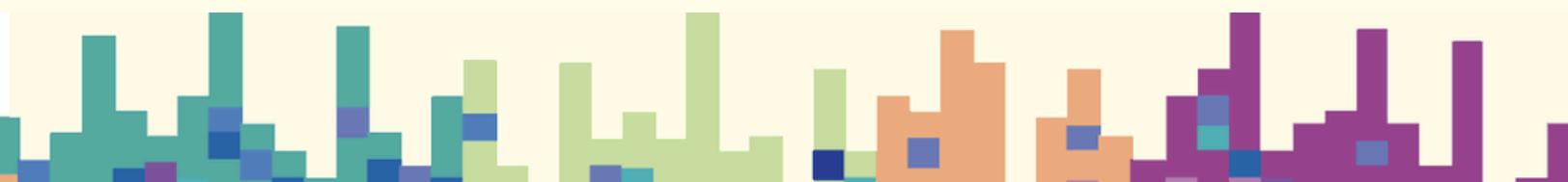


The compassionate guide you need to  
**UNDERSTAND ADOLESCENT DEVELOPMENT**...  
and help your teen thrive in the world



# PARENT BOOK READ STARTER GUIDE



# PARENTING TEENS IN THE DIGITAL AGE (IT'S BETTER TOGETHER)

*I wrote "It's Their World" to remind us that:*

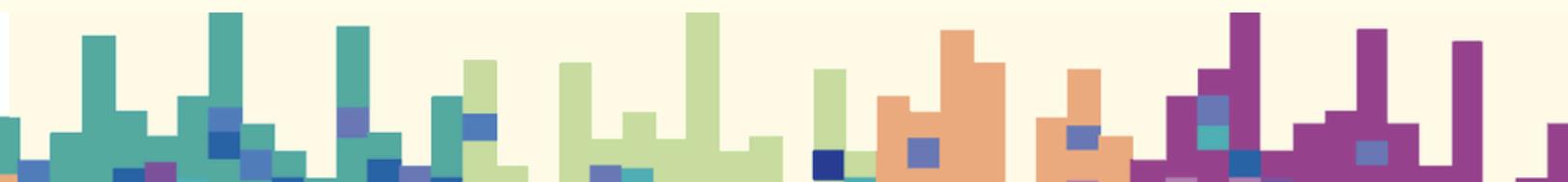
- 1. Adolescence isn't just transformational for teens - it can be for parents too.*
- 2. When we understand what's going on inside our kids, it can shift our beliefs, reduce power struggles, strengthen our connection, and lower risk online and offline.*
- 3. When it comes to parenting, there are so many ways to get this right.*

*Too often, the dominant messages about screen time only ignite more anxiety without offering meaningful support or realistic next steps.*

*Another way is possible. We can create a community conversation about teens and screens that is grounded in science, strengths, skill building, and developmental possibilities.*

*That's why we included a discussion guide at the back of this book to use with your friends, a PTO book club, your place of worship, or your neighborhood. Because supporting teens in the digital age isn't about signing a pledge or following a rigid set of rules. It happens through relationships - both with our kids and with each other.*

*Let's go!*



# STEP 1. WHAT'S THE POINT?

## (Clarify your purpose)

### Ask: What do we hope to achieve?

- Build a shared language around adolescent development or digital wellbeing
- Strengthen family-school partnerships
- Offer support and connection for caregivers
- Encourage reflection and dialogue, not just "tips and tricks"

**Warm suggestion: Frame the book read as an invitation, not a mandate and emphasize that there are many ways to get "screen time" decisions right.**

# STEP 2. PLAN THE FORMAT

## (What are we inviting people into?)

### Consider

- How often? (e.g. 4 sessions, one per section of the book)
- When and where? (online, at school, evening, lunch hour)
- Who will facilitate? (parent leader, school counselor, parent liaison)

**Warm suggestion: Offer flexible formats like an in-person meet-up and an asynchronous online discussion board.**

# STEP 3. INVITE PARTICIPATION

## (Then invite them again. And again.)

### Consider

- Parents are busy. Plan ahead so that you can get lots of "touches" through school newsletters, PTO announcements, robocalls, or flyers at school events.
- Make sure invitations are accessible in family's home languages and that you have a plan for interpretation if needed.



# STEP 4. READ, CONNECT, GROW

## (The fun part)

### Consider

- Using the Reading Guide on page 254 of “It’s Their World”
- Starting with open-ended questions
- Emphasizing reflection over “right answers”
- Normalizing the different paths to healthy development and that there is no single, rigid, or “right” way to parent

**Warm suggestion: Frame the book read as an invitation, not a mandate and emphasize that there are many ways to get “screen time” decisions right.**

# STEP 5. FOCUS ON CONNECTION

## (Don’t worry about perfection)

**A good parent book read is not about more pressure or parenting guilt. It’s about:**

- Strengthening our shared understanding of the challenges of growing up and parenting in the digital age
- Growing our toolkit for supporting healthy development
- Building supportive relationships with other parents

**Warm suggestion: Include opportunities for informal connection including snacks, social time, or a shared resource board**

# STEP 6. FOLLOW UP

## (Keep building connections and conversations)

**When the book read is finished, consider**

- Inviting feedback
- Sharing takeaways with Spark & Stitch
- Offering next steps - a workshop or Q&A with the author? More parent activities? A youth advisory council?

