

# CML Covid-19 Wave

## Meet the sample

For this wave, we specifically weighted our selection to include older children, who would have experienced a greater impact on their school life – in particular around GCSEs. However, we also included some younger children to gauge the impact at the younger end of the spectrum,

This year's sample included:

**Arjun, 9 (New to the study last year):** Arjun lives with his mum and dad in a suburb outside a large town in the north west of England. Usually a very active child (Arjun would normally be doing after-school activities most days of the week), Arjun has struggled with feeling cooped up during lockdown, and has recently taken up cycling with his parents most evenings. Arjun is really missing his friends and feels like he is 'missing out on the beauty of the world'. His parents have also been frustrated with the quality of his remote schooling during lockdown, as he is not receiving regular interactions with teachers.

**Suzy, 9 (New to the study last year):** Suzy is an only child living with her mum in a three-bedroom house in a suburb outside Glasgow. Before lockdown the family had bought a dog, and this has helped to fill up a lot of Susy's time in lockdown. The dog is called Booty and Susy has been joining her mum on the walks with Booty. Susy has also been spending a lot of time in the garden practising on her trampoline.

**Zak, 10:** Zak is an only child living with his parents in South Yorkshire. He has been having a very different experience in lockdown to the other children because he is still going to school. His mum is a teacher (a keyworker) which means that she has been going into school every day. As she works at the school Zak attends, he was also attending every day). Zak has always been a big fan of YouTube and watches YouTube videos over and above any other type of media. He still wants to be a famous YouTuber but hasn't been posting on his YouTube channel under lockdown.

**Bryony, 12:** For Bryony, living on a farm in rural Wales, lockdown has been a chance for her to 'spend more time with the horses' – although she admits she has also been spending more time online. She started secondary school this year, and says whilst at first, she liked it, she wasn't enjoying it as much lately as the work was harder. As an avid horse rider and dressage competitor, she has been told this year she has potential to compete in Europe in the 'FEI Dressage World Cup' and is hoping to train for that when lockdown lifts.

**Ben, 12:** Ben, from London, will be going into year 8 next year. His parents separated last year, so during the lockdown he and his older brother and sister (both teenagers) have been switching between the two households. This year, Ben has started using social media, so most of his time is split between schoolwork, practising basketball, Xbox and TikTok. He has become a big fan of basketball this year, and a lot of his online behaviours revolve around the sport.

**Ahmed, 14:** Ahmed normally lives on an estate in London with his mum and four younger brothers. However, during lockdown, Ahmed has been staying at his dad's house in Birmingham, as his mum said 'it was just too much' having him and his younger brothers cooped up in their small flat in London. He is now staying with his older set of brothers – aged 13, 17 and 19. Life at his dad's seems quite different to that in London – he said 'there's not much of a lockdown in Birmingham', and that he had been going out with his cousins to the parks nearby. He has ADHD and has been more distracted recently - switching between games on the PlayStation 4 and TikTok on his phone.

**Peter, 14:** Peter lives in a detached house with his parents and younger sister (an aspiring YouTuber) in a town in the West Midlands. Peter was finding staying at home quite boring, but is 'just used to it now', even

though he hasn't taken up anything new. Prior to Lockdown, Peter was doing sport every day and had been going to the gym with his friends after school at least twice a week (1-2hrs). He has been trying to maintain his fitness during lockdown, by using weights in his bedroom, going on long walks, running a few times a week and playing football in the garden. He also spends time playing FIFA20 on the Xbox with his friends online.

**Alice, 15:** Alice has moved to a new home this year, after her parents got divorced, and is now renting a flat with just her and her mum. Alice's older brother is away at university. She has been receiving full lessons from school via MS Teams, and spending a lot of time exercising and baking. She has decided she wants to be a baker when she is older, and so bakes every day, sometimes following videos on YouTube like 'Bon Appetit' and 'Buzzfeed Tasty' to help develop her skills.

**Jack, 15:** Jack is currently self-isolating with his mum in their house in a village in the West Country. Over the last few years Jack has become increasingly interested in biking and a week before the lockdown he fell off his bike and broke his tibia. This in conjunction with the lockdown means that he is spending more time in his room gaming. He has recently bought a new Xbox game called Forza and he has been playing this online with friends.

**Josie, 15:** Josie is an only child who lives with her mum in a small town in the west of England. During lockdown she has spent some time staying at her dad's house nearby, while her mum has been working hard and Josie's grandma is in hospital for chemotherapy. This year, Josie has a boyfriend - a close friend she decided to date at the very start of lockdown. She was due to do her GCSEs, but she was relieved she no longer has to sit these. She has decided that next year she wants to go to college to study a course in food and beverages.

**Shaniqua, 15:** Last year, Shaniqua was living with her mother and three younger brothers in a small flat in North London. A few months before lockdown, they moved out of the city to a bigger house, which the whole family has been excited about. She misses going out a lot with her friends, and her new boyfriend, but says lockdown has 'got easier' lately. In the early days Shaniqua and her mum both had doubts that coronavirus was 'real', feeling it might have been a scam or 'made in a lab', but they have known people who have since caught the disease and this convinced them it was important to stay indoors.

**Shriya, 15 (New to the study last year):** Shriya is from a city in the Midlands, where she lives with her mother, father and two younger brothers. Of the children in the sample, she is particularly conscientious, and has always been concerned with schoolwork. She is also more reserved than others in the sample about how she chooses to engage with social media and has been quite careful about what she shares about herself online. Like the other 15/16-year-olds in the sample, she was due to take her GCSEs this year. She was particularly upset when they were cancelled: 'I was upset. I was working so hard to get my grades up'.

**William, 16:** Over lockdown, William's sister has had a baby and moved into the family home with her partner – so, along with his other siblings, there are now ten people living in their house in the Midlands. The most significant change in William's life since we last spoke to him is that he has recently quit sixth form. This was largely down to falling behind with his work (e.g. submitting mock exams late), and both he and his mum agreed he was no longer enjoying school and that it was impacting mental health. He hopes to get an apprenticeship at Wetherspoons, where he currently works.

**Sarah, 16:** Sarah lives with her mum and dad and two dogs in their house in a suburb in the North West of England. This year, Sarah has started a hair dressing college course and she is doing some of the work at home. She has been spending a lot more time with her parents during lockdown; they watch TV together every evening which is a routine the family have not had since she was much younger in primary school.