Ages: 12-14

Your teenager teaches you



2 hours · indoors · all year round

Prep: Ask seriously, not as a joke: **"Teach me something you can do that I cannot."** Video editing, music, a game, software, a skateboard trick, styling hair, a rare language, strategy for a game or sport.

There is one hard condition for the parent: you are a real learner. Not "pretending so they feel good". A real learner has a notebook, asks questions, makes awkward first attempts and does not use irony.

Give your teenager a day to prepare. Let them decide exactly what they can teach in two hours: not "video editing in general", but "make a one-minute video".

Process (~2 hours):

They announce the plan (10 min). What you will do, in what order, and what should be finished by the end. Listen and take notes.

They demonstrate (20 min). Once from beginning to end, from the first step to the result. Do not interrupt halfway through.

You try it (60 min). This is where the real activity begins.

- Ask silly questions. They are genuine: you really do not know.
- Make mistakes and ask them to show you again.
- Do not say, "Well, in my day..." Not once.
- Do not turn the conversation towards schoolwork. The temptation will be there: "If you can do this, you can do maths too." That is the quickest way to make them never agree again.

You do it yourself (20 min). They watch and advise, but your hands do the work. There needs to be a result, even if it is rough.

They assess it (10 min). Let them say honestly what worked and what did not. Accept the assessment in silence. This is the most unfamiliar part of the activity for both of you.

Playing together: It is better not to invite younger children. When a teenager is teaching in front of a younger sibling, they start performing rather than teaching, and the whole point is lost.

Let's talk:

- "What was hardest for you to explain to me?"
- "When was I most difficult to teach?"
- "What else would be worth teaching me?"

Make it your own: Take it through to the end - make something finished together: an edited video, a track, a completed level. Swap roles and teach them one of your skills only afterwards, and only if they suggest it themselves. You can make it regular: one lesson a month.

Safety: If the activity involves physical movement (skateboarding, snowboarding or a pull-up bar), protective gear is essential. The adult remains responsible for safety even while they are the learner. Everything else follows the usual precautions for the activity.

Why try this:

Your teenager plans an explanation, notices where the learner struggles and adapts how they teach. You get to know their interests from the inside and show that you are genuinely willing to learn from them.