ISihlomelo sesi-3: ISikhokelo soMgangatho seQela eliGxilileyo le-SWIFT: Abathathi-nxaxheba

Ingxelo:

Bulela abantu ebebesenziwa udliwano-ndlebe ngokwenza ixesha lokuzimasa ingxoxo yeqela ekugxilwe kulo.

Enkosi kwakhona ngokuthatha inxaxheba kweliqela eligxilileyo. Nonke ngenibe nencoko yomnxeba nelinye lamalungu eqela lethu lophando, apho baye bajongisisa lonke ulwazi lweli qela ekugxilwe kulo, kwaye uvumile ukuba yinxalenye yolu phononongo. Kwabanye benu, oku kusenokuba bekusemva kwexesha kwaye ke siza kugubungela ezinye zolu lwazi ngokufutshane njengesikhumbuzo.

Lengxoxo izakuthatha malunga neyure ukuya kwiyure enamashumi amahlanu. Akukho zimpendulo zilungileyo okanye zingalunganga. Sifuna ukufunda malunga namava akho kunye nento oyithandileyo okanye ongakhange uyithande malunga nenkqubo yobuzali kuWhatsApp, ukuze siyenze ukuba ibengcono kwabanye abazali kunye nabanonopheli. Lenkqubo ibizwa ngokuba yi-ParentText. Amanye amalungu eliqela eligxilileyo nawo angabazali kunye nabanonopheli kanje ngawe. We will need to record this discussion, with your permission, so that we can listen to your contributions at a later stage. Nangona kunjalo, zonke iimpendulo zakho ziya kuba yimfihlo ngokupheleleyo kwaye ziya kujongwa kuphela liqela lophando.

Asizukuzazisa iziqu zethu kwiqela. This is not something we have forgotten to do, it’s because we want your names and who you are to remain private because this session is being recorded. Kananjalo asizukusebenzisa nawaphi na amagama akho xa sibhala yonke into emva kwale ngxoxo. Uthembisile ukuba uya kubahlonipha abanye eqeleni kwaye awuzukuxoxa ngezinto ezithethwa ngabanye ngaphandle kweqela.

Siyazi ukuba ngexesha lenkqubo, ezinye izinto ezinobuzaza zisenokuba ziye zavela, ingakumbi kwimodyuli yesibini emalunga nokhuseleko lwabantwana kwaye mhlawumbi kwezinye zokuthunyelwa okhethe ukufikelela kuzo. Kuba le yingxoxo yeyeqela, asilindelanga ukuba wabelane nangaziphi na kwezi nkcukacha zibuthathaka. Khumbula nje, sifuna kuphela ukuba wabelane ngalento ukhululekileyo ngayo.

Nceda ukhumbule ukuba uyakwazi ukuyishiya le ngxoxo nangaliphi na ixesha ukuba uyafuna, okanye ungakhetha ukungaphenduli nayiphi na imibuzo ongafuniyo ukuyiphendula, nangasiphi na isizathu. Ukuba uthatha isgqibo sekumva sokuba ungathanda igalelo lakho lisuswe koluphononongo, ungaqhagamshelana neqela lophando nge-imeyile ikwifomu yakho yemvume kwaye kude kube [ngumhla oza kumiselwa]. Emva kweli nqanaba, ngesele siqalisile ukwabelana ngeziphumo zethu. Ngaphambi kokuba utyikitye ifomu yemvume, ingaba unayo nayiphi na imibuzo?

Kweli nqanaba nikezela ngeefomu zemvume. Xelela abathathi-nxaxheba ukuba bakhuphe iphepha lokugqibela kwaye balityikitye ukuba basavuma ukuba yinxalenye yophononongo. Basenokulisonga iphepha lokugqibela kwihafu kwaye balibuyisele kuwe njengoko ujikeleza (ungabavumeli ukuba bawadlulise phakathi kwabo). Nceda ubakhumbuze ukuba lonke ulwazi abalifunayo malunga nophononongo likumaphepha amabini abasenawo kwaye kufuneka bawagcine ngokukhuselekileyo njengoko enawo neenombolo zoqhagamshelwano kuwo.

Enkosi kwakhona ngothatha inxaxheba kule ngxoxo. Nceda undazise ukuba nayiphi na imibuzo yam iyakubhida.

A. Finding out about ParentText.

Ndingathanda ukuqala ngokukubuza ukuba ufumanise njani malunga nenkqubo ye-ParentText.

1. Ufumanise njani malunga okanye uve njani nge-ParentText? (Umz. ubone ipowusta, umntu omaziyo wabelana ngayo nawe, umongikazi wasekliniki ukuxelele ngayo)

* Kwabo bathe babona ipowusta: Ucinge ntoni nge powusta?
  + Buza: Ingaba ikutsalile? Ingaba ulufumene lonke ulwazi obulifuna kuyo? Ingaba uluthandile ulwakhiwo umz. imifanekiso, imibala?
* Kwabo abathe baxelelwa ngumongikazi malunga nayo: Ebenjani amava akho ngoku? What was it that made you want to sign up?
  + Probe: What did the nurse say or do that made you want to sign up?
  + Probe: What did the nurse say or do that made you not want to sign up?
* Ingaba abanye benu bayazi malunga nayo ngenye indlela? - ngaphandle kokuyazi nge klinikhi?

1. Ingaba ikhona enye into ongathanda ukwabelana ngayo malunga nendlela ofumanise ngayo okanye ove ngayo malunga nenkqubo ye-ParentText?

B. Imbonakalo yokuqala ye-ParentText:

Masikhe sithethe malunga neengcinga zakho zokuqala ngenkqubo ye-ParentText. Ndiyayazi ukuba ibizinyanga ezintathu ezidlulileyo okanye nangaphezulu kwabanye benu oko waqala ukunxibelelana nayo. Ke, ndifuna ukukubuyisela emva. Nje ukuba ujoyine i-ParentText ubuya kuqala ngemibuzo yophando, kwaye ubuya kufumana umbulelo wakho wokuqala we-R25 airtime. Ukugqiba nje kwakho oko ubuqalile ukunxibelelana ngako nezona zifundo kunye ne-chatbot….

1. Yayiyintoni umbono wakho wokuqala we-ParentText?

* Buza: Zintoni izinto ozithandileyo? Yintoni ekusebenzele kakuhle wena? Ibeluncedo njani kuwe?
* Buza: Yintoni ongayithandanga? Singayenza njani ibengcono?

2. Ubulindele ntoni ukuqala kwakho ukusebenzisa i-ParentText?

* Buza: Ikufezekisile obukulindele?
  + Buza: Ikufezekise njani obukulindele?
  + Buza: Yintoni engakhange ifikelele kobukulindele wena?

3. Xa uqala ukuqhagamshelana kwaye usebenzisa i-ParentText ubuya kudinga u-WhatsApp ukuze uqhagamshelane. Athini amava akho ngokuqhagamshelana nokusebenzisa i-ParentText?

* Buza: Beniqhagamshelana njani nonke? Umz. idata yefowuni, Wi-Fi, indibaniselwano.
* Buza: Zeziphi iingxaki oye wadibana nazo ngokuqhagamshelana?
  + Probe: Was it in (a) joining, (b) using the programme, (c) any other technical challenges?
  + Probe: How did you manage these challenges? How did it affect your user experience?
  + Probe: Did anyone help you when you experienced the challenge? Who?

C. ParentText content:

*I want to learn more about your experience using* ParentText*, the content, the activities and the notifications.*

1. What do you think about the look of ParentText? *For example, the colours used, the amount of information given in each message, the volume and quality of the audio messages, the volume and quality of the videos.*

* Probe: What did you like?
* Probe: How could it be improved?

1. What do you think about the ParentText content? (remind the participants of the modules: improving your relationship with your child/teen and keep your child/teen safe)

* Probe: For good or bad reasons - What module stood out to you and why?
* Probe: Was the information useful? Was it relevant to you and your family or community?
* *Probe: How could we improve the content?* (*e.g. do we use words and phrases that are simple, clear and easy to understand?)*

3. What did you think about the notifications?

* Probe: Did you find them helpful for reminding you about the programme?
* Probe: What do you think about the number of notifications? (too many? more?)
* *Probe: What about the timing of them? (did you receive at a bad time e.g. while you were working or busy?*) When is better?

4. What did you think about the length of the programme, 10 days?

* Probe: Was 10 days enough? Did you want the programme to be longer or shorter?

5. Was there any parenting information that you expected to get from ParentText but didn’t?

* Probe: If yes, what would you have liked to get more information on?
* Probe: Is there anything we could have added that you are now thinking would be helpful?

1. Were you able to complete the program and if you weren’t, what prevented you from being able to complete it?

* *Probe:* If you completed ParentText, what encouraged you to keep using the programme? *Was there any specific information/content, reminder or another feature that helped/encouraged you to keep using the programme?*
* *Probe:* If you didn’t manage to complete ParentText, could you please try to explain what made it difficult to complete the programme?
* Probe: Was there any specific information/content, reminder or another feature of the programme that discouraged you from using ParentText?
* Probe: Was it something to do with your personal or family life?
* *Probe: Did you have a technical challenge or struggle connecting to the programme?*

6. Are there any parts of ParentText that you think you will continue to use?

* *Probe: Which ones? (e.g. the content, the referrals) Why or why not?*
* *Probe:* If you think about other people in your family or community, do you think they would use ParentText? Why or why not?

1. Did you tell anyone about ParentText? Who was it (not their name but their relationship to you)? Do you know if they used it? What did they say?

D. Effect of ParentText on caregivers, children, and family:

Let’s talk about if and how using ParentText has affected you, the children you care for, and the rest of your family.

1. Let’s start with the changes you have noticed in your life since you started using ParentText?

* If ‘yes’, can you tell me a bit more about what changes you have noticed?
  + - * Probe: For example, what about your daily stress levels?
* For those of you who haven’t, could you please tell me why you think there hasn’t been any change in your life?

2. Have you noticed any changes in your relationship with your child(ren) as a result of using ParentText?

* If ‘yes’, can you describe the change(s) you have noticed? When did you start to notice the changes? Could you provide an example?
* For those of you who haven’t seen any change, why do you think so?
* Have any of you had a co-parent working through this too? What changes have you seen in their relationship with your child?

3. Have you noticed any changes in your child(ren)’s behaviour as a result of you using ParentText?

* If ‘yes’, can you describe the change(s) you have noticed? When did you start to notice the changes? Could you provide an example?
* For those of you who haven’t seen any change, why do you think so?

4. Have you noticed any changes in the way you discipline your child(ren) as a result of using ParentText?

* If ‘yes’, can you describe the change(s) you have noticed? When did you start to notice the changes? Could you provide an example?
* For those of you who haven’t seen any change, why do you think so?

5. Have you noticed any changes in behaviours or conversations around your child’s safety? *Remember, the child safety module focused on things like online and community safety, safe touch, preventing sexual violence, responding to crises etc. Again, you don’t need to share any personal details here, whatever you are comfortable with.*

* If ‘yes’, can you describe the change(s) you have noticed? When did you start to notice the changes? Could you provide an example?
* For those of you who haven’t seen any change, why do you think so?

5. Have you noticed any other changes for you, your child(ren) or your family as a result of ParentText?

* If yes, can you describe the change(s) you have noticed, when you started to notice the changes and provide an example?
* For those of you who haven’t seen any change, why do you think so?

6. From your point of view, what was the biggest change that resulted from using ParentText? Why do you think so?

7. Are there other adults in your home who help you look after your children? How did they respond to the changes, if there were changes?

E. ParentText Referrals

*ParentText provides contact information for other services in the community, for example, substance abuse, mental health, domestic violence. I’d like to hear more about your experience with these referrals.* You don’t have to disclose the specific challenge you were facing; this is more about the referrals as a source of information.

1. How was your experience of getting or accessing referral information in the ParentText programme?

* Probe: Did you know how to access it? Was it easy to navigate?
  + If no, how could we make it easier for you?

1. How was your experience of following up with these referrals with the relevant service providers?

* Probe: Were they able to help you? Why/why not?

1. What could have made the referrals more helpful?
2. Did you know that you could access the help menu even today? Have you used it to refer back?

F. Potential for digital interventions

I would now like to explore your thoughts around the potential for digital/online/virtual interventions.

1. Based on your experience with the ParentText programme – do you think a purely digital intervention like this can help people in your community? Why/Why not?

2. Are there times when you think some in-person components are necessary? Where digital isn’t enough?

* *Probe: When do you think this would be?*

3. Do you have any other suggestions about what other types of digital support might be helpful to you and your community?

G. Final questions

Thank you for your contributions so far. We will be finishing the discussion soon, I just have a few more questions.

1. Do you have anything else that you want to share or recommend we do to improve ParentText and make it better for other caregivers like yourself?
2. Do you have any questions for me?

Debriefing

If there was anything that made you feel unsettled while doing this interview, remember you can still type “help” on your phone and use the SADAG or other helplines. If you urgently need to speak to someone from the study, you can speak to me now when we finish or send an email or WhatsApp to the contact details on your consent form.

As we said in the beginning, we didn’t want you to share anything that you weren’t comfortable with. There might be some valuable information that you think is important for us to know about your experiences with either the referrals or the sexual violence content. If so, please WhatsApp us.

***We’ve come to the end of our discussion***. ***Thanks again for taking the time to come speak with us today. Your responses have been very helpful!***