

# How to Disappear by Sharon Huss Roat

Instruction Manual for Readers

## 1. INTRODUCTION

This manual provides guidance for readers engaging with Sharon Huss Roat's novel, *How to Disappear*. It aims to enhance the reading experience by outlining the book's core narrative, themes, and relevant background information. This book is a work of fiction intended for young adult audiences.

## 2. ABOUT THE BOOK

*How to Disappear* tells the story of Vicky Decker, a teenager grappling with social anxiety. After her best friend moves away, Vicky's isolation intensifies. She creates an anonymous Instagram account, "Vicurious," where she Photoshopped herself into other people's photos, fabricating a social life. As her online presence grows, Vicky realizes many others share her feelings of being #alone and #ignored in real life. The narrative follows Vicky's journey as she learns to transition from living vicariously online to engaging with the real world and helping others find connection.

## 3. AUTHOR INFORMATION

The author of *How to Disappear* is **Sharon Huss Roat**. She is known for her insightful young adult novels that often explore contemporary issues faced by teenagers. For more information about the author and her other works, please visit her official page: [Sharon Huss Roat Author Page](#).

## 4. KEY THEMES AND AUDIENCE

This novel addresses several important themes relevant to young adults:

- **Social Anxiety:** Exploration of the challenges and impact of social anxiety on a teenager's life.
- **Social Media's Influence:** Examination of how social media platforms can create both connection and isolation, and the distinction between online personas and real-life identity.
- **Self-Discovery and Authenticity:** Vicky's journey to embrace her true self and find genuine connections.
- **Friendship and Relationships:** The dynamics of friendships, both new and old, and the importance

of support systems.

- **Mental Health Awareness:** Subtle discussions around mental well-being and seeking help.

The book is primarily intended for **Teen & Young Adult** readers, specifically those aged 13 years and up, and is suitable for grade levels 8-9.

## 5. READING EXPERIENCE

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To fully appreciate *How to Disappear*, readers are encouraged to:

- Reflect on the characters' emotions and motivations, particularly Vicky's internal struggles.
- Consider the role of social media in their own lives and its impact on self-perception.
- Discuss the themes of the book with peers, educators, or family members to gain different perspectives.
- Pay attention to the author's narrative style and how it conveys Vicky's experiences.

## 6. SPECIFICATIONS

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| <b>Publisher</b>        | HarperCollins            |
| <b>Publication Date</b> | August 15, 2017          |
| <b>Language</b>         | English                  |
| <b>Print Length</b>     | 384 pages                |
| <b>ISBN-10</b>          | 0062291750               |
| <b>ISBN-13</b>          | 978-0062291752           |
| <b>Item Weight</b>      | 9.9 ounces               |
| <b>Reading Age</b>      | 13 years and up          |
| <b>Grade Level</b>      | 8 - 9                    |
| <b>Dimensions</b>       | 5.5 x 1.21 x 8.25 inches |

## 7. SUPPORT & FURTHER INFORMATION

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For additional information about *How to Disappear*, the author, or other related titles, please refer to the publisher's website, HarperCollins, or visit the book's page on major online retailers.

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