

Other Adults – Who Can You Talk To?

Why?

You don't have to do this alone. In fact, you shouldn't.

Surround yourself with a network of resourceful people. Set the example for your older teens. Discussing technology and seeking guidance is normal.

When you are prepared and normalise speaking with other adults about everything to do with technology, you create a feeling of support rather than isolation.

It can put issues in perspective. You can find out things that may be happening online that you weren't aware of. We learn from each other.

All this requires is honesty and a little bit of humility, and you will find there is so much support at your fingertips.

Who?

- Partner – e.g., wife, husband, life partner
- Ex-partner – Other parent of child if separated. If the relationship is good, it is important for the adults to work together for solidarity and consistency. If the relationship is NOT good between the adults, you can still create a safe environment in your home. (See 'Dual household' factsheet in the toolbox)
- Friends
- Trusted work colleagues
- Teachers
- School management
- Pastoral care representative
- IT manager at school
- Other parents – maybe from school, sport, or church
- Relatives – Even grandparents can be helpful! Older nephews and nieces can also have some great input. 😊
- Older children
- Coach, tutor, dance instructor



Get creative, and ask questions.