

COVID-19 THROUGH THE EYES OF A CHILD

BY ESHAL SAJID

INTRODUCTION

- 15-year-old student
- How study came about (UCL)
- Done with father
- Acknowledgements



KEY QUESTIONS

- How are children coping with and feeling about CI9?
- What can parents do to support them?

RESEARCH DESIGN

- One survey for parents
- One survey for children
- One focus group for parents
- One for children



CHILDREN



65% thought of their COVID-19 experience negatively

65%

thought their parents could do more to help them



70%

are most looking forward to meeting friends and going to school again

85%

do not enjoy working from home



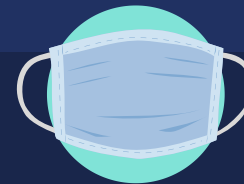
FOR MORE INFORMATION CONTACT
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PARENTS



90% think their child's COVID-19 experience has been negative

60% worry about their children getting infected



70% think their children are not dealing well with COVID-19

50%

want to meet friends and family as soon as lockdown is lifted



80%

believe their children are not going outside enough and are on screens too much

FOR FURTHER INFORMATION PLEASE
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MAIN FINDINGS

1. ROUTINE

“I need a routine. I’ll spiral out of control if I don’t have one”

- Children needed routine
- Asked for it
- Spiral out of control
- Sense of normality



2. SCREENS

“Screens have overtaken our lives and are probably the thing many young people would say they couldn’t live without”.

- Being used a lot more
- Accept it rather than push it away
- Do it together e.g. movie nights



3. FALSE NEWS

“It scares me when my parents tell me things they’ve just heard off Whatsapp about the virus”.

- False news is everywhere
- On social media
- Even parents spread it



5. PRODUCTIVITY VS PROCRASTINATION

“I need parental checks - I wouldn’t be able to get any work done otherwise”.

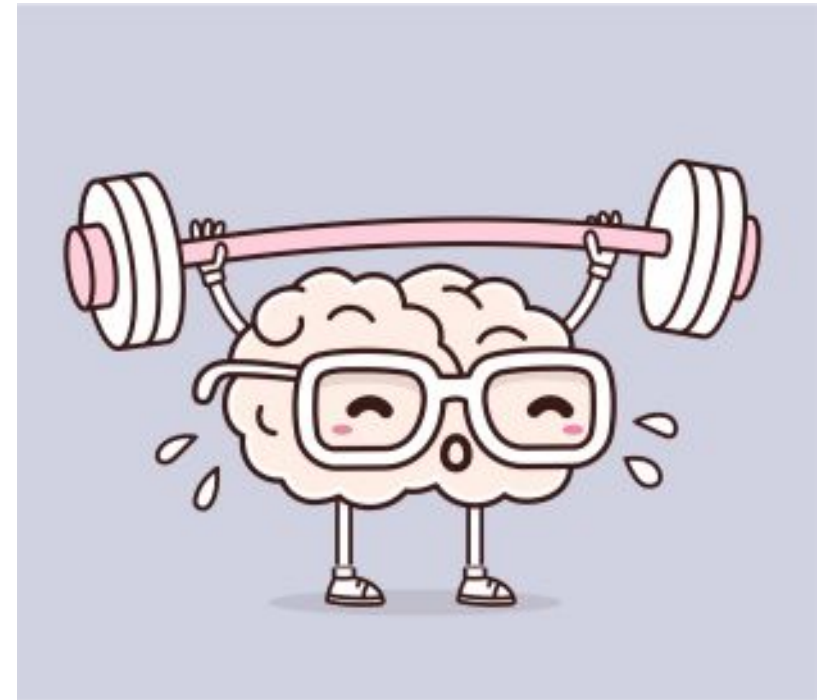
- So hard to stay focused
- Check-ins
- Distractions



6. MENTAL HEALTH

“Quarantine has given me a chance to work on my mental health and improve it, as school was too stressful”.

- Focus
- New experiences
- Stay grounded



WHAT PARENTS CAN DO

1. Include your children in important discussions
2. Allow more screen time but check in
3. Own space vs family time
4. Middle ground for exercise
5. Relax some stricter rules
6. Don't dismiss children's feelings
7. Check in on them



WHAT DID WE DO NEXT?

- Open letter sent to UCL and circulated around
- London School of Hygiene and Tropical Medicine
- Great Ormond Street Hospital
- Childnet International
- BBC Young Reporters
- Oxford University
- Wellcome Trust
- Geo News Pakistan
- Family and friends

WHAT I GAINED

- How to conduct scientific research
- Design research questions, methodology and analysis
- Write a scientific report and present findings
- Use software e.g. Canva, Google Forms
- Conduct focus groups
- Presentation skills (Childnet Media and Geo News)
- How to communicate research to the public

WHAT'S CHANGED?

Life then:

- Stressful
- Everyone caught up in themselves
- Not enough time given to younger people

Life now:

- Slowly going back
- Settled down
- New experiences

FIND OUT MORE

- sajideshal@gmail.com
- Childnet interview and research: <https://www.childnet.com/blog/15-year-old-conducts-new-research-looking-at-the-experiences-of-young-people-during-covid-19->

