



Sharing your COVID-19 story: information for children and young people

COVID-19 is a virus. When a virus spreads across the world and makes lots of people sick it is called a pandemic.

The COVID-19 pandemic had a big impact on people and is still affecting our lives.

The Royal Commission of Inquiry into COVID-19 Lessons Learned is looking at what happened in Aotearoa New Zealand during the COVID-19 pandemic.

The reason the Inquiry is doing this is to help Aotearoa New Zealand be more prepared in case something like COVID-19 happens in the future.

Sharing your COVID-19 experience

We want to hear about what the COVID-19 pandemic was like for you. You can tell us about anything that happened in your life during the pandemic. This might include your family life, your school experience, your friendships, or your health.

We are asking everyone two questions.

1. Looking back – what would you like the Inquiry to know about your experiences of the pandemic?

This question is a chance for you to talk about what happened to you during the pandemic. You can tell us anything you like about your life during the COVID-19 pandemic. We would really like to hear about anything that changed, including good changes or bad changes.

2. Moving forward – what lessons should we learn from your experiences so we can be as prepared as possible for future pandemics?

This question is a chance for you to tell us what you think Aotearoa New Zealand should do if there is another pandemic. You could talk about things that changed in your life (like not being able to go to school) and whether you think those things should happen again.

You can write as much or as little as you like. You can also answer the questions using NZSL, or in te reo Māori, Samoan, Tongan, Hindi, or Chinese.

You can answer both questions or just one question.

After you answer those questions, you will be asked some information about you, like your age and where you live. It is up to you whether you answer these questions.

You can take part by filling in the online form here [links] to all forms.

If you are under 8 years old, please ask your parent or guardian to help you.

Getting help

If you have any questions, you can contact the Inquiry on InquiryintoCOVID-19Lessons@dia.govt.nz.

Thinking and writing about some of the things that happened during the pandemic may be hard for you. If you need support, you can call **Youthline** on 0800 376 633 or free text 234.