

Guess my digital life: how well do you really know me online?

What you need: Just people **Materials:** List of questions

How to play

1 Take the hot seat

One person is in the 'hot seat'. Someone reads a question out loud and fills in the blank with their name.

Example: "The first thing Mum does online in the morning is ____."

2 Call out guesses

Everyone else calls out their answer one by one. No wrong guesses, no judgement. Someone says "She checks the weather", someone else says "She looks at videos." All are fine.

3 Reveal and score

The person in the hot seat has their own answer ready but says it last. Then they decide: did any of the guesses about them feel right? If so, each guess gets 1 point. Not quite? 0 points. Whoever is in the hot seat decides.

Mum says "Actually I check the weather first." She thinks "checks the news" was close enough (+1 point). "Looks at messages" (0 points).

Or: "I thought I checked the weather first but actually you're right, I have looked at videos before that." (+1 point to video's answer). The hot seat gets to be honest, even about themselves.

4 Keep taking turns

Move to the next question. Do as many as you like (3 questions on a car ride or 10 at the dinner table). You can repeat the same set of questions for everyone in turns, or pose a different set to each.

THE REAL WIN

When everyone has had a turn, the person with the most points wins, but the real win is when someone says "I had no idea that's what you used it for" or "Wow, I didn't realise that about myself until you said it." The main purpose is not to win, but to use a playful setup to build trust and talk about digital habits in a safer, non-judgmental space.

Let's start: everyone takes a turn being guessed!

One person sits in the hot seat. Everyone else answers about them. Then the person reveals. Take turns in order or choose randomly.

1 _____'s favourite device is probably _____.

2 The first thing _____ does online in the morning is _____.

3 When _____ wants to relax, he/she/they usually _____ online.

4 App or platform _____ spends the most time without really meaning to is _____.

5 _____ gets annoyed when _____ happens on his/her/their phone.

6 If the whole internet could hear _____ right now: his/her/their message would be _____.

7 In a day, _____ probably spends _____ hours online.

8 _____ watches or reads something online that would surprise us: it is probably _____.

9 The app _____ would find hardest to delete is _____: because _____.

10 _____ thinks he/she/they use _____ (app/platform) just a little but everyone in this house knows it is actually a lot.

11 _____ finds it hardest to put his/her/their device down when _____.

12 One thing _____ is actually really good at online is _____.

13 The one tech trick or shortcut _____ knows that would really make someone's life easier is probably _____.

14 If _____ was stuck on a desert island with one hour of wifi a day, he/she/they would use it for _____.

15 If _____'s devices gave them a year-end wrap-up, the most searched word would probably be _____.

16 If _____'s phone died for a whole weekend, he/she/they would _____ instead.

17 The one app _____ would never delete should be _____. Because without it, he/she/they would lose _____.

18 If _____ invented an app, it would _____.

19 If _____'s phone could talk, it would say _____ about him/her/them.

20 If _____ had to go offline for a month and could send one last message, it would go to _____ and say _____.

21 If _____ was famous online, he/she/they would be famous for _____.

22 When _____ is really into what he/she/they are doing online, you can tell just by looking at him/her/them because _____.

23 When _____ has 10 free minutes and nothing planned, he/she/they probably open _____.

24 Something about _____'s online life that this family still doesn't fully understand is _____.

25 (Write your own question): _____

■ A few tips

Let wrong guesses be funny

The best moments are when someone is completely sure they know and gets it totally wrong. That's the point.

Adults go first

It sets the tone and shows kids it's safe to be honest. If a parent admits wasting time on something, everyone relaxes.

Don't correct

If an answer surprises you, get curious, not judgmental. *"Really? I didn't know that"* keeps the game going; *"That's too much"* ends it.

No scores, only winners

The game is already won when somebody discovers something new about the others or about themselves.

■ Building a needs-based family approach

The activity above is a starting point, not a finish line. Digital wellbeing is a conversation you keep having as your children grow, as platforms change, and as needs evolve.

A needs-based approach means that when digital habits cause conflict or concern, the first question is not *"How do we restrict this?"* but *"What does this person need and is there a better way to meet it?"*

A few things to sum up:

- **Stay curious, not supervisory:** *"What have you been into online lately?"* goes much further than *"How much time are you spending?"*
- **Make it a two-way conversation:** Ask your child what feels fair, what they need, and what they think would work. Their answers might surprise you.
- **Revisit the activity:** Needs change, especially for children. Revisit the questions every few months to keep open conversation flowing.
- **Address the need before the behaviour:** *"Do you need some time to decompress?"* opens up conversation; *"You're always on your phone"* closes it.

The families that navigate digital life well are not the ones with the strictest rules or the most screen-free hours. They are the ones who keep talking honestly, curiously, and kindly about something that is part of all of their lives. We cannot keep up with every update or new risk, but keeping the conversation going is the one thing that will hold long after technology changes again.