

## **My Tech Family – digital sharing in families with older children**

Parents already know that as children enter their teenage years, it can be harder to interest them in sharing experiences as a family. Older children naturally become more concerned with building new friendships, so their focus may shift away from family time. If you find yourself at a loss for how to engage with your teenager's digital life, have a look at our top tips for sharing – and celebrating – tech in a family with older children.

### **1) Challenge them to use tech in new ways**

Older children may think they know it all when it comes to tech, but there's always something new to try. If your child is the king or queen of selfies, ask them if they've ever considered turning the camera around and getting into digital photography. If they're up late typing away, get them to think about starting a blog to keep track of some of their best writing. Your child might discover a new skill and you might learn a bit more about their online interests.

### **2) Get their help**

Have your child help you find some age-appropriate apps and websites for their younger siblings or relatives to use. Ask them whether they think their brother, sister or cousin should be allowed to do things like share pictures, have a social media account and comment on YouTube videos. You might be surprised how useful their perspective can be, and the conversation could get them thinking about what is and isn't safe online.

### **3) Reminisce**

Today, popular tech changes at an incredibly rapid pace. Last year's coolest smartphone or messaging app might seem out of date today, if it exists at all. Even teenagers will remember some major changes to the digital landscape. Ask them to think back a few years – was their favourite app the same as it is now? Have them show you something they can do with their phone or tablet today that wasn't possible a year ago.

You can take the digital learning style quiz that's part of the My Tech Family project here:

<http://www.digitalstylequiz.co.uk/>