



## The State of Religion & Young People 2023 Interview Guide

### METHODOLOGY

For the qualitative data in this report, Springtide conducted 35 in-depth interviews via telephone or video call with young people across the country who have had an experience that “evoked a sense of wonder, gratitude, deep truth, or interconnectedness” in their lives. We recruited respondents via Springtide’s official social media accounts, through personal networks, and through a targeted ad campaign on Facebook and Instagram. The interviews took place between October and November 2022 and lasted about 60 minutes each. Conversations were guided but open-ended, allowing for the emergence of unexpected themes while maintaining as much consistency across interviews as possible. A team of Springtide researchers conducted, coded, and analyzed the interviews. The table below presents some of the demographic data we collected from participants.

Pseudonym	Age	Race/Ethnicity	Gender
Alex	16	Hispanic or Latino	Boy/Man
Alice	24	White	Girl/Woman
Caroline	21	Prefer Not to Say	Girl/Woman
Emily	19	White	Girl/Woman
Rhett	22	White	Boy/Man
Elaine	23	White	Girl/Woman
Braelin	25	Black or African American	Girl/Woman
Morrigan	15	White	Girl/Woman
Mandy	20	Two or More Races	Prefer Not to Say
Jeff	16	White	Transgender Boy/Man
Julie	19	White	Girl/Woman

Mick	22	Asian	Boy/Man
Amanda	24	White	Girl/Woman
Vijay	17	Asian	Boy/Man
Riley	24	White	Nonbinary
Mia	23	Two or More Races	Girl/Woman
Clara	17	White	Girl/Woman
Aylin	22	White	Girl/Woman
Gianna	22	White	Girl/Woman
Erica	21	White	Gender Fluid
Melanie	18	Hispanic or Latino	Girl/Woman
Kaylee	21	White	Girl/Woman
David	25	Two or More Races	Boy/Man
Kairos	19	White	Boy/Man
Noah	19	White	Boy/Man
Willow	17	White	Girl/Woman
Emma	21	White	Girl/Woman
John	24	White	Boy/Man
Kai	15	Two or More Races	Girl/Woman
Anna	20	Asian	Girl/Woman
Memphis	15	Two or More Races	Gender Fluid
Quinn	16	Two or More Races	Boy/Man
Miranda	18	Asian	Girl/Woman
Naima	24	Black or African American	Girl/Woman
Sarah	18	White	Girl/Woman

## INTERVIEW GUIDE

1. How would you define the term 'sacred'?
  - a. What kinds of things are sacred? (e.g., people, places, practices, things)
  - b. Why do you think you consider these things sacred while others do not?
  - c. What, if anything, has shaped your view of what's sacred in your life?
2. Have you ever experienced a sacred moment? Walk me through that moment in detail.
  - a. What did you gain from that experience? How did that experience change you, if at all?
3. At that time, did you think of this moment as a sacred moment?
  - a. If yes, where did that term – sacred – come from? For example, did it come from a person, experience, upbringing, etc.?
  - b. If no, how did you describe it instead? How did you come to see it as a sacred moment?
4. Some people think moments like those are positive and enjoyable while others find them unsettling or unpleasant. How about you?
5. Would you like to experience more moments like that? Why or why not?
  - a. How do you think your life would be impacted if you had those kinds of moments more regularly? What about if you never had moments like those?
6. Do you think you could create a sacred moment if you wanted to?
7. Have you ever, or do you think you could ever, experienced a moment like that online? Why or why not?
8. Is there anything else you think that I should know about sacred moments or helping other young people experience the sacred?