"Read this book, keep it by your nightstand, or even pass it on to other parents.
But most important, apply what you are about to learn."
—*Dr. Michele Borba, internationally recognized educator, speaker, and bestselling author*

RAISING HUMANS IN A DIGITAL WORLD

International Digital Literacy Advocate, Educator and Cyberwise creator Diana Graber explains how parents, teachers, and communities can help children build a healthy relationship with technology

Snapchat, Instagram, Fortnite, cyberbullying, sexting, and technology addiction are some of the digital concerns that keep today's parents up at night. That's why they need the help and hope that digital literacy advocate Diana Graber offers in her new book, **RAISING HUMANS IN A DIGITAL WORLD: Helping Kids Build a Healthy Relationship with Technology** (HarperCollins Leadership; January 15, 2019; $17.99 Paperback; ISBN 978-0-8144-3979-1).

Graber deftly navigates and demystifies the complicated digital landscape facing today's kids, defining buzzwords, answering crucial questions and providing parents and educators with activities they can use to teach children to *harness* technology rather than be harmed by it.

An innovator in the field of digital literacy and trained in media psychology, Graber fully understands the overwhelming influence technology has on today's young people and the challenges this presents. Everything a young person does online—every post, comment, photo—contributes to a digital profile that can open or close doors to their future. Further adding to this are unnerving statistics, such as:

- 50 percent of teens feel "addicted" to their phones. —*Common Sense Media, 2016*
- 59 percent of U.S teens have been bullied or harassed online. —*Pew Research Center, 2018*
- 39 percent of teens have sent or posted sexually suggestive messages (sexting). —*GuardChild 2017*
- 80 percent of students can't differentiate between real and "fake" news. —*Stanford University, 2016*
- Technology is making children dangerously unhealthy. —*World Health Organization, 2017*

Drawing on top-flight research; anecdotal stories; countless discussions with parents, educators, and students; interviews with experts in psychology, technology, and education; and Graber's years of in-classroom experience teaching her popular Cyber Civics curriculum, **RAISING HUMANS IN A DIGITAL WORLD** explains:

- How to help young children build a strong foundation of social-emotional skills that will protect them online.
- The four pillars of online life—screen time, reputation management, relationships, and privacy—and what children must know about each one.
- How to empower teens to be digital leaders rather than passive consumers of technology.
- What parents and children can do together at home to build important digital life skills.

"So far, this century has been packed with digital innovations that have radically altered childhood," Graber writes. "Those of us tasked with raising kids during this period have been caught largely unprepared. New devices and what we can do with them—text, Skype, post, tweet, pin, chat, and so forth—have often distracted us from the job of parenting." Graber's practical advice and insights will help remove parental fear and uncertainty toward technology, reassuring adults that children can be well equipped to connect and engage, both online and offline.

Packed with discussion topics and enjoyable activities that any busy family can integrate into their daily routine, **RAISING HUMANS IN A DIGITAL WORLD** empowers both parents and kids to use digital technologies to learn, be inspired, and share their unique talents with the world. According to Graber, digital leaders with these capacities will be the role models of tomorrow.

www.raisinghumansinadigitalworld.com

About the Author:
Diana Graber, a digital literacy educator and advocate, was honored with the National Association for Media Literacy Education's 2017 Media Literacy Teacher Award. She is the cofounder of Cyberwise, a leading online safety and digital literacy organization, and the founder and creator of Cyber Civics, the popular and innovative middle school digital citizenship and literacy program currently being taught in more than 40 US states, the UK, Canada, New Zealand and Africa. Graber lives with her family in Southern California.

About Diana Graber
author of
RAISING HUMANS IN A DIGITAL WORLD
Helping Kids Build a Healthy Relationship with Technology
HarperCollins Leadership; January 15, 2019

Digital Literacy educator and advocate **Diana Graber** is the cofounder of Cyberwise, a leading online safety and digital literacy organization. She is also the founder of Cyber Civics, the popular and innovative middle school digital citizenship and literacy program currently being taught in over 40 US states, as well as the UK, Canada, New Zealand, and Africa. Cyber Civics, the first-of-its-kind, comprehensive middle school program, has been recognized as an "Innovation in Education" finalist by Project Tomorrow. Both Cyberwise and Cyber Civics were launched after Graber earned one of the first-ever master's degrees in a new field of study called "Media Psychology and Social Change."

Graber earned a BA in Communications Studies at UCLA and her MA from Fielding Graduate University. She has taught "Media Psychology for the 21st Century" for the Media Psychology MA program at the Massachusetts School of Professional Psychology (MSPP). She currently teaches Cyber Civics to middle school students at Journey School in Aliso Viejo, CA, and travels widely, speaking to parent groups and training teachers to teach Cyber Civics in their own schools. The National Association for Media Literacy Education honored her with the 2017 Media Literacy Teacher Award.

As a media producer who has been involved in numerous award-winning projects, Graber is part of Graber Productions, a video and film production company launched by her husband, an eight-time Emmy recipient. She resides with her family in Capistrano Beach, CA, and can often be found on her mountain bike.

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Book Website - https://www.raisinghumansinadigitalworld.com
Facebook: CyberWise - facebook.com/BeCyberwise/
Twitter: @dianagraber + @becyberwise
#Raising Humans #RaisingHumansinaDigitalWorld #BeCyberWise

1. Today a digital journey begins the moment a newborn enters the world, and someone snaps a picture to share on social media. Why is it important for parents to help their young children build a strong foundation of social-emotional skills, starting from the time they are infants?

2. Terms like "digital literacy," "cyberbullying," and "digital citizenship" weren't in our vocabularies 15 years ago. Can you explain these terms and what they mean for raising kids today?

3. Why is it so essential to help adolescents engage with digital media as participants and producers rather than as passive consumers, and what does that even mean?

4. You talk about the four pillars of digital life. What are they, and how do they relate to raising digitally literate children?

5. What does it mean to be a digital leader instead of simply a digital citizen?

6. The newest iPhone update shows users their cumulative screen time. Do you think phone companies and producers are just now catching up to the dilemma of phone addiction?

7. Your biggest piece of advice to parents and kids is to put down the phones and devices. Can you explain the importance of interacting in real life, while still being digital leaders?

8. What made you decide to pursue media psychology when it was a new field of study?

9. Online safety is a major concern for parents. What would you say to reassure moms and dads about the ways that technology can radically improve their family's life?

10. What do communities, and especially wary parents, need to know about the importance of teaching children to use technology safely and wisely?

11. Many parents today are figuring out how to use technology alongside their children; meanwhile, they're also having to monitor their child's use of it. What encouragement do you have for parents as they juggle these challenges?

12. What good do you see coming out of this digital world we live in?

13. In the book you mention a Kaplan Test Prep study that observed "35% of college admissions officers say they check social media during the admissions process, and most report that the review benefited the applicant." Do you see that percentage increasing in the coming years? What advice do you have for college-age students and their parents, concerning their digital profile?