

WELCOME TO THE PROJECT!

REVEALING REALITY

WE'RE REALLY EXCITED TO HAVE YOU ON BOARD AND WE CAN'T WAIT TO SEE WHAT YOU SHOW US!

We want to understand what your online life is like, what apps you use, the games you like and the experiences you have online.

If you have **any questions** or want to get in **contact** with us:

 **Phone us** on **02077358040** and ask for Saoirse or Ed,
 or **email us** at **saorise.niscanlain@revealingreality.co.uk**

Rowan

Chiara

Saoirse

Lucia

Johanna



Meet the team!

OVERVIEW OF ACTIVITIES



For the next **7 days** there are a few tasks we want to get you to do each day.

This includes filling out a **media diary**, taking some **screenshots** each day, **screen time tracking**, and a couple of **screen record** tasks.

You can simply WhatsApp the screen record and screen shot tasks to our research phone so you send them directly to the research team.

If you get stuck with any of the tasks, just let one of the team members know so we can help you!

MEDIA DIARY

Activity 1: Tells us how you use your devices each day

Written diary task

SCREEN SHOTS

Activity 2: Show us photos of your FYP/explore page

Screen Shots

SCREEN TIME TRACKING

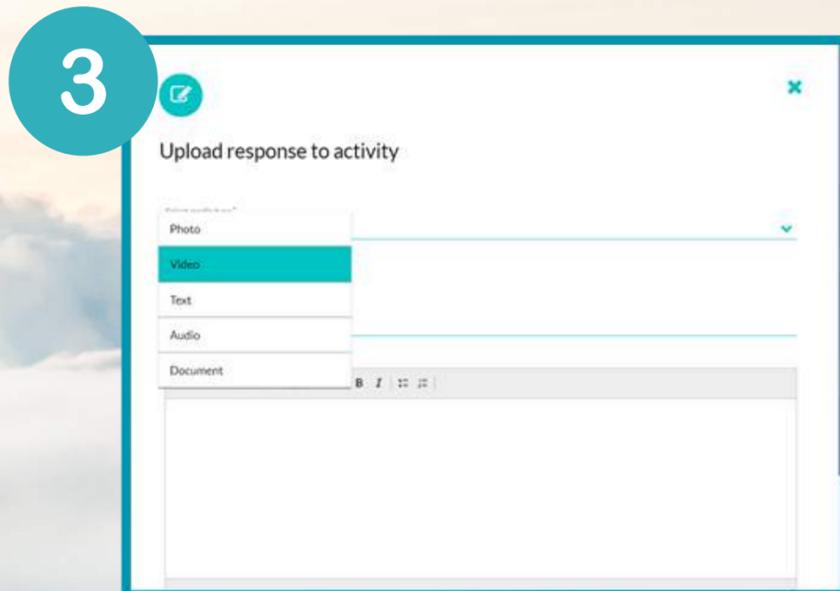
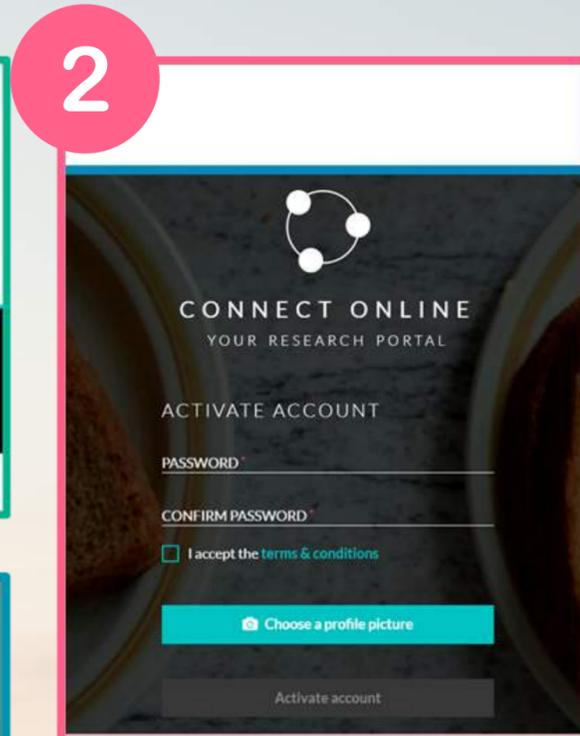
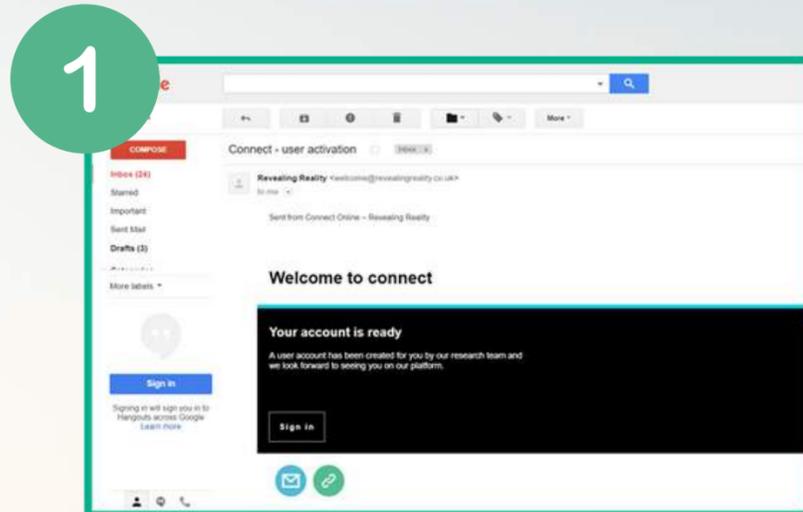
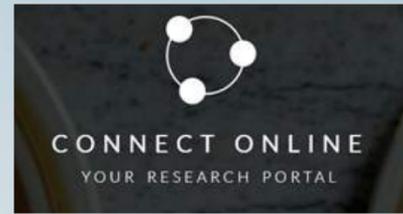
Activity 3: Show us how long you have been using your devices and apps for

Screen time

SCREEN RECORD

Activity 4: Show us how you use your device and apps

Screen record



Uploading onto Connect

Creating an account :

- 1 • Go to your email inbox and find the email from Revealing Reality asking you to set up a password. If you can't find the email, check your junk/spam.
- 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: 'Your online experiences'
- 2 • Select an upload format - photo or video – and add a title / description telling us what you're uploading
- 3 • Click Add Response

Activity 1

MEDIA DIARY

Fill out a daily media diary telling us how you used your devices that day!

Day 3!

Date:

Offline life: Where were you? who were you with?

6am - 9am 9am - 12pm 12pm - 3pm 3pm - 6pm 6pm - 9pm 9pm - 12am 12am onwards

Online life: What were you doing on your device?

DON'T FORGET TO UPLOAD YOUR SCREENSHOTS FROM THE DAY!

Activity 2

SCREEN SHOTS

Take at least 3 screenshots at different times of the day on your most used/ favourite apps or online platforms!

THIS COULD BE ON THINGS LIKE YOUR FYP ON TIK TOK, EXPLORE PAGE ON INSTAGRAM, RECOMMENDED VIDEOS ON YOUTUBE, GAMING OR GOOGLE SEARCH ENGINES.



Day 1!

Date: _____



Offline life:

Where were you? who were you with?

--	--	--	--	--	--	--

6am - 9am

9am - 12pm

12pm - 3pm

3pm - 6pm

6pm - 9pm

9pm - 12am

12am onwards

Online life:

What were you doing on your device?

--	--	--	--	--	--	--



DON'T FORGET TO UPLOAD YOUR SCREENSHOTS FROM THE DAY!



Day 2

Date:



Offline life:

Where were you? who were you with?

6am - 9am

9am - 12pm

12pm - 3pm

3pm - 6pm

6pm - 9pm

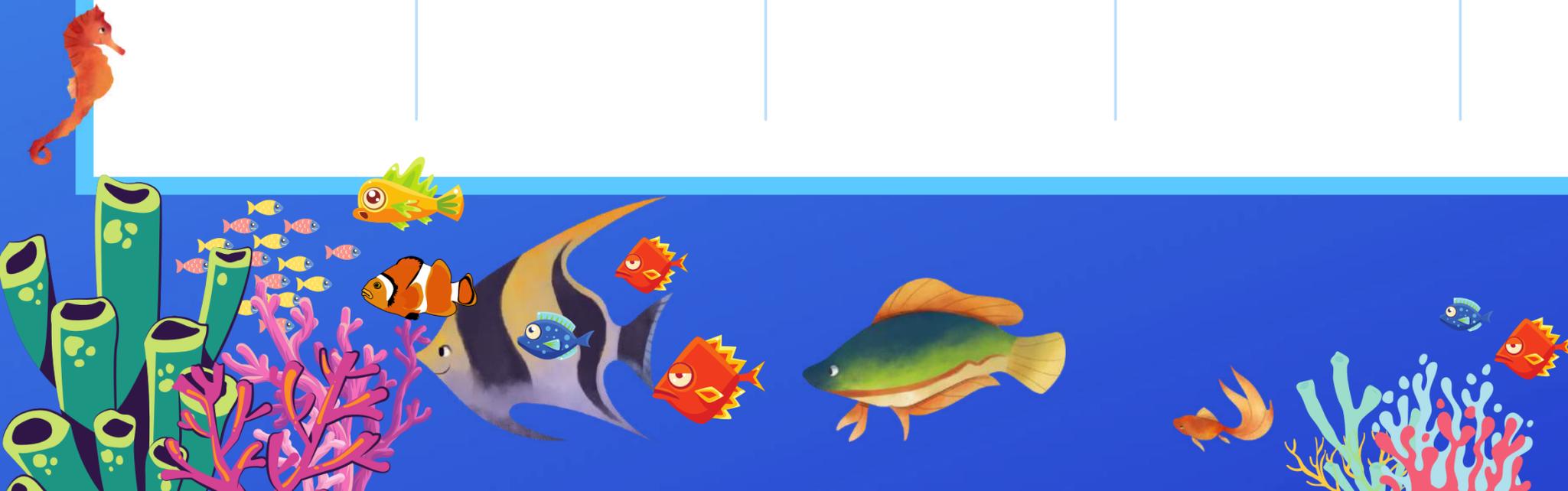
9pm - 12am

12am onwards

Online life:

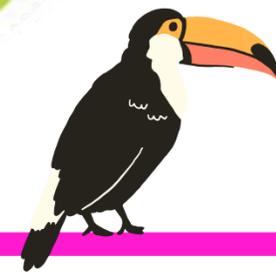
What were you doing on your device?

DON'T FORGET TO UPLOAD YOUR
SCREENSHOTS FROM THE DAY!



DAY 3!

Date:



Offline life:

Where were you? who were you with?

6am - 9am

9am - 12pm

12pm - 3pm

3pm - 6pm

6pm - 9pm

9pm - 12am

12am onwards

Online life:

What were you doing on your device?



DON'T FORGET TO UPLOAD YOUR SCREENSHOTS FROM THE DAY!



Day 4!

Date:

Offline life:

Where were you? who were you with?

6am - 9am

9am - 12pm

12pm - 3pm

3pm - 6pm

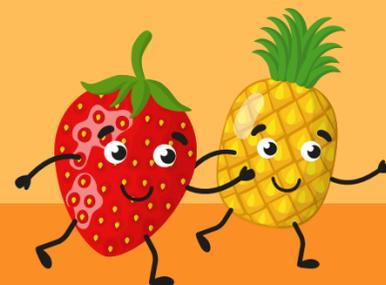
6pm - 9pm

9pm - 12am

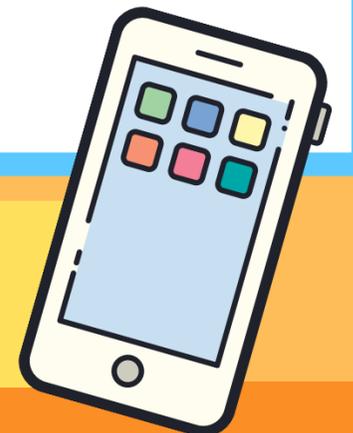
12am onwards

Online life:

What were you doing on your device?



DON'T FORGET TO UPLOAD YOUR SCREENSHOTS FROM THE DAY!



Day 5!

Date: _____

Offline life:

Where were you? who were you with?

6am - 9am

9am - 12pm

12pm - 3pm

3pm - 6pm

6pm - 9pm

9pm - 12am

12am onwards

Online life:

What were you doing on your device?

DON'T FORGET TO UPLOAD YOUR
SCREENSHOTS FROM THE DAY!



Day 6!

Date:

Offline life:

Where were you? who were you with?

6am - 9am

9am - 12pm

12pm - 3pm

3pm - 6pm

6pm - 9pm

9pm - 12am

12am onwards

Online life:

What were you doing on your device?

**DON'T FORGET TO UPLOAD YOUR
SCREENSHOTS FROM THE DAY!**



Day 7!

Date:

Offline life:

Where were you? who were you with?

6am - 9am

9am - 12pm

12pm - 3pm

3pm - 6pm

6pm - 9pm

9pm - 12am

12am onwards

Online life:

What were you doing on your device?

DON'T FORGET TO UPLOAD YOUR
SCREENSHOTS FROM THE DAY!



*Highlight of
the week!*



Day 1

BEST PART OF THE DAY:

**FAVOURITE DEVICE/ APP
TODAY AND WHY?**

**LEAST FAVOURITE APP TODAY
AND WHY?**

Day 2

BEST PART OF THE DAY:

**FAVOURITE DEVICE/ APP
TODAY AND WHY?**

**LEAST FAVOURITE APP TODAY
AND WHY?**

Day 3

BEST PART OF THE DAY:

**FAVOURITE DEVICE/ APP
TODAY AND WHY?**

**LEAST FAVOURITE APP TODAY
AND WHY?**

Day 4

BEST PART OF THE DAY:

**FAVOURITE DEVICE/ APP
TODAY AND WHY?**

**LEAST FAVOURITE APP TODAY
AND WHY?**

Day 5

BEST PART OF THE DAY:

**FAVOURITE DEVICE/ APP
TODAY AND WHY?**

**LEAST FAVOURITE APP TODAY
AND WHY?**

Day 6

BEST PART OF THE DAY:

**FAVOURITE DEVICE/ APP
TODAY AND WHY?**

**LEAST FAVOURITE APP TODAY
AND WHY?**

Day 7

BEST PART OF THE DAY:

**FAVOURITE DEVICE/ APP
TODAY AND WHY?**

**LEAST FAVOURITE APP TODAY
AND WHY?**

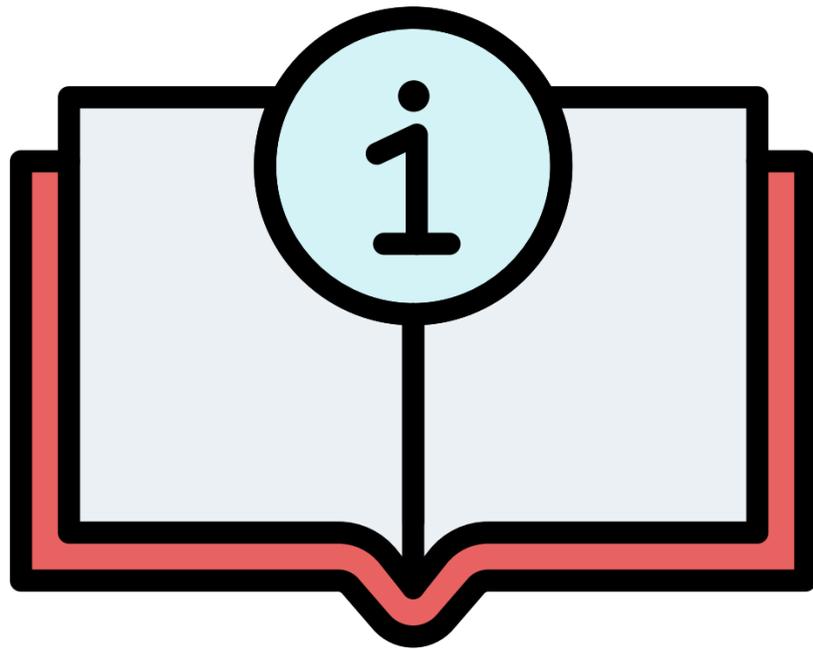
IPHONE



Activity 3

SCREEN TIME TRACKING

Tells us how you use your devices each day!



INSTRUCTIONS

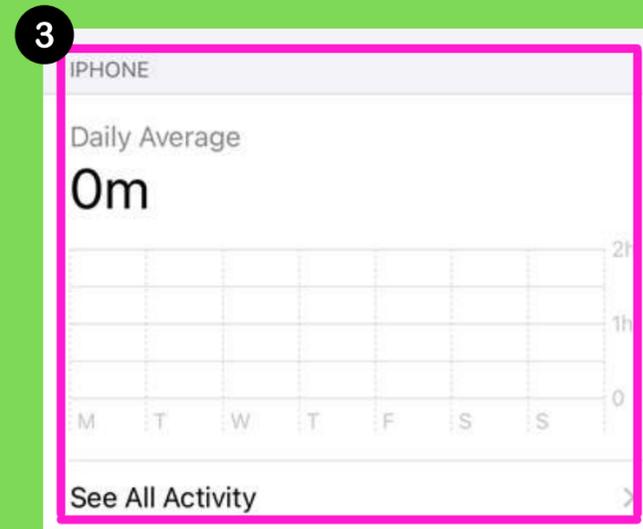
HOW TO SET THINGS UP!



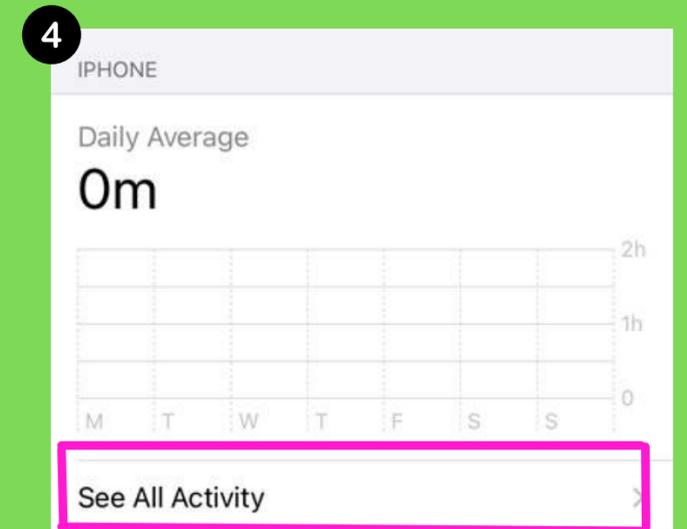
To find your screen time, go to Settings



Go to the Screen Time tab

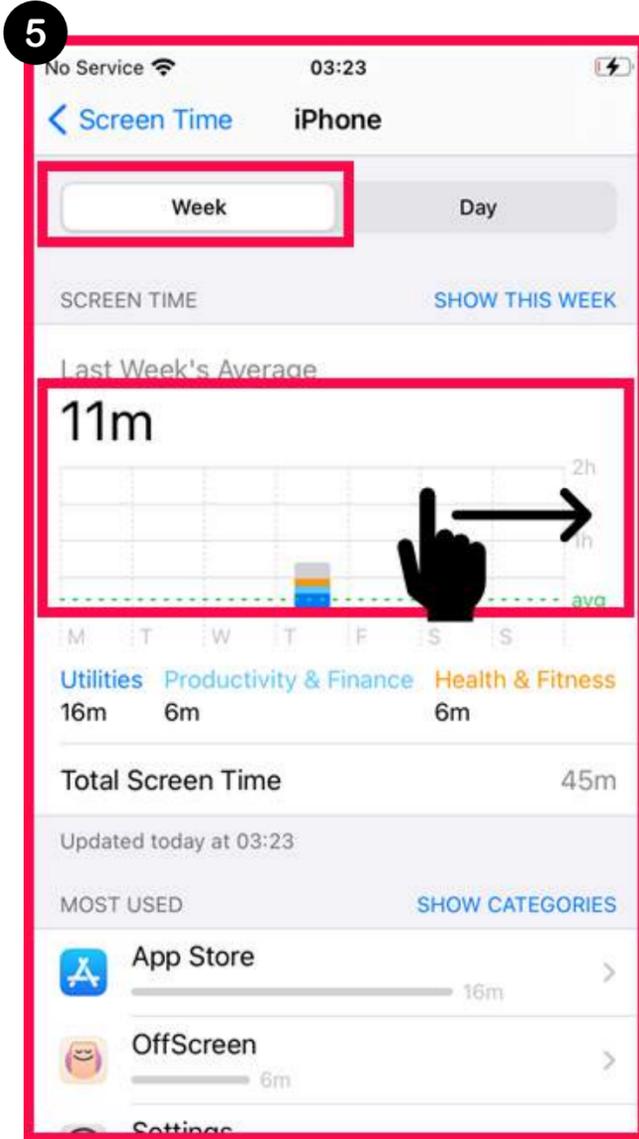


Take a Screenshot of your Daily Average

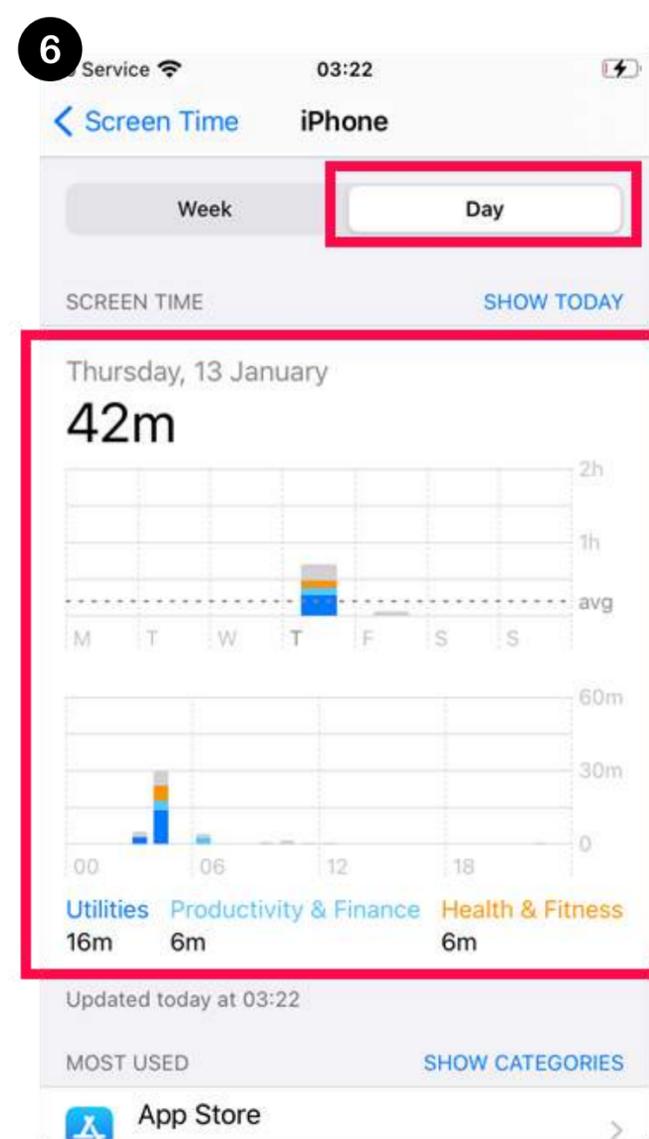


Then select see See All Activity

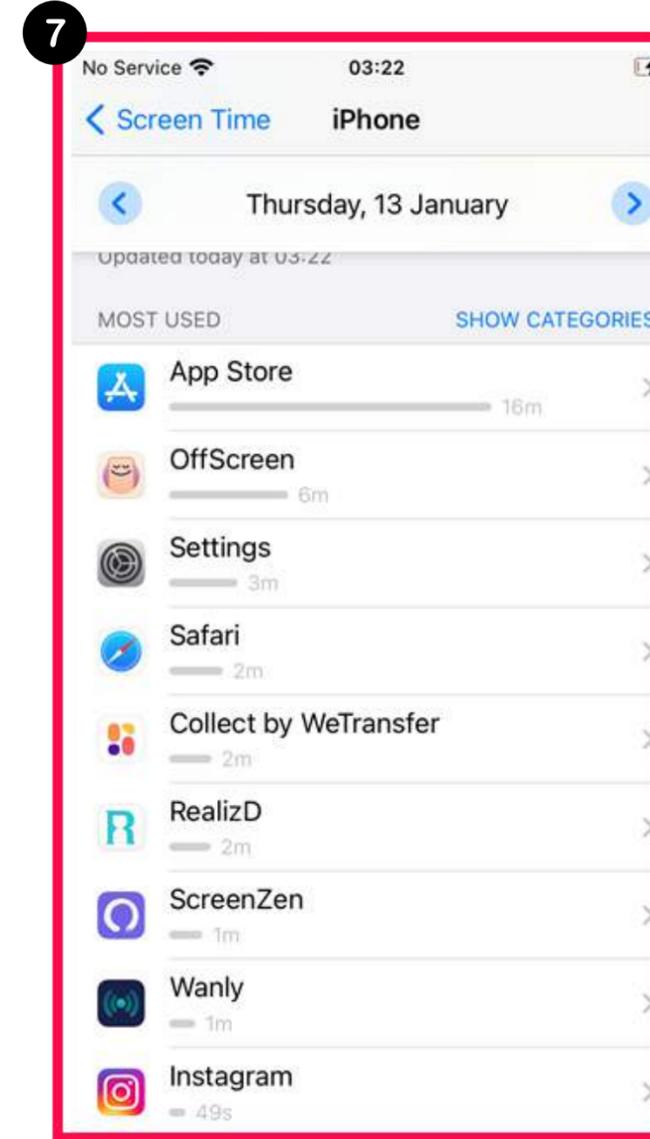
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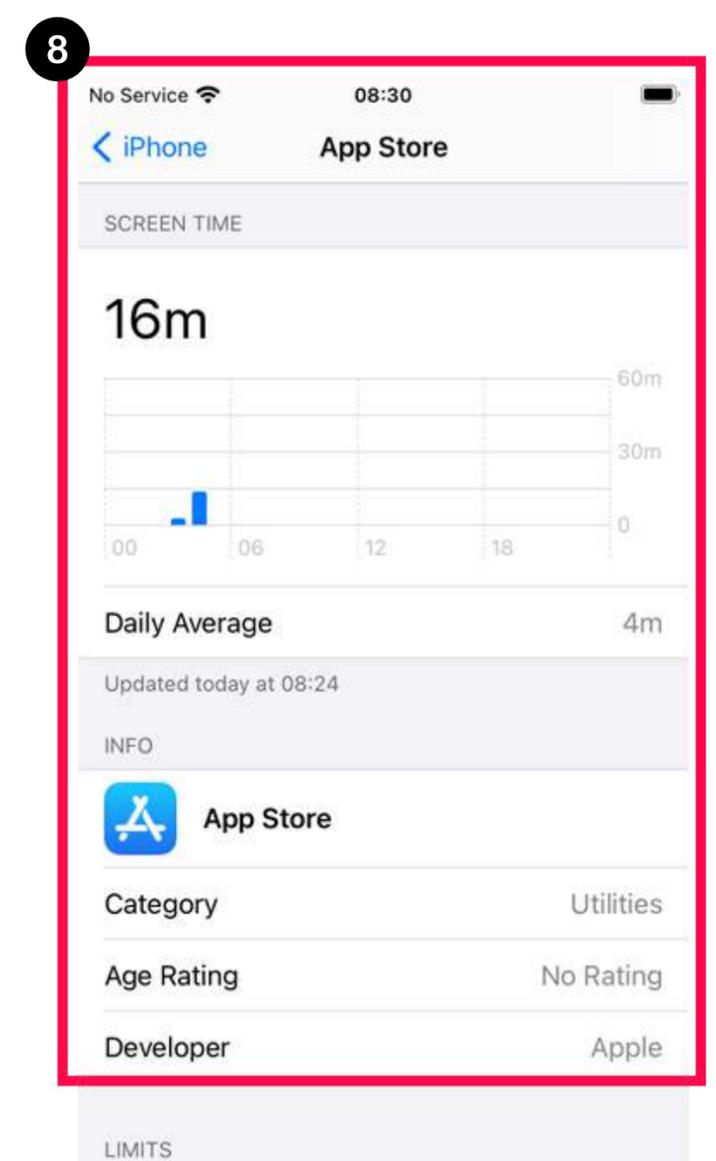
Take a Screenshot of Last Week's Average (swipe right on the bar graph to scroll through previous weeks) & Most Used App



Take a Screenshot of **each day's Screen Time**



Take a Screenshot of each day's Most Used App



Select the top 5 apps in your Most Used and screenshot the Daily Average for each one

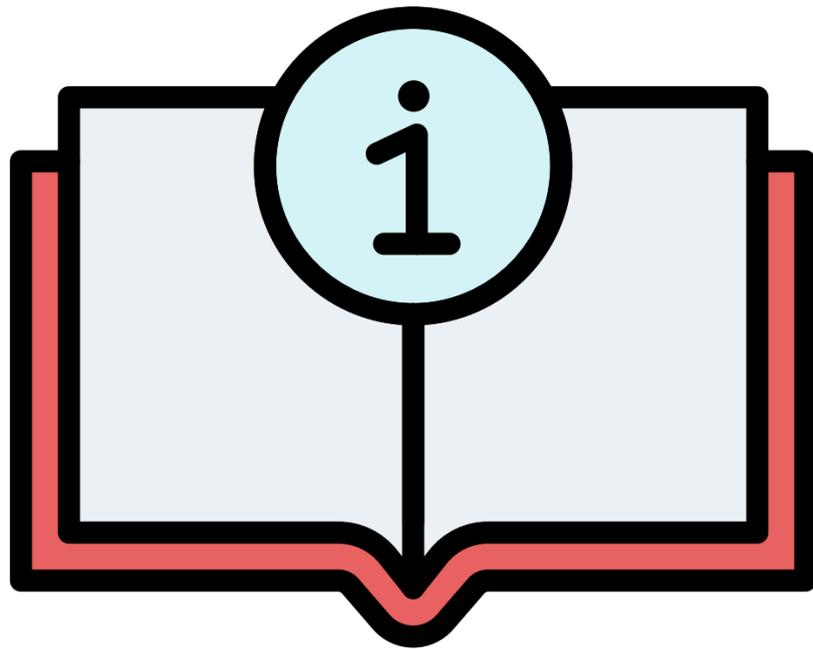




Activity 3

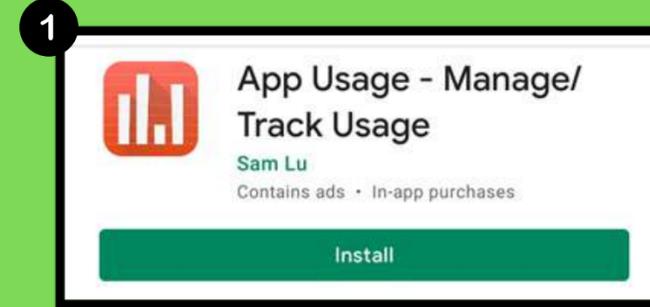
SCREEN TIME TRACKING

Tells us how you use your devices each day!

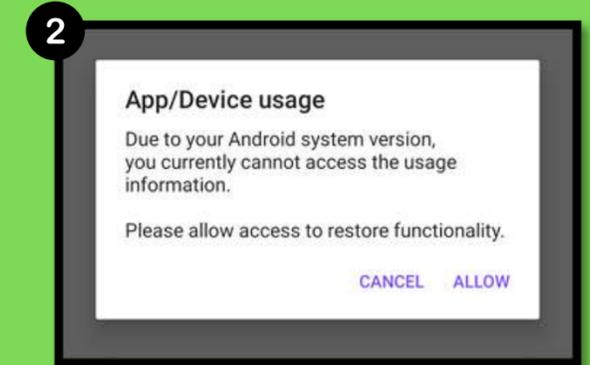


INSTRUCTIONS

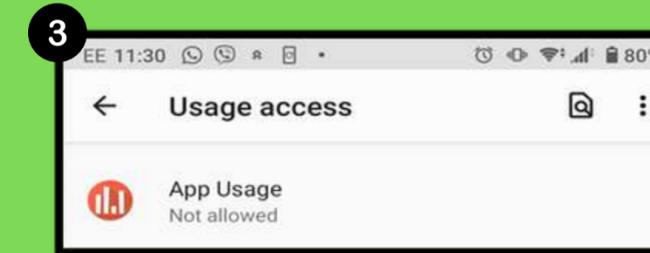
HOW TO SET THINGS UP!



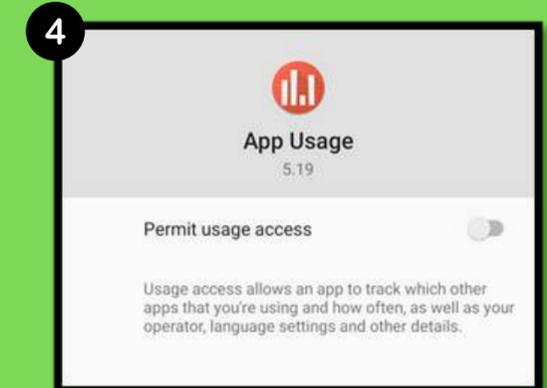
Find and install the App Usage - Manage / Track Usage app on the Google PlayStore.



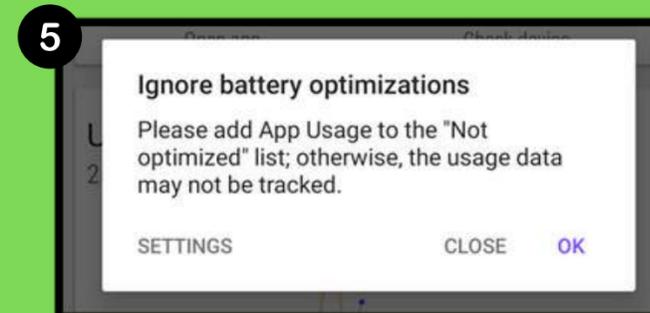
Allow the permissions, without this the app will not be able to run properly.



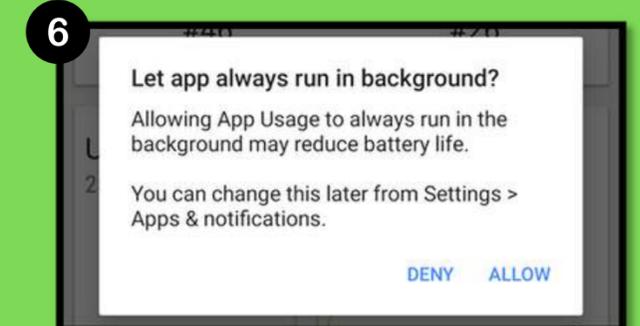
You will be taken to your phone's access settings, from here select the App Usage app from the list.



Permit usage access

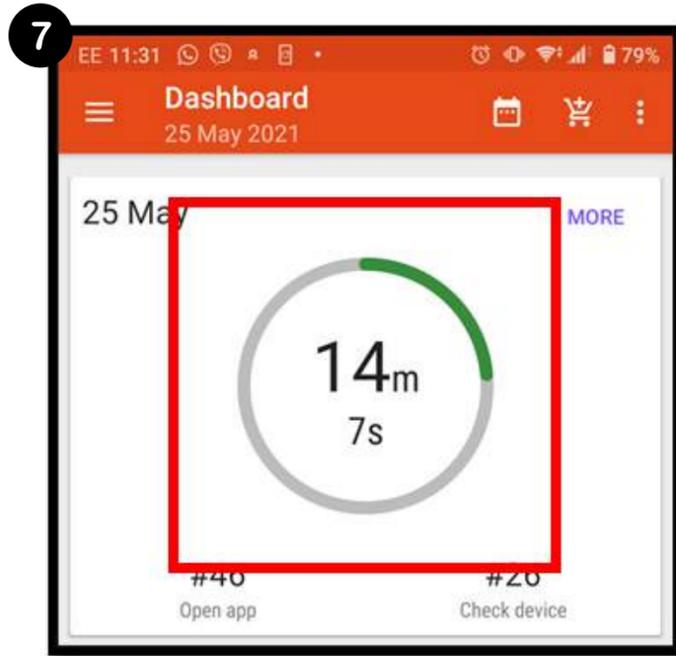


Next you will be asked to remove the battery optimization from the app.

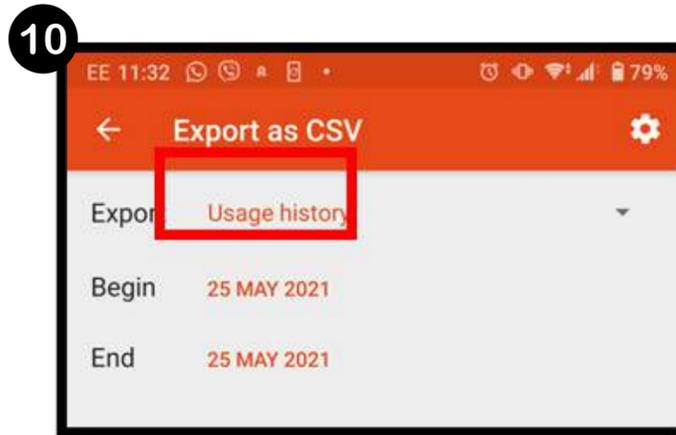


Allow the app to run in the background or the screen time tracking will not work. After this the app should run automatically.

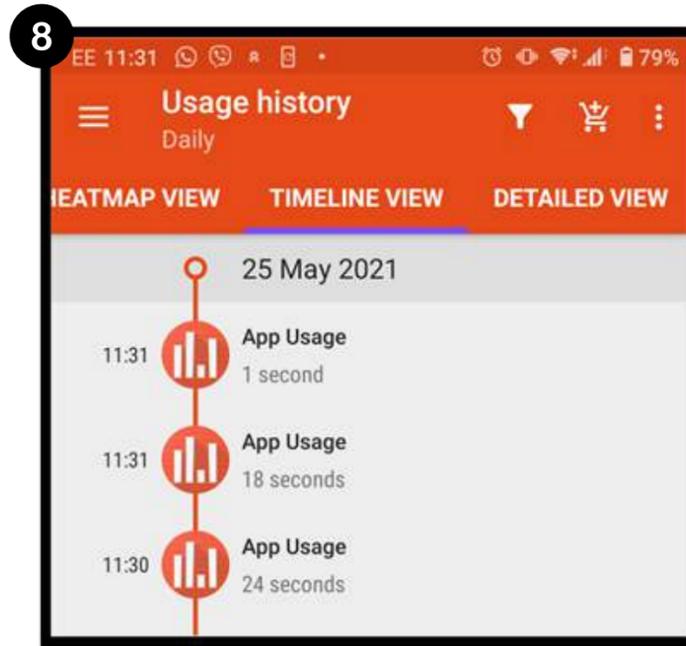
ANDROID



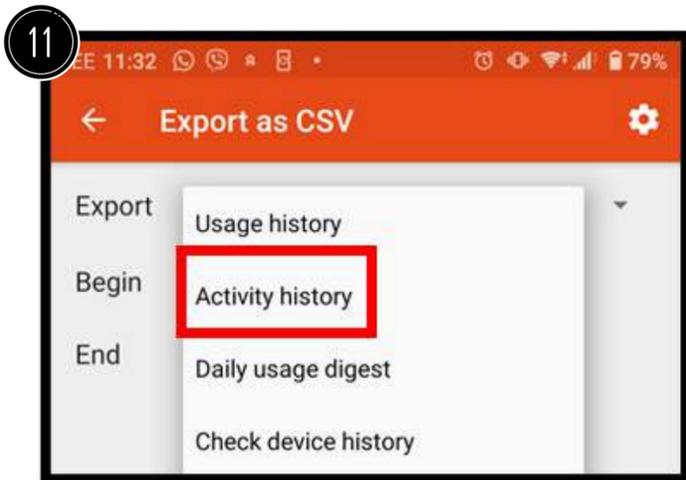
At the end of each day, go to the Dashboard, from here, click on your screen time.



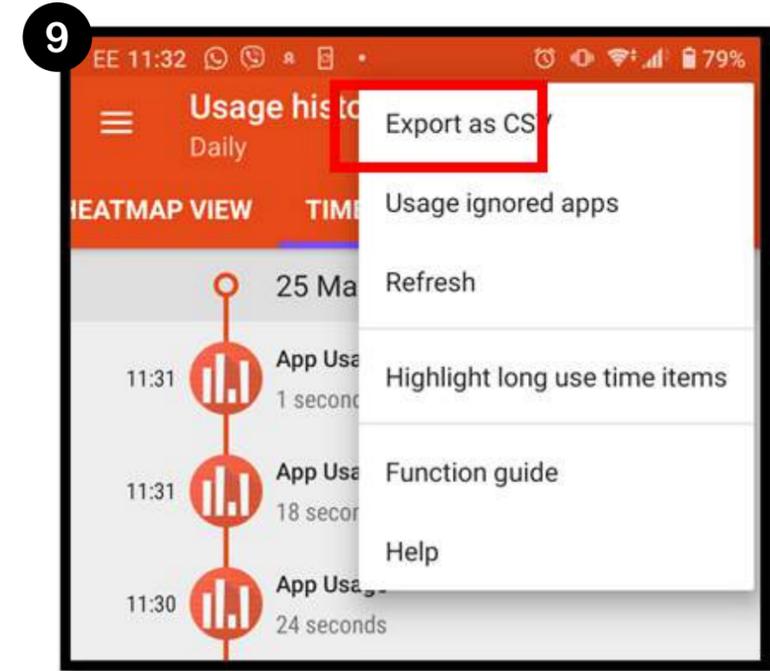
Click on Usage history to bring up more options



Select the three dots in the top right-hand corner.



Click on Usage history to bring up more options



Select Export as CSV

12 Select Share and you will then be given the option to email the document



Activity 4

SCREEN RECORDING

Show us how you use your device
and apps



WHAT IS SCREEN RECORDING?

- Screen recording is to record the screen on your device (iPhone /iPad /android /games console) while you are using it – instructions are given later!
- We ask you to screen record so we can see how you use your device on a normal day, and what kind of things you see.

HOW MUCH SHOULD I RECORD?

- We would like you to record two clips, around **10-15** minutes each, of you using two or three of your favourite apps.
- Do this when you are using your phone the most.

WHAT SHOULD I CAPTURE?

SCROLLING



Scrolling: E.g. Scrolling on your Instagram/Facebook feeds, viewing accounts, liking posts, reading comments, etc.



POSTING

Scrolling: E.g. Posting (posts or stories) on Instagram/TikTok, or posting videos on YouTube, etc.

WATCHING



Watching: E.g. Wherever you watch content: Facebook/Instagram/Snapchat stories, reels, TikTok FYP /YouTube videos etc.

PLAYING



Gaming: Playing games (e.g. FIFA, Fortnite, Minecraft, etc.) in online or offline mode

STREAMING



twitch

NETFLIX

Streaming: Watching or streaming (e.g. Netflix, Amazon Prime, Twitch, etc.)



Please remember:

As we discussed in the interview, any inappropriate content with people under the age of 18 (especially images) may lead to the researcher having to report the incident and breaking participant confidentiality (you can find more details about this on the consent form and information sheet). Feel free to contact one of the research team if you have any questions about this

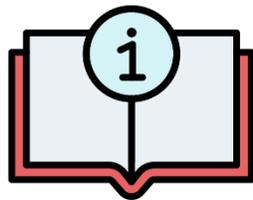
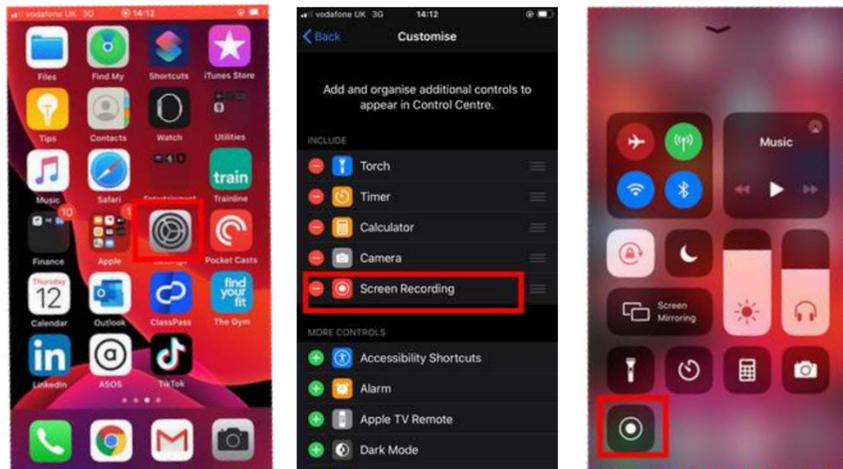
IPHONE



Activity 4

SCREEN RECORDING

Show us how you use your device and apps



INSTRUCTIONS

HOW TO SET THINGS UP

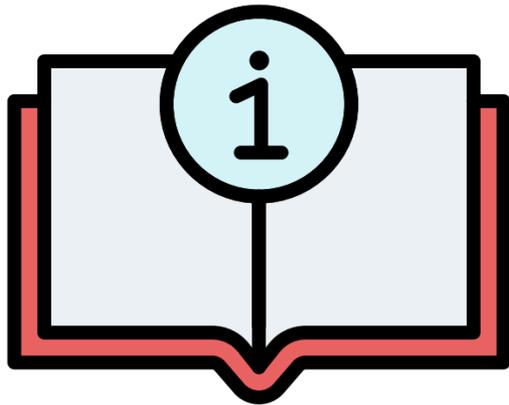
- 1 • Go to Settings > Control Centre, then tap  next to Screen Recording.
- 2 • Swipe up from the bottom edge of any screen. On iPhone X or later or iPad with iOS 12 or later, or iPadOS, swipe down from the top-right corner of the screen.
- 3 • Long press on  and tap Microphone to turn it on.
- 4 • Tap Start Recording, then wait for the three-second countdown.
- 5 • To stop recording, drag open the 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.



Activity 4

SCREEN RECORDING

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



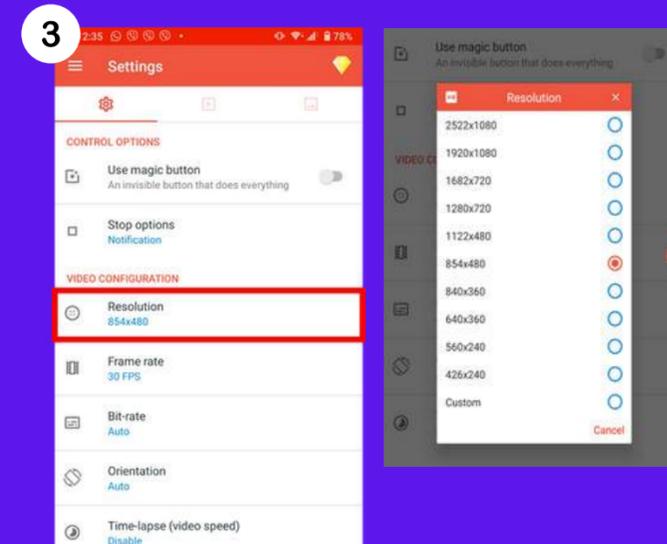
INSTRUCTIONS

HOW TO 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 **854 X 480**