consuming outside of their parents' normal news consumption? ▪ How does the news make them feel? Have they been avoiding info at all? ▪ Have they been talking to others about what they see on the news? ▪ How reliable are their sources? What do they think about this?
Reflections?	<ul style="list-style-type: none"> ▪ Positives and negatives of their new life? ▪ Do they feel under pressure to behave in a certain way with certain people at this time? ▪ Looking to the future ▪ How will they remember this summer?
Observation points	<ul style="list-style-type: none"> ▪ How are they doing? ▪ What function do their new media habits serve? (e.g. are they gaming more to stay in touch with people?) ▪ How much of their behaviours are influenced by their parents? What are they up to outside of their parents' influence?

Introduction & thoughts on COVID19

- **LEAD QUESTION:** What have you been up to/doing since lockdown started?
- What have been the biggest changes for you and your family since lockdown?
 - PROBE: school, family, parents' jobs, friends, exercise, keyworkers, shielding, social distancing etc.
- Can you talk me through your daily routine?
- Where have you been spending most of your time?
 - Do you have a garden? How easy is it to get outdoors?
- What kinds of things do you do as a family?
- What about by yourself?
- How often do you go outside? What do you do? Who with?

OBSERVATION POINT: How 'safe' do they feel? What kinds of behaviours do they think are 'normal' at the moment?

- **LEAD QUESTION** What can you tell me about why we're in lockdown?

- What do you think about it?
- How similar or different is your experience from some of your friends/ people you know at school?
 - In what ways is it similar/ different?
- Have you been doing anything related to COVID19 with your friends/family?
 - PROBEL 'the clap'/ rainbows/ charity/ local initiatives/ Joe Wicks' exercise videos etc.

- **LEAD QUESTION:** How are you staying in touch with family and friends at the moment?
- How are your family doing?
- How often do you speak to them? How does this work?
- What about your friends?
- In what ways is this different to 'normal'?

- **LEAD QUESTION:** What devices are you using at the moment?
- Are these your own/shared?
 - If shared, how does this work?
- How often do you use them? When?
- What do you use them for?
- What kinds of things are you doing online at the moment?
- In what ways is this different to 'normal'?

- **LEAD QUESTION:** How do you feel about the lockdown?
- **PROBE:** boring, annoying, good, easy, etc.
- What do you do if/when you're feeling bored?
- What are the best/worst parts about lockdown? Why is that?
- Is there anyone you are seeing less of at the moment?
 - How do you feel about that?

OBSERVATION POINT: Are they feeling lonely or sad at all?

School and learning

- **LEAD QUESTION:** What are you doing for school/college at the moment?
- How is it working remotely?
 - What technology/platforms are you using?
 - How does it work?
- What is your timetable like?
 - How does it work for the different subjects you are learning about?
- What are the new rules about working like this?
- What kinds of activities are you doing at home for school?
 - **PROBE:** practical activities, reading, watching, physical activities..
- What are the best/worst bits about working at home?
 - **PROBE:** concentration, variety, social contact, time, types of learning
 - What, have the biggest changes been about school life?
- How involved are your parents in your school life at the moment?

- **LEAD QUESTION:** Did you have any exams this year?
- Did you have to skip any?
- If so, what happened with your grades?
- How do you feel about this?

- **LEAD QUESTION:** What extra-curricular events would you be doing at school this year?
- **PROBE:** sports, prom, end of year events, clubs, parties..
- How are these working?
- What have some of the biggest changes been?

Family life and entertainment

- **LEAD QUESTION:** How are you spending time with your family at the moment?
- What kinds of things are you doing together?
 - **PROBE:** going out, watching TV, meals, sports, chores
- What are your favourite/least favourite things to do together?
- How well is everyone getting on together?
 - What is working well/less well?

LEAD QUESTION: Have you started doing anything new since lockdown started?

- **PROBE:** online, offline, hobbies, new interests, trends,
- how did you hear about this?
- what do you like about it?
- How does it make you feel?

- **LEAD QUESTION:** Do you watch/play anything on TV and online together? If so, what?
- **PROBE:** films, YouTube, series, video games, shows
- When is this?
- Why is this?
- How is this different to before lockdown? Why do you think this is?
- How do you feel about spending time with your family in this way?
 - What are the best/worst bits?

- **LEAD QUESTION:** Are you following any online personalities/ celebrities at the moment?
 - If so, how are you keeping up to date with what they're up to?
- How has this changed with the lockdown?
- What do you like about them/their content?
- How did you hear about them?
- Who else do you know that likes them?

- **LEAD QUESTION:** Have any of the normal 'rules' changed now you're staying in more?
 - **PROBE:** Online rules vs. offline rules
 - **PROBE:** screen-time, platforms, age-ratings, parental guidance, etc.
- How do you feel about this?
- What difference is it making to your life/routine?
- Do some of your friends have similar experiences?

- **LEAD QUESTION:** Are you watching anything by yourself at the moment?
 - What are you watching?
 - What platform are you watching this on?
 - What do you like about this?

Social media

- **LEAD QUESTION:** What social media platforms are you using at the moment?
- What do you use them for?
- **PROBE:** keeping up with friends, when I'm bored, to play games
- How active are you on social media?
 - Is this more or less than usual?
 - **PROBE:** updating status, messaging friends, sharing pictures
- What have you changed about your social media habits since being in lockdown?
 - **PROBE:** contacting different people, talking more, talking about different things, updates to profile, more group calls, different functions of the platforms etc.
 - Have you made any changes to your online profiles recently? If so, what were these?

- **LEAD QUESTION:** Who are the people you are staying in touch with at the moment?
- How do you stay in touch with them?
 - **PROBE:** family, friends, schoolmates
- Is there anyone you've been speaking to more than usual? (e.g. relatives living far away)
 - Why/ why not?
- What are the differences for different groups of people?
- What kinds of activities do you do with your friends online?
- What kinds of things do you talk about?

- **LEAD QUESTION:** What would you say are the best and worst things about how you use social media at the moment?
- Have you noticed any social pressure from different groups of people online?
 - **PROBE:** staying in touch, following/breaking covid-relevant rules, how you are spending your time in quarantine...
 - If so, what was this? How did it feel? How did you react?
- Have you noticed anyone behaving differently online at the moment?
 - If so, how?
 - Why do you think this is?
 - What do you think about it?

Gaming

- **LEAD QUESTION:** What games are you playing at the moment?
- What can you tell me about them?
 - **PROBE:** how do they work, what do you like about them?
- How often are you playing?
- Who do you play with?
- What are the best and worst parts of the game?
 - Why do you like these games in particular?
 - *Researcher note: is there a social function to their gaming habits?*

- **LEAD QUESTION:** Are you watching any gameplay videos?
 - **PROBE:** streaming on YouTube or Twitch
- If so, what are you watching?
- What do you like about these videos?

- **LEAD QUESTION:** How much have your gaming habits changed since lockdown?
- Why do you think this is?
 - **PROBE:** time spent, types of games, sociability of game, modes played in

News consumption

- **LEAD QUESTION:** How much have you been keeping up to date with what's been going on in the news lately?
- What kinds of stories/ information are you seeing/hearing?
 - Can you give me an example of something you saw recently?
 - What did it say?
 - What did you think about it?
- Where are you getting this information from?
 - Where do you find it?
 - PROBE: parents, school, friends, social media, looking
- What types of source do you look at?
 - PROBE: videos, podcasts, articles, trusted providers, recommendations
- Have you seen any of the government briefings about coronavirus?
 - If so, who with?
 - What did you think of them?
How much did you understand about what they were discussing?

- **LEAD QUESTION: How much of the news you see/hear is about COVID-19/coronavirus?**
- Are you following any other news stories?
- What are your favourite sources to hear about coronavirus?
 - Why do you like these ones?
- How often do you look at them?
- What kinds of things have you seen?
 - PROBE: social distancing, other countries, schools closing etc.
- How reliable do you think the news is at the moment?
 - Have you seen any information you felt might not be true?
- What other kinds of news stories have you been paying attention to?
 - PROBE: schools reopening/ exam results/ social distancing/ etc.

- **LEAD QUESTION:** To what extent have you talked to your parents/other people about the news?
- What kinds of things did/do you talk about?
- PROBE: confusing, specific questions, trusted sources, worried

- **LEAD QUESTION: How has your engagement with the news changed over the course of the lockdown?**
- PROBE: watched more/less at the start/ different kinds of stories/ began to feel 'bored' with certain formats
- What is different now compared to day one?
- What do you think will happen in a week/ a month/ longer?

- **LEAD QUESTION:** How do you feel about engaging with the news at the moment?
- Are you doing it more or less than normal?
- Why?
- What are some of the main differences between how you feel about the news now compared to normal?
- PROBE: different sources, time spent, avoiding certain types of stories, watching with parents more, etc

Reflections

- **LEAD QUESTION:** how do you feel about 'social distancing' at the moment?
- What are the best/ worst bits?
- Are you feeling any new pressures/ like to have to act in a certain way with some people?

- **LEAD QUESTION:** What are you most looking forward to doing after lockdown finishes?
 - What have you been missing?

- **LEAD QUESTION:** How are you thinking about the future?
- Do you have any plans?
- What kinds of activities are you hoping to do over the summer?
- How do you think you'll remember this time in future?

Parent/Guardian interview – 10-15 mins, if parent is available

Section	Detail
General	How is family life? How is remote learning/home schooling going? What are their thoughts on their situation and how it is impacting their child?
Rules & regulation	What are their concerns about their child at the moment – on and offline? Have they relaxed any rules in lockdown? (PROBE: tech & non-tech) Introduced any new ones?
Resilience	How/ what have they talked to the kids about with regards to the news/ other online behaviours? What, if anything, is their child worried about? Have they engaged in any things to boost resilience/ positivity during this time?

Parents interview

- **LEAD QUESTION:** How is family life at the moment?
- What have been the biggest changes for you as a family?
- What have been the biggest changes for your child specifically?
- How are they managing with the lockdown in general?
 - Any concerns?

- **LEAD QUESTION:** How are they getting on with remote learning?
- What have been the challenges/ benefits of this?
- How much do you know what their school is expecting of them?

- **LEAD QUESTION:** How do you feel about your child's online life at the moment?
- Have you noticed any changes in their online behaviour?
- Are you concerned about anything?
- Have you introduced any new rules/relaxed any old rules since the lockdown?
 - PROBE: technology, screentime, bedtimes, chores, homework etc.

- **LEAD QUESTION:** What have you talked to your child about with regards to coronavirus?
- How did you raise/talk about this with them?
- Did you do anything to make it more 'child-friendly'?
 - If so how?
 - Why was this?
- Did they have any concerns?
- Have you been doing anything in particular to keep them distracted/ happy whilst they are indoors?