

On Sale: September 12, 2023



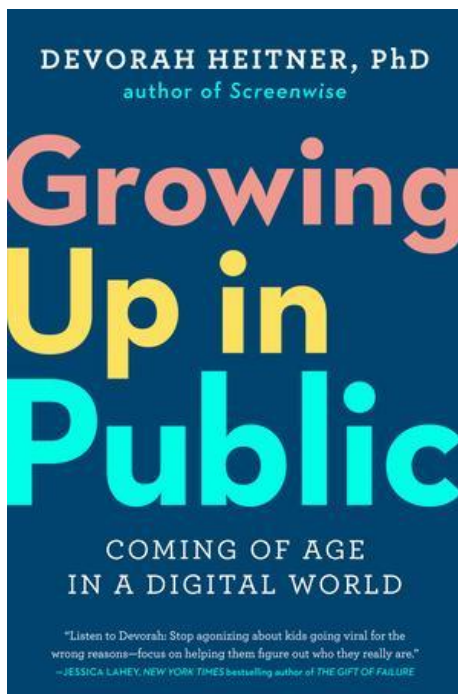
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## Growing up in Public

*Coming of Age in a Digital World*  
by Devorah Heitner, Ph.D.

“With empathy and insight, **Devorah Heitner** sheds light on how parents’ scrutiny and monitoring of teenagers can intensify the stress of growing up with social media. We need to listen to kids to understand the ways they are re-writing the rules about what we share about ourselves. This is essential reading for anyone who cares about kids and teens.”

—Lori Gottlieb, *New York Times* bestselling author of *Maybe You Should Talk to Someone*



**The definitive book on helping kids navigate growing up in a world where nearly every moment of their lives can be shared and compared.**

Today’s kids are born and raised on the internet. From completing schoolwork online to sharing about their lives on social media, they are always plugged in. As a result, the boundaries of privacy for children are stretched thin. **GROWING UP IN PUBLIC: Coming of Age in a Digital World** (9/12/23; TarcherPerigee) shows parents how to help tweens and teens navigate identity, **boundaries**, privacy, and reputation in their digital world, and **Devorah Heitner, Ph.D.** is the ultimate expert on the intersection of all things tech and family. Her work has been featured in *The New York Times*, *Wall Street Journal*, *Real Simple*, *The Washington Post*, *Time*, NPR, and more.

**Heitner’s fresh and innovative approach is based on the idea of mentoring over monitoring.** Drawing on her extensive research and interviews with kids, parents, educators, clinicians, and scholars, she helps parents overcome the instinct to control and monitor their kids’ online activity, and instead, support tweens and teens as they build their sense of self. Heitner neutralizes the sense of panic around children’s screentime and emphasizes the positives while helping parents adapt to it all.

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In this book, **Heitner** addresses a variety of topics, such as:

- What does it really FEEL like to grow up so shared and compared?
- How teens are changing the culture and stigma-busting by sharing about neurodiversity, gender identity and more
- What adults get wrong about sexting, and how we can talk to kids about it
- What college admissions teams really think about prospective students' social media presence
- How to talk to kids about social sharing, self-esteem, and their sense of identity if they are preoccupied by their social media metrics
- How to help kids understand the difference between friends and followers
- How parents' oversharing about their children on social media may cause more problems than simply embarrassment years later
- Five steps for parents helping their children recover from going viral for the wrong reason
- How kids really feel about us geo-tracking them on Life 360 and checking their grades constantly
- How to prepare teens for digital independence in college and beyond

As a parent to a teenager, Heitner understands feeling overwhelmed by the thought of kids public and permanent presence on the internet and all the things that could go awry (cue cancel culture anxiety). However, as she says in the book, "**GROWING UP IN PUBLIC** makes the case that parents should shift their focus from the threat of consequences to building character and teaching [kids] to respect their own privacy and reputation by modeling that respect for them."

**GROWING UP IN PUBLIC** empowers parents to cut through the overwhelm to connect with their kids, recognize how to support them, and help them figure out who they are when everyone is watching.

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**DEVORAH HEITNER, Ph.D.**, is the authority parents turn to for empowering advice on raising resilient and kind kids in our always-connected world. Her previous book, *Screenwise: Helping Kids Thrive (and Survive) in Their Digital World*, was an Amazon bestseller and widely praised. She has spoken at top companies and excellent schools all over the world and her writing on kids and technology has appeared in *The New York Times*, *The Washington Post*, CNN Opinion, and *Fast Company*, among others. Dr. Heitner earned a Ph.D. in Media/Technology and Society from Northwestern University and has taught at DePaul University and Northwestern.

**Instagram:** [@devorahheitnerphd](https://www.instagram.com/devorahheitnerphd) | **Twitter:** [@DevorahHeitner](https://twitter.com/DevorahHeitner) | **Website:** [devorahheitner.com](http://devorahheitner.com)

### More praise for **GROWING UP IN PUBLIC**

“Parents would do well to heed Devorah’s advice to stop agonizing about their kids going viral for the wrong reasons and focus instead on helping them figure out who they really are.”

—**Jessica Lahey, *New York Times* bestselling author of *The Gift of Failure***

“A must-read for every parent, *Growing Up in Public* brilliantly guides us in how to use conversations with our kids about the digital world as opportunities to develop their character and deepen our relationship with them. Emphasizing the importance of our children feeling seen instead of watched, mentored instead of monitored, this book is all at once a roadmap for preventing digital problems, a resource for what to do when things go wrong, and a crash course in how to empower our kids to become responsible, independent, and thoughtful digital citizens.

—**Tina Payne Bryson, LCSW, PhD, *New York Times* bestselling coauthor of *The Whole-Brain Child***

“Every parent needs this book! *Growing Up in Public* is the smart, frank, and compassionate advice we need so we can protect our kids from the land mines they face in a digital world. Heitner levels up our understanding, delivers us from fear, and empowers us to confidently mentor our kids.”

—**Julie Lythcott-Haims, *New York Times* bestselling author of *How to Raise an Adult***

“Devorah Heitner really gets why young people deserve privacy, respect, and autonomy. She translates teens’ social and technology landscape for parents so they can help their children thrive. Her focus on

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character instead of the threat of consequences is a rare antidote to the fear-based parenting that so many others have espoused.”

—**Rosalind Wiseman, *New York Times* bestselling author of *Queen Bees and Wannabes***

“*Growing Up Public* is a book for our times, helping you balance your impulse to protect your children with their fundamental needs to create their identities, develop independence, and learn to successfully manage the powerful technologies that are interwoven in their lives. Dr. Heitner shares how to do so in ways that bolster your most potent parenting tool: your relationship with your child.”

—**Ned Johnson, coauthor of *The Self-Driven Child***

“Heitner’s approach to raising kids in our hyper-connected world is empowering and reassuring. With each page, I felt more confident, less worried, and more aware of what our kids are grappling with. Best of all, now we have the tools to meaningfully connect and support our kids.”

—**Michelle Icard, author of *Fourteen Talks by Age Fourteen***