

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!

This time we want you to do a remote **diary task** for us - this will involve uploading some photos and videos onto connect for 6 days, as well as taking some **screen record clips** of how you use your phone.

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

Meet the team:



Rowan



Johanna



Dom



Anna



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?

Each day for 6 days we want you to do a few diary activities for us. This should take no longer than 10 minutes each day!

In Pack 1 there are **three diary tasks each day** – make sure you complete all of them!

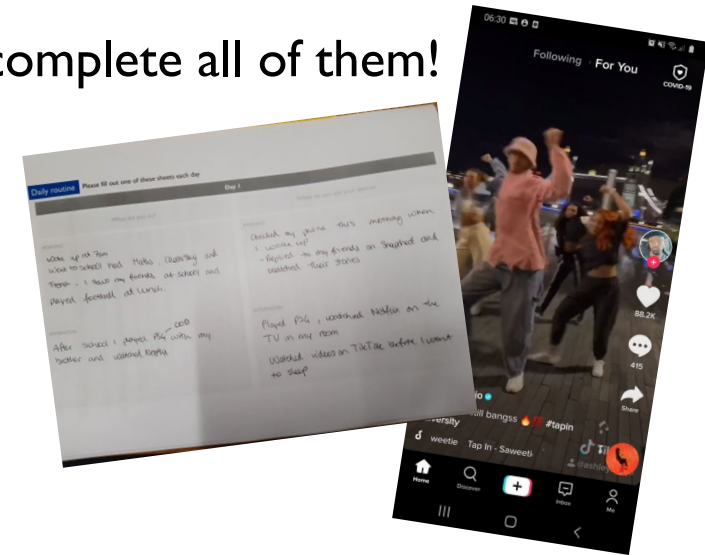
1. A daily routine and media diary



2. A photo diary



3. Your daily app usage



In Pack 2 there are also **six screen record tasks** we'd like you to do, but these can happen whenever!

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.

Your checklist



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

Your diary task (pack 1) checklist for each day...

1. Write your diary

1	2	3	4	5	6
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2. Take 2-3 photos of the activities you do each day

1	2	3	4	5	6
---	---	---	---	---	---

3. Collect your app usage

1	2	3	4	5	6
---	---	---	---	---	---

4. Upload everything to connect

1	2	3	4	5	6
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Your screen record (pack 2) checklist!

SR 1 uploaded	SR 2 uploaded	SR 3 uploaded	SR 4 uploaded	SR 5 uploaded	SR 6 uploaded
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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

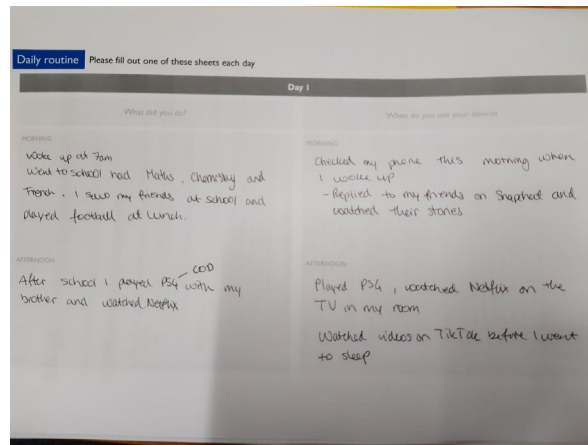
Email:
johanna.wiedermann@revealingreality.co.uk



What did you do today?

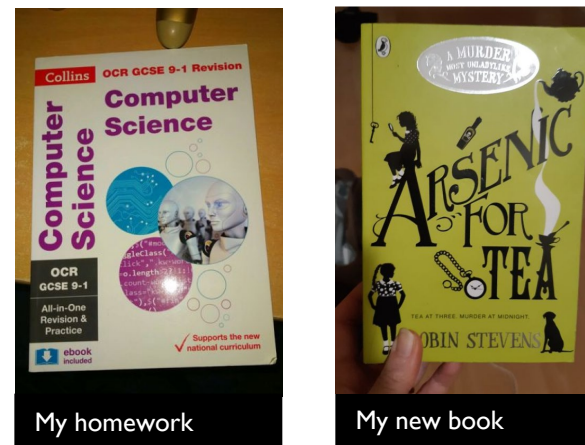
There are **three diary tasks** we'd like you to complete each day. Remember to upload **them all to connect!**

1. Daily activities log



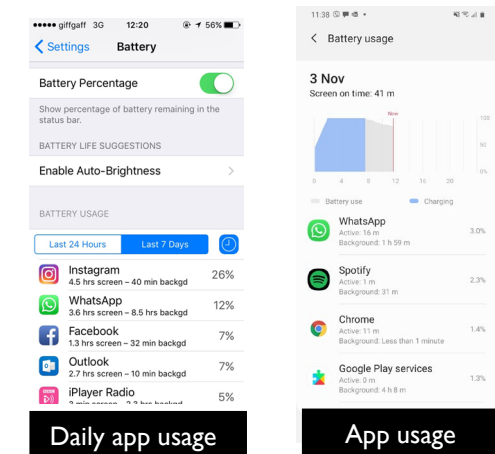
- Each day**, fill out a daily activities form, telling us about what you did that day – make sure to include what you do on your devices!

2. Photo diary



- Upload 2 or 3 pictures a day** that show what you've been doing and add a short description e.g. your homework

3. Daily app usage



Tick here when you've done each task!

- Screen shot** the amount of time you've spent apps each day

Day 1

What did you do?

How long did you spend on **your devices**? What did you do on them?

MORNING

AFTERNOON

MORNING

AFTERNOON

Remember to take photos and include your app usage as well!

Day 2

What did you do?

MORNING

AFTERNOON

How long did you spend on **your devices**? What did you do on them?

MORNING

AFTERNOON

Remember to take photos and include your app usage as well!

Day 3

What did you do?

How long did you spend on **your devices**? What did you do on them?

MORNING

AFTERNOON

MORNING

AFTERNOON

Remember to take photos and include your app usage as well!

Day 4

What did you do?

How long did you spend on **your devices**? What did you do on them?

MORNING

AFTERNOON

MORNING

AFTERNOON

Remember to take photos and include your app usage as well!

Day 4

What did you do?

How long did you spend on **your devices**? What did you do on them?

MORNING

AFTERNOON

MORNING

AFTERNOON

Remember to take photos and include your app usage as well!

Day 5

What did you do?

How long did you spend on **your devices**? What did you do on them?

MORNING

AFTERNOON

MORNING

AFTERNOON

Remember to take photos and include your app usage as well!

What could you take photos of?

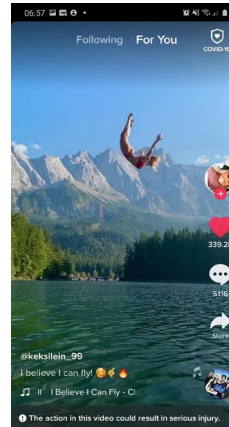
Remember to take 2-3 photos each day, and write a quick description of what you're showing us when you upload it to connect!



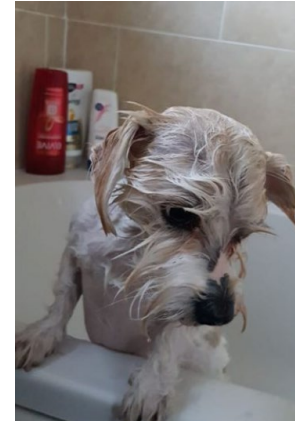
Day 1: Out on my bike with friends – we spent three hours messing about in the woods



Day 4: I came home and did my maths homework. It wasn't too difficult as I've done this sort of thing before



Day 5: Trying to get some more likes on my latest TikTok



Day 3: Giving the dog a bath



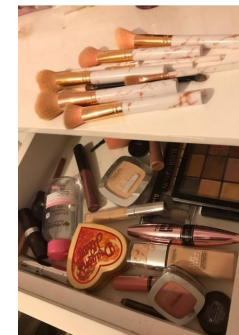
Day 2: Playing Minecraft – me and my friends are trying to build a football stadium



Day 6: Watching the latest sidemen video



Day 1: Watching the news with my brother



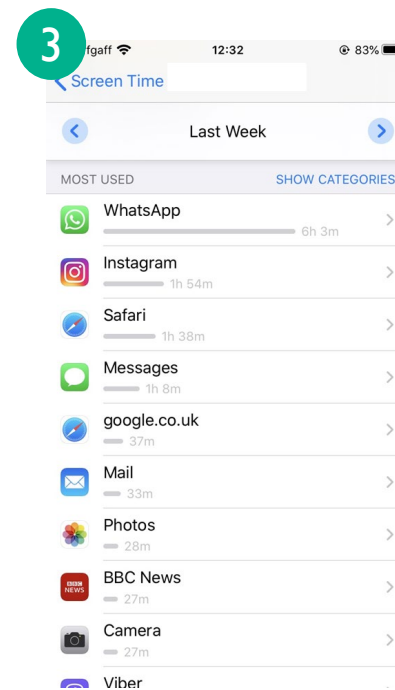
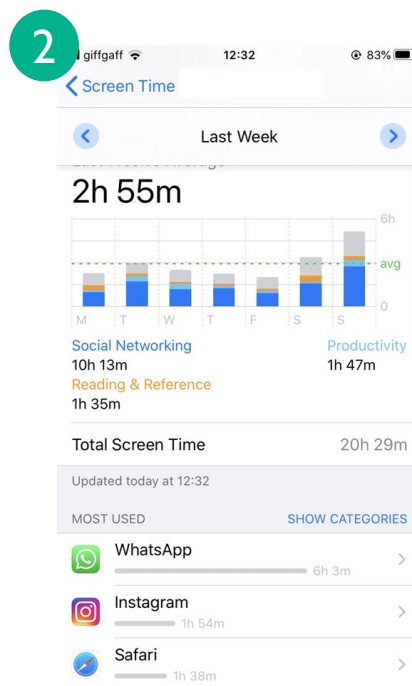
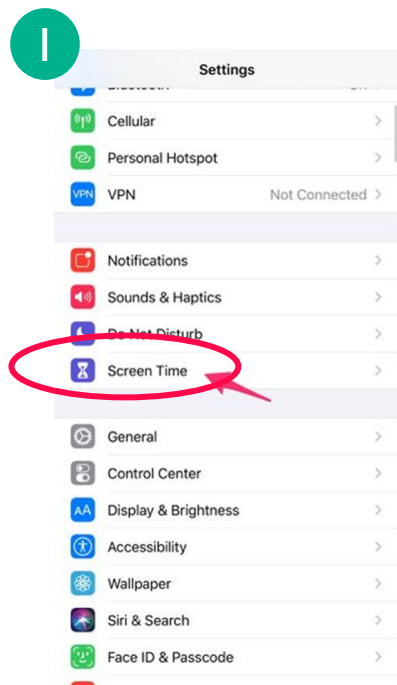
Day 3: Re-organising my makeup

Things you could include:

- **Online and media activities** – e.g. social media, TV, Gaming
- **School activities and homework**
- **Hobbies**
- **Hanging out with friends**
- **Family activities and chores**

Uploading your app usage:

We'd also like you to show us how you've been using your phone each day! Here are some instructions on how to do that.

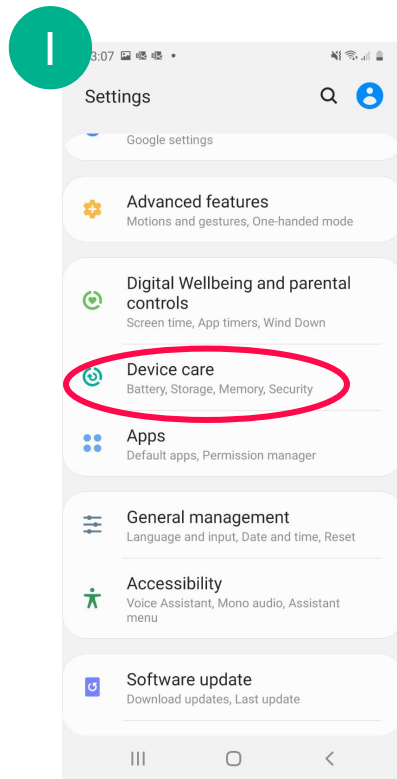


Go to **'Settings'** on your phone and select **'Screen time'**

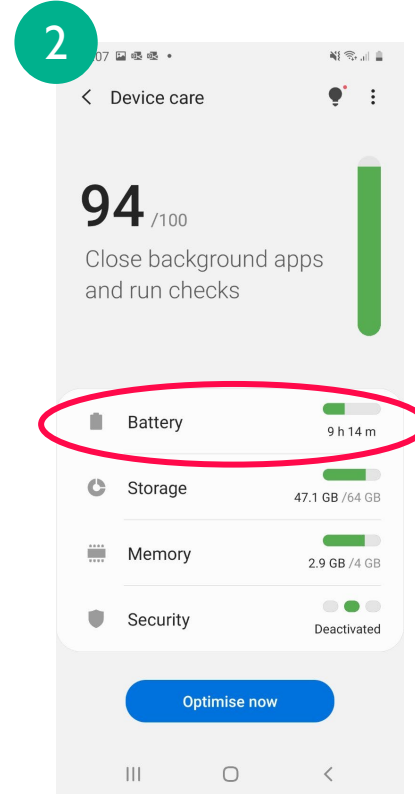
Make sure you **select week** at the top, **screenshot the graph**, your **average** as well as your **most used apps**. You can the **select the individual days** so see your daily app usage breakdown.

Uploading your app usage:

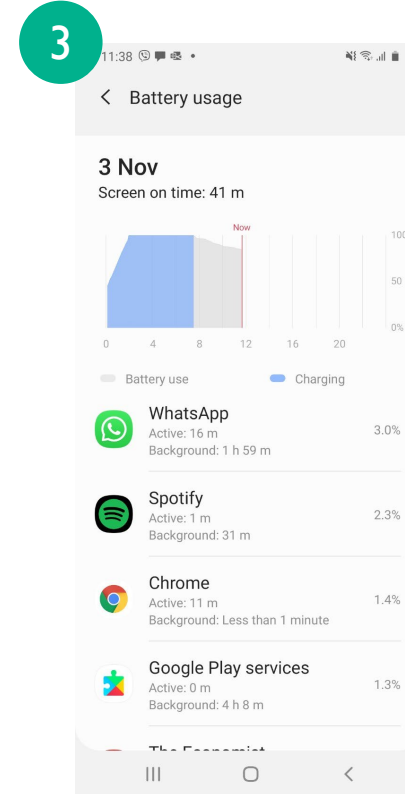
We'd also like you to show us how you've been using your phone each day! Here are some instructions on how to do that.



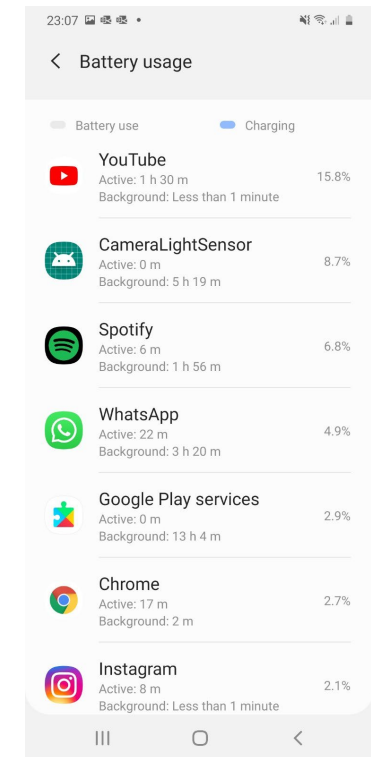
Go to **'Settings'** on your phone and select **'Device care'**



Choose **'Battery'** and then select **'Battery usage'**



Screenshot **the graph**, and your **most used apps**

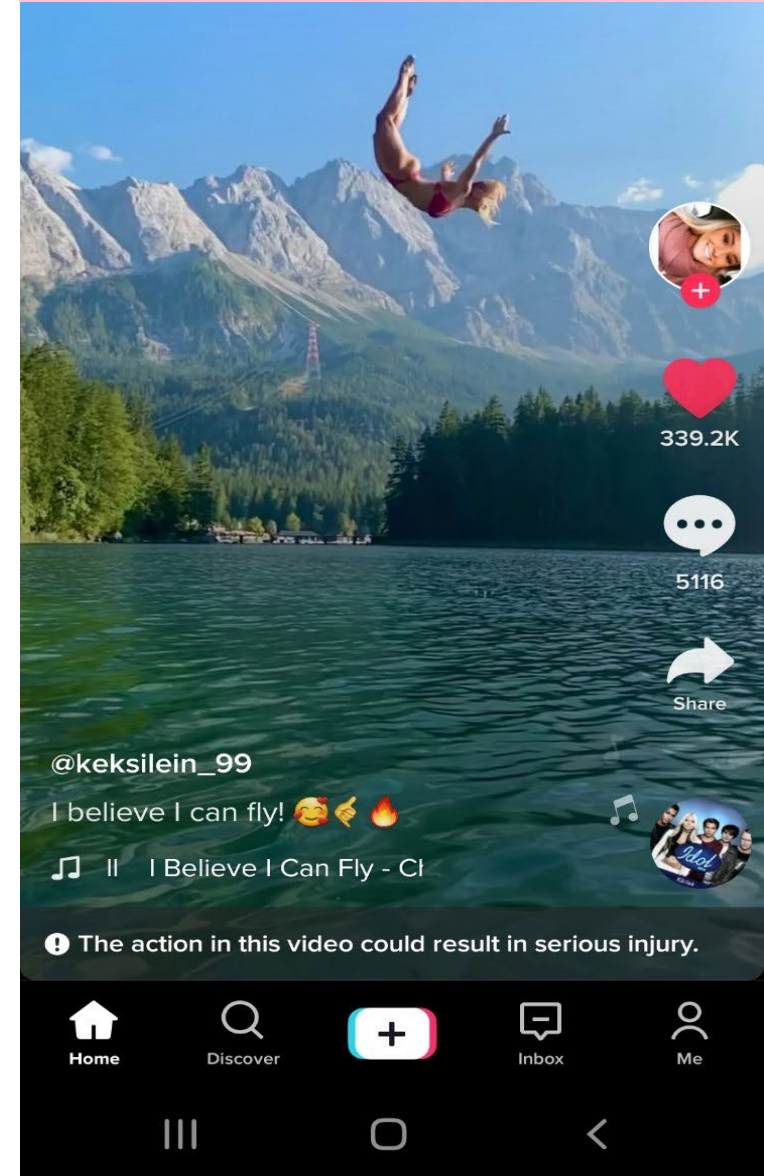
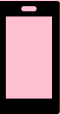


Show us how you use your phone!

This pack contains **6 different screen record** clips we'd like you to collect. You can do these whenever you have spare time.

Please find the **instructions** of how to set up screen record **at the end of this pack**

Pack 2: Screen Record



Screen Record 1 & 2

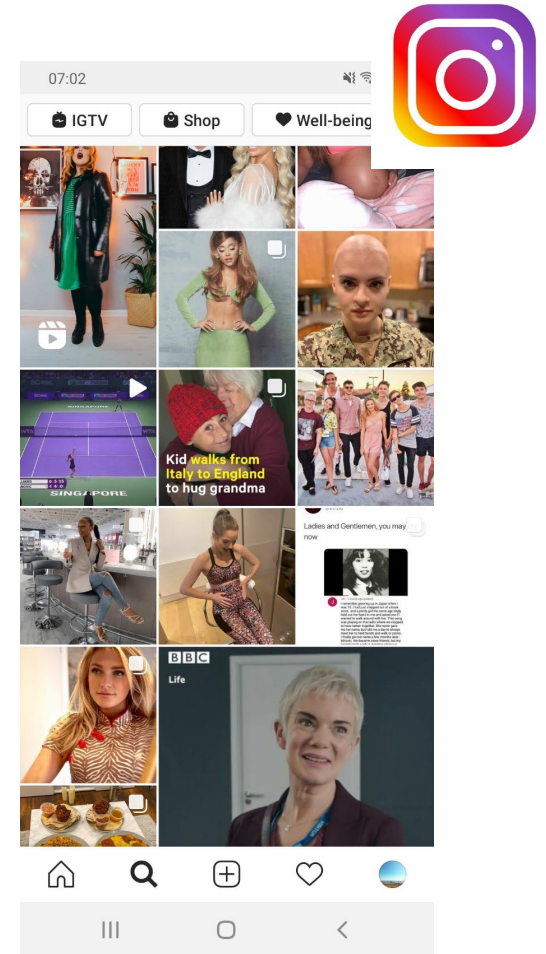
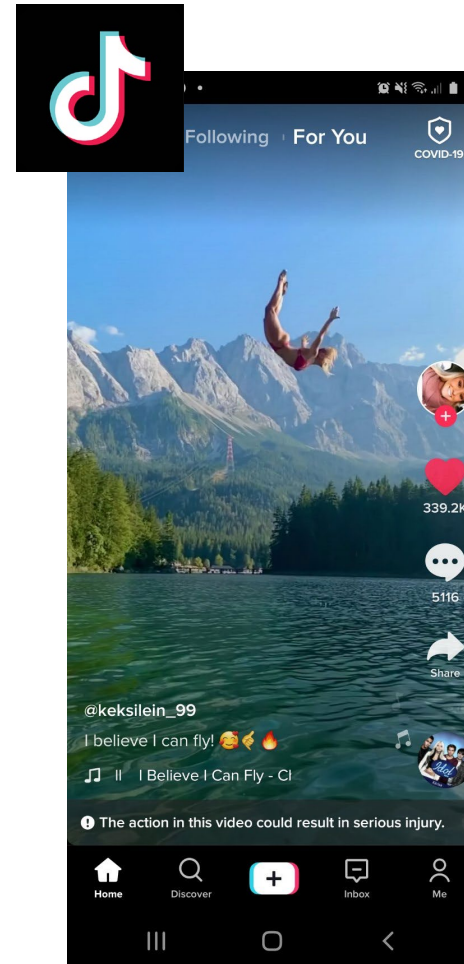
We want you to record two 10 to 15 minutes clips of **you scrolling on your favourite social media platforms!**

Just put screen record on and use your phone as you normally would and **show us around the different social media apps you use.**

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

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

- Anything you find upsetting, or that other people might find upsetting
- Any inappropriate material
- Any footage containing personal information



Screen Record 3

For this screen record clip, we want you to record **how you would edit a picture** and decide on a caption to post in on social media. Tell us what you would normally do and why!

Do you have any apps that you use to edit photos?

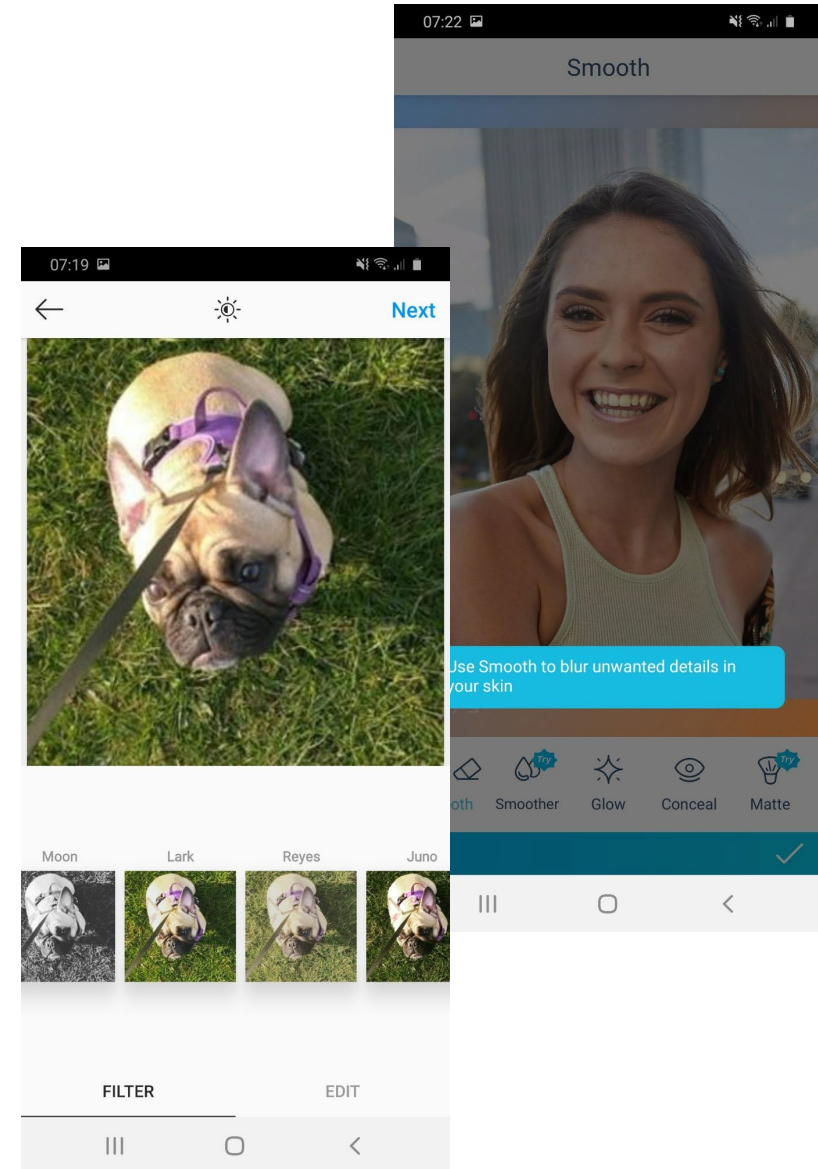
Do you use filters?

Where would you normally post a photo?

What would you do when posting a selfie?

Please do not include screen record of:

- Anything you find upsetting, or that other people might find upsetting
- Any inappropriate material
- Any footage containing personal information



Screen Record 4

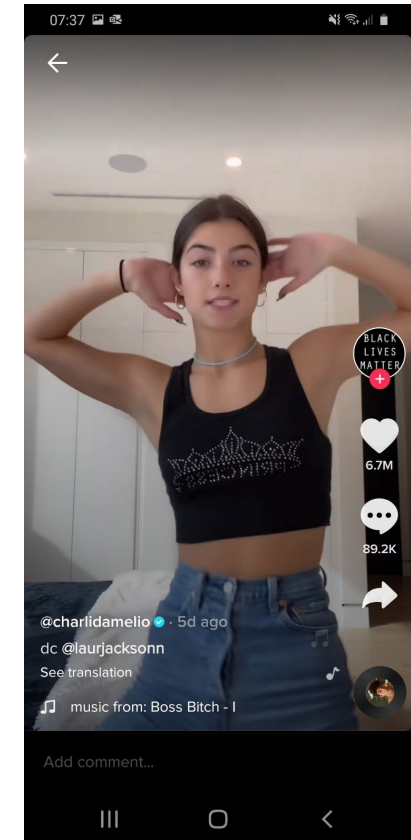
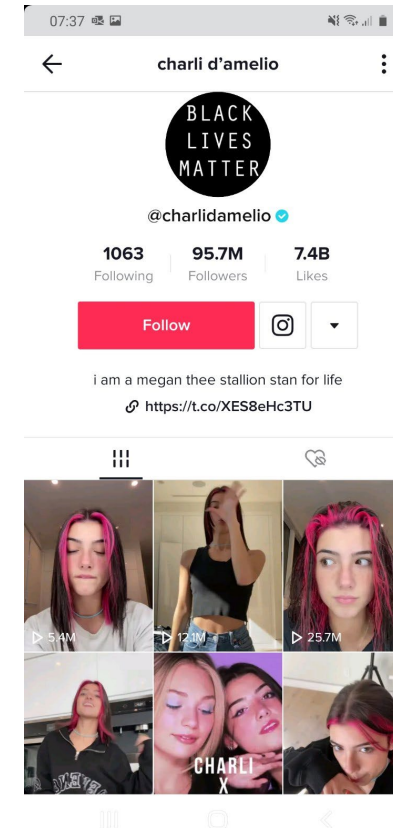
Today we want you to show us **your favourite account(s) to follow on social media** and explain what you like about them!

Just put on screen record and **record 10 to 15 minutes** of you scrolling on your favourite accounts!

Make sure that you have your audio setting on so we can hear you telling us what you like that account.

Please do not include screen record of:

- Anything you find upsetting, or that other people might find upsetting
- Any inappropriate material
- Any footage containing personal information



Screen Record 5

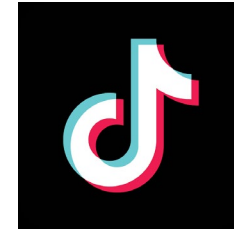
Today we'd like you to show us **how you learn about the world.**

Screen record for 10 to 15 minutes **how you would normally get news and information about the world!**

This can be any apps that you use to learn about the world or websites you go to

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

- Anything you find upsetting, or that other people might find upsetting
- Any inappropriate material
- Any footage containing personal information



Daily Mail



Screen Record 6

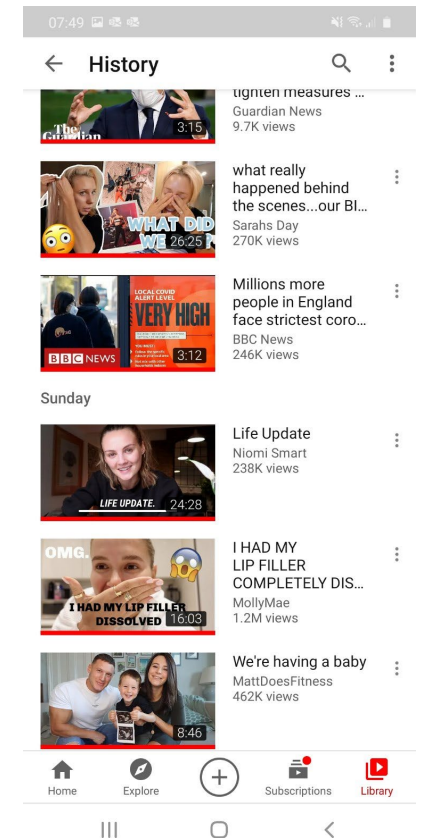
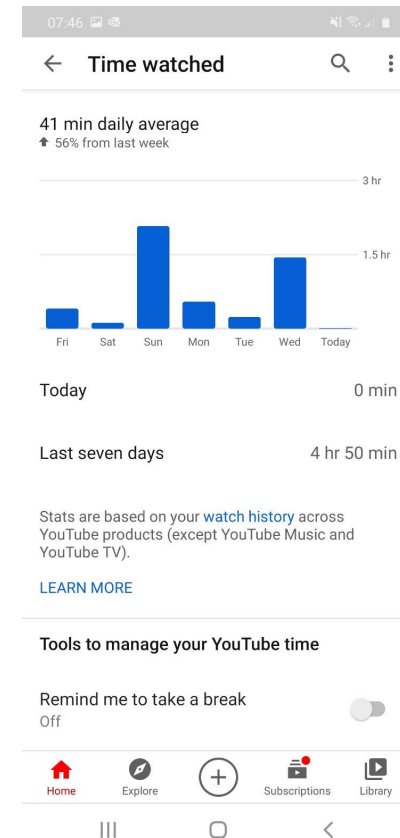
Today we'd like you to show us **what you've been watching on YouTube over the past week.**

Do this by **screen recording your YouTube history** over the past few months, just scroll back through your viewing history and tell us if there is any video you liked the most

Send us a **screenshot of the time you spent on YouTube** this week.

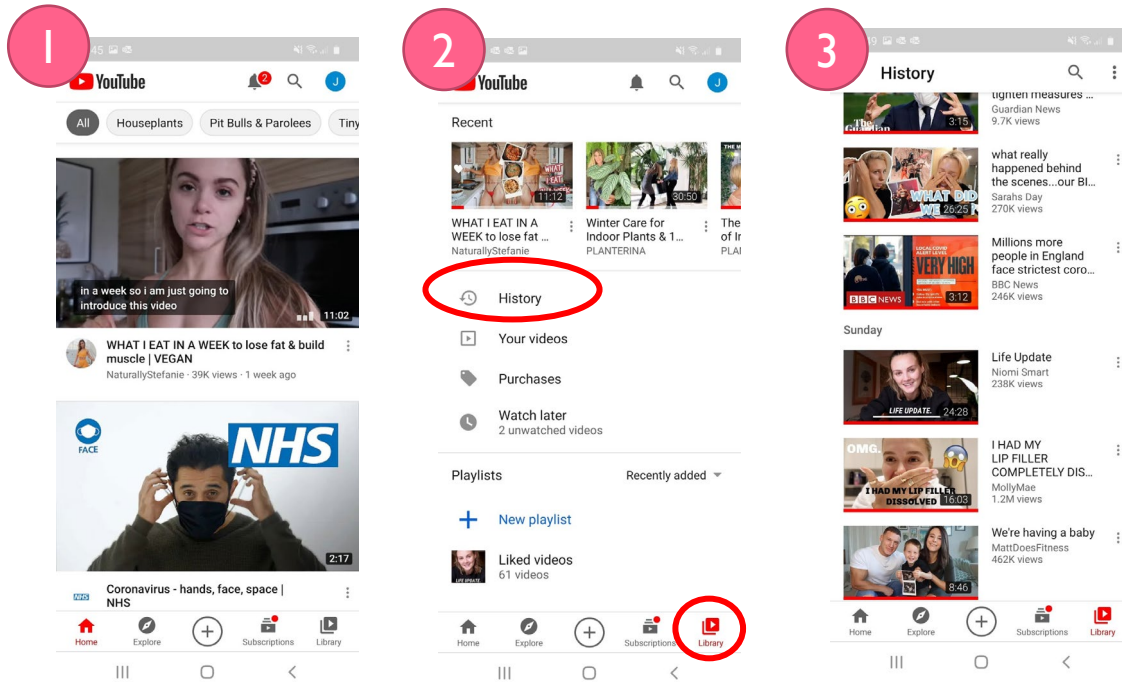
Please **do not** include screen record of:

- Anything you find upsetting, or that other people might find upsetting
- Any inappropriate material
- Any footage containing personal information



How do I find my YouTube History

How to get your YouTube history

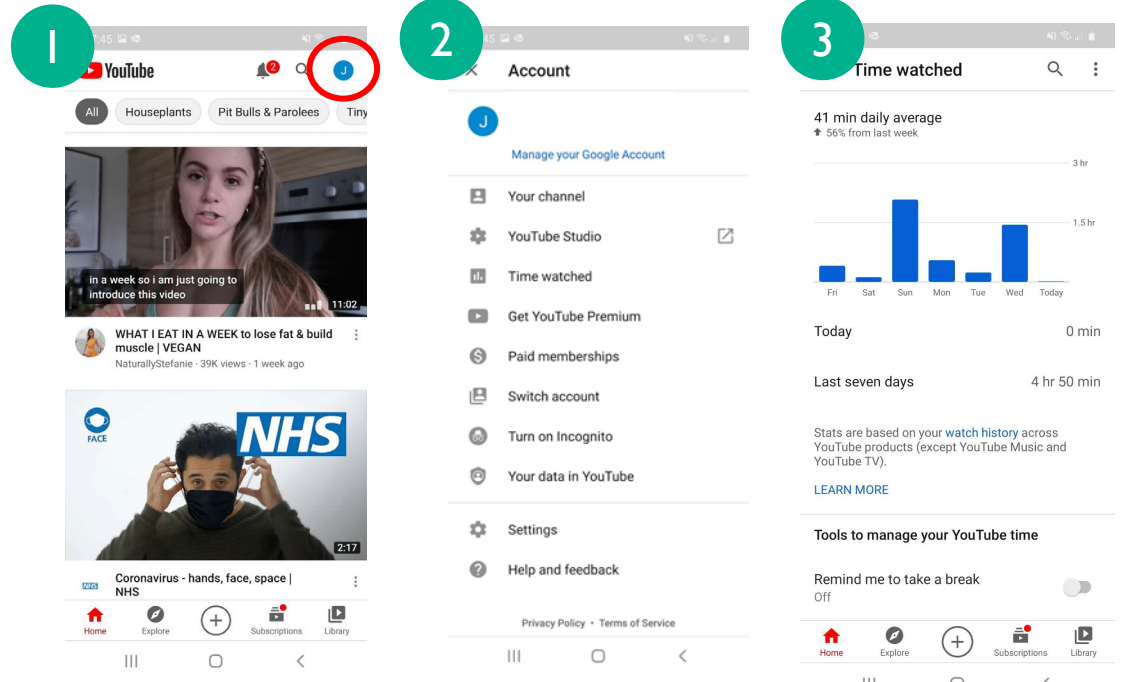


Go to YouTube on your phone and make sure you are logged into a Google account

Select **library** in the bottom right hand corner. Then select **History**

Make sure your screen record is on and scroll through your history so we can see what you've been watching

How to get your 'time watched on YouTube



Go to YouTube on your phone and make sure you are logged into a Google account

Click on the letter icon indicating your account
Select 'time watched'

Take a screenshot of your time watched and upload onto Connect

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




1. Go to Settings > Control Centre > Customise Controls, 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.

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

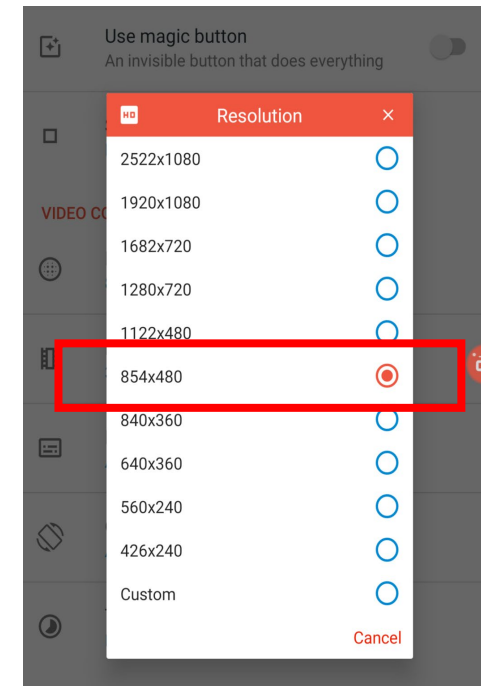
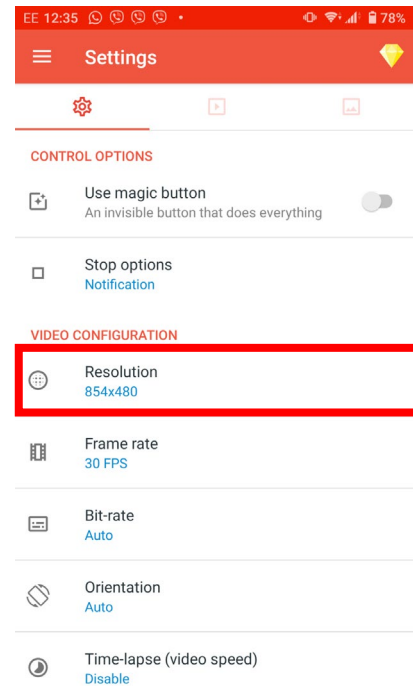
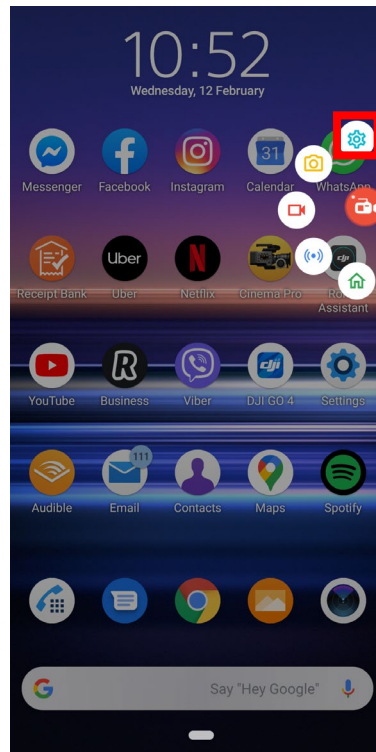
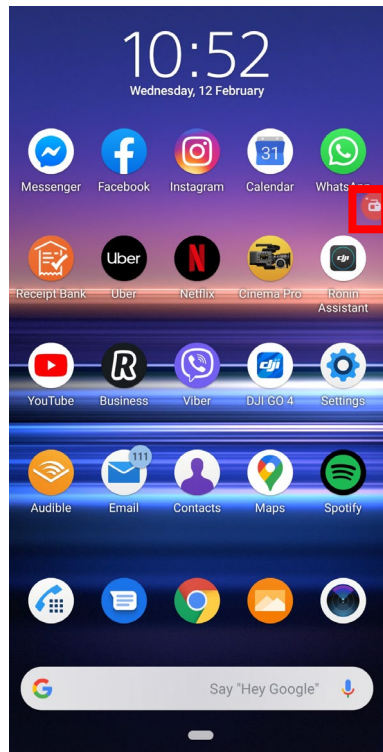
5. Open Control Centre and tap  Or tap the red status bar at the top of your screen and tap Stop. Go to the Photos app and select your screen recording.

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

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

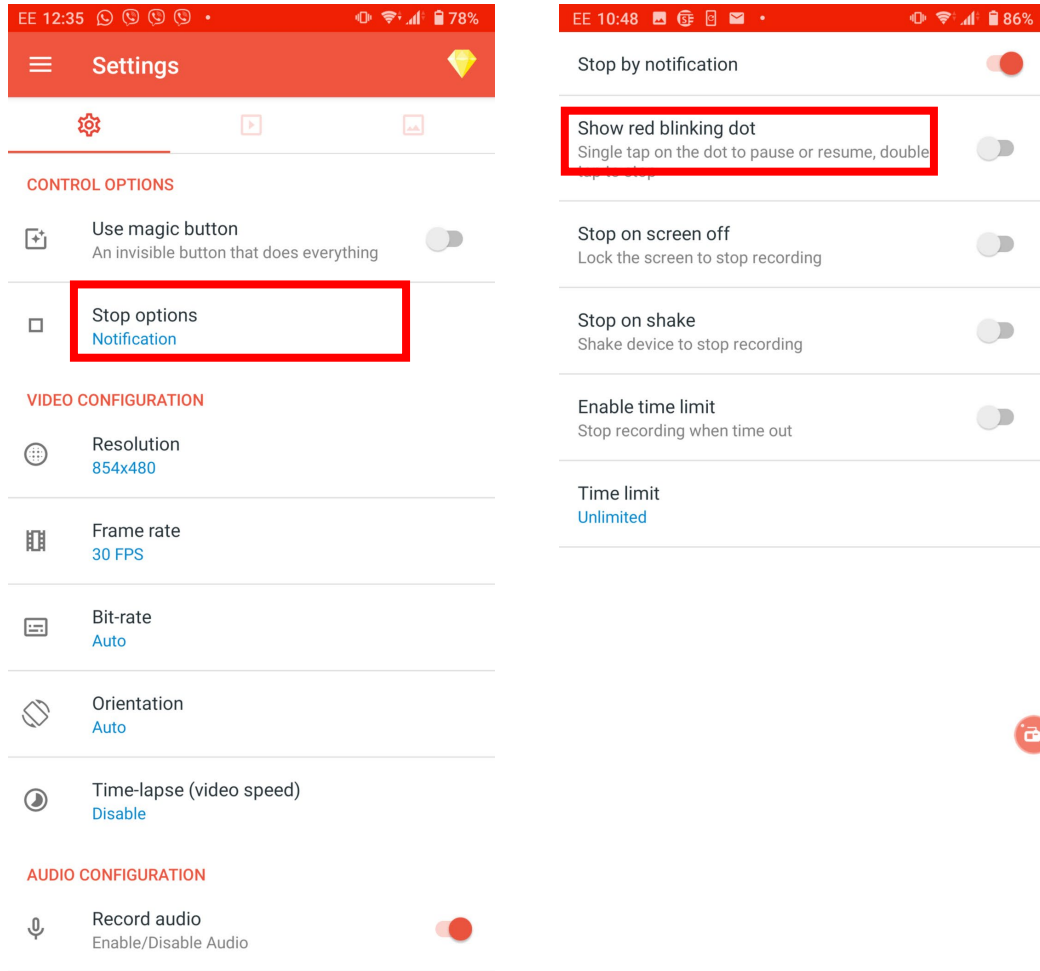
2. Once you've done this, and then select the Settings option (This will look like a small gear icon):

3. Change the resolution to 854x480

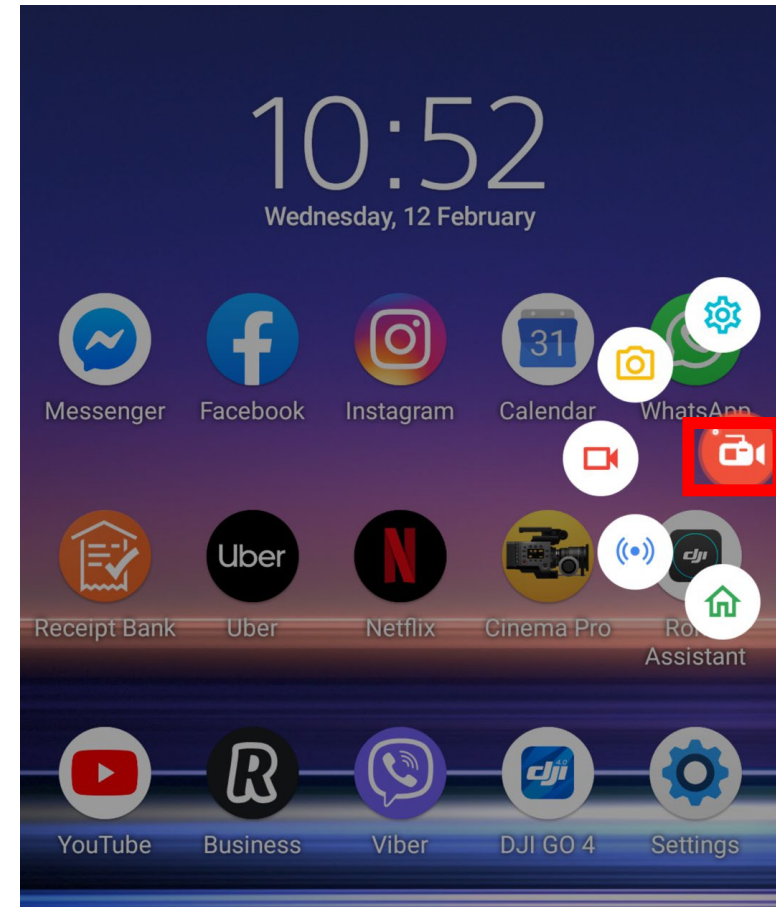


Android - How do I set things up?

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

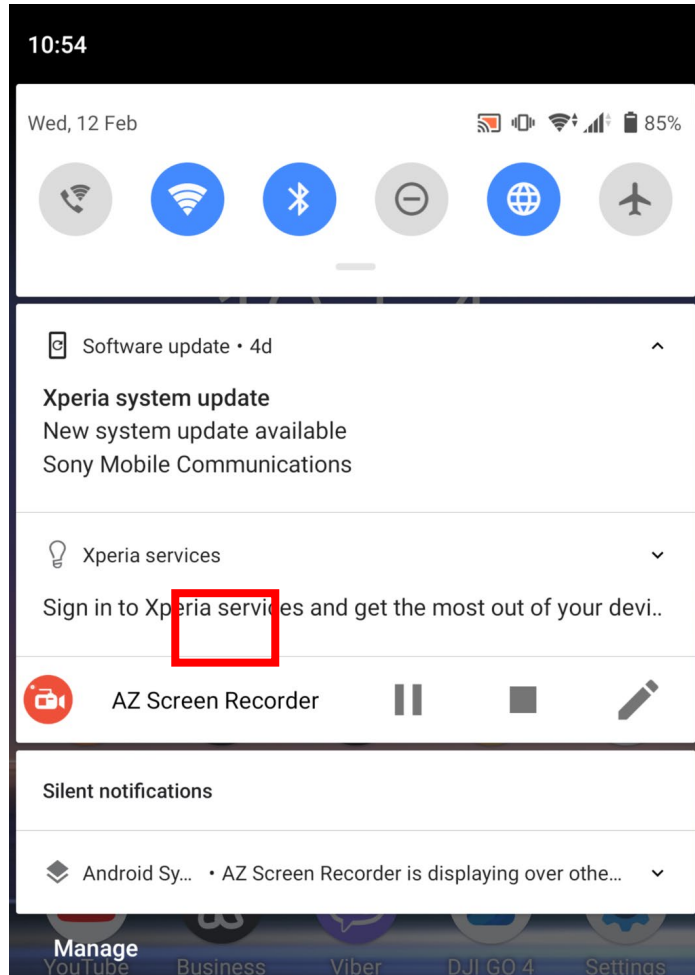


5. To start the recording, select the AZ icon on your home screen and press the recording button:



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 button again:



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

