

## Welcome

### Shelf Help: Fiction Reading List

Reading a good book is one way of reminding ourselves that we are not alone.

It can be really helpful to read about a character going through the things you are – or it can make you appreciate what someone else is going through.

Our reading lists are themed. You can browse all of the themed sections in the contents section on page 2. The themes are arranged in alphabetical order. You might find the same book in more than one list.

To request a book to read, or to suggest your own books, please speak to your school librarian.

This project is supported by the Scottish Government School Library Improvement Fund. It is run jointly between all eight of East Dunbartonshire's secondary schools.

**No book should make you feel worse about yourself.** Many of the books on these lists are written about characters going through a difficult time in their lives. If you are going through something similar, be aware that you might find some of these books upsetting. Talk to someone if you find a book upsetting: and remember, help can always be found from your Guidance teacher or school counsellor.

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## Abuse

### Beautiful Broken Things by Sara Barnard

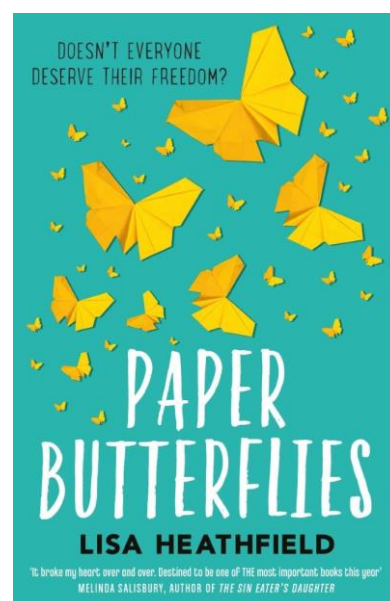


Best friends Caddy and Rosie are inseparable. Their differences have brought them closer, but as she turns sixteen Caddy begins to wish she could be a bit more like Rosie - confident, funny and interesting. Then Suzanne comes into their lives: beautiful, damaged, exciting and mysterious, and things get a whole lot more complicated. As Suzanne's past is revealed and her present begins to unravel, Caddy begins to see how much fun a little trouble can be. But the course of both friendship and recovery is rougher than either girl realizes, and Caddy is about to learn that downward spirals have a momentum of their own.

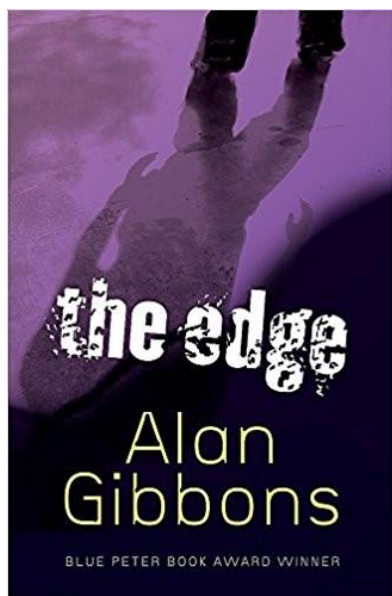
### Paper Butterflies by Lisa Heathfield

June's life at home with her stepmother and stepsister is a dark one - and a secret one. Not even her father knows about it. She's trapped like a butterfly in a jar. But then she meets Blister, a boy in the woods. And in him, June recognises the tiniest glimmer of hope that perhaps she can find a way to fly far, far away. But freedom comes at a price . . .

*Paper Butterflies* is an unforgettable read, perfect for fans of Lisa Williamson's *The Art of Being Normal*, Sarah Crossan's *Moonrise*, Jandy Nelson, Jennifer Niven and Louise O'Neill.



## The Edge by Alan Gibbons



*We've got to go. Now.*

It's early morning and Danny's mother is at his bedside, urging him to get up. They're on the run from Chris, his mother's boyfriend, a violent man who beats them both up, and won't let them go.

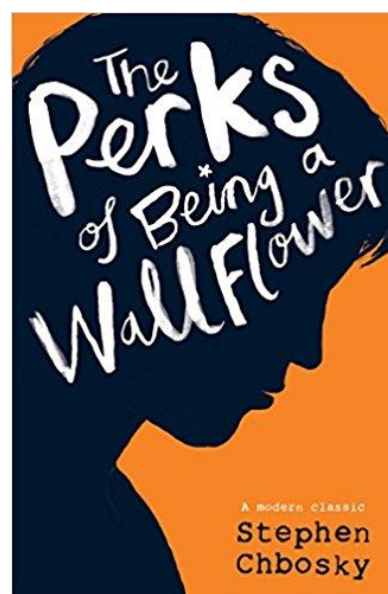
Chris pursues Danny and his mother from London to the north, where they take refuge with Danny's grandparents. But even there, nothing is safe. Danny is conspicuous as the only mixed-race boy in their small community, and with the ever-present threat of discovery, he has to learn how to live continually on the edge.

## The Perks of Being a Wallflower by Stephen Chbosky

Charlie is not the biggest geek in high school, but he's by no means popular.

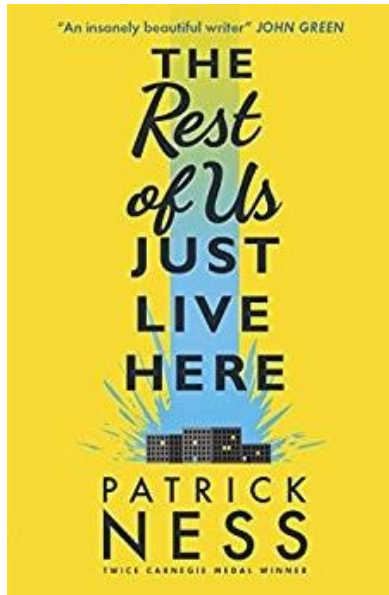
Shy, introspective, intelligent beyond his years, caught between trying to live his life and trying to run from it, Charlie is attempting to navigate through the uncharted territory of high school. The world of first dates and mixed tapes, family dramas and new friends. The world of sex, drugs, and music - when all one requires to feel infinite is that perfect song on that perfect drive. Standing on the fringes of life Charlie has a unique perspective of the world around him, but there comes a time to stop being a wallflower and see what it looks like from the dance floor.

This haunting novel about the dilemma of passivity vs. passion has become a modern classic. Charlie's letters are singular and unique, hilarious and devastating and through Charlie, Stephen Chbosky has created a deeply affecting story that will spirit you back to those wild and poignant roller coaster days known as growing up.



## Addiction

### The Rest of us Just Live Here by Patrick Ness

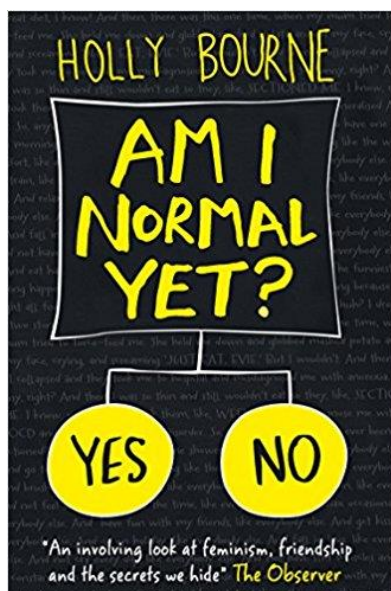


Award-winning writer Patrick Ness's bold and irreverent novel powerfully asks what if you weren't the Chosen One? The one who's supposed to fight the zombies, or the soul-eating ghosts, or whatever this new thing is, with the blue lights and the death? What if you were like Mikey? Who just wants to graduate and go to prom and maybe finally work up the courage to ask Henna out before someone goes and blows up the high school. Again. Because sometimes there are problems bigger than this week's end of the world and sometimes you just have to find the extraordinary in your ordinary life. Even if your best friend might just be the God of mountain lions...



## Anxiety (Mental Health)

Am I Normal Yet by Holly Bourne



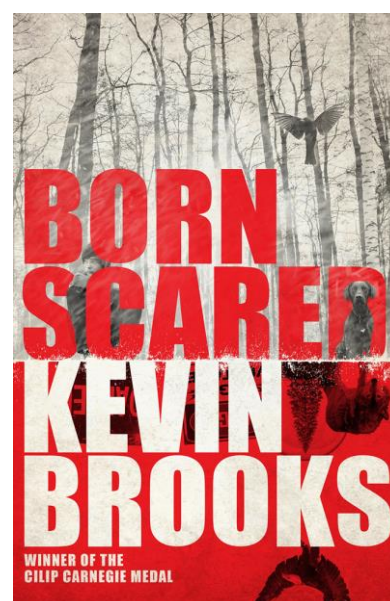
All Evie wants is to be normal. And now that she's almost off her meds and at a new college where no one knows her as the-girl-who-went-nuts, there's only one thing left to tick off her list... But relationships can mess with anyone's head - something Evie's new friends Amber and Lottie know only too well. The trouble is, if Evie won't tell them her secrets, how can they stop her making a huge mistake?

Born Scared by Kevin Brooks

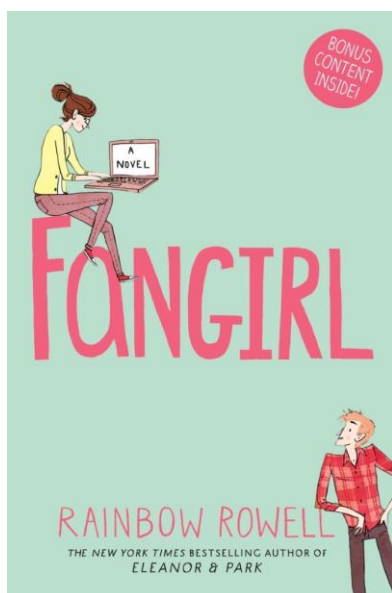
Elliot is terrified of almost everything.

From the moment he was born, his life has been governed by acute fear. The only thing that keeps his terrors in check are the pills that he takes every day, and his mother, the one person he loves and trusts.

It's Christmas Eve, there's a snowstorm and Elliot's medication is almost gone. His mum nips out to collect his prescription. She'll only be 10 minutes - but then she doesn't come back. Does Elliot stay and wait, or does he try to find her? It's only 482 metres away, it might as well be 482 miles...



## Fangirl by Rainbow Rowell



Cath and Wren are identical twins, and until recently they did absolutely everything together. Now they're off to university and Wren's decided she doesn't want to be one half of a pair any more - she wants to dance, meet boys, go to parties and let loose. It's not so easy for Cath. She's horribly shy and has always buried herself in the fan fiction she writes, where she always knows exactly what to say and can write a romance far more intense than anything she's experienced in real life.

Without Wren Cath is completely on her own and totally outside her comfort zone. She's got a surly room-mate with a charming, always-around boyfriend, a fiction-writing professor who thinks fan fiction is the end of the civilized world, a handsome classmate who only wants to talk about words . . . And she can't stop worrying about her dad, who's loving and fragile and has never really been alone.

Now Cath has to decide whether she's ready to open her heart to new people and new experiences, and she's realizing that there's more to learn about love than she ever thought possible . . .

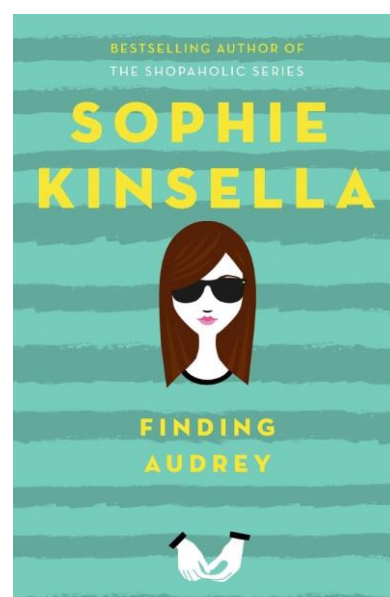
## Finding Audrey by Sophie Kinsella

Audrey can't leave the house. She can't even take off her dark glasses inside the house.

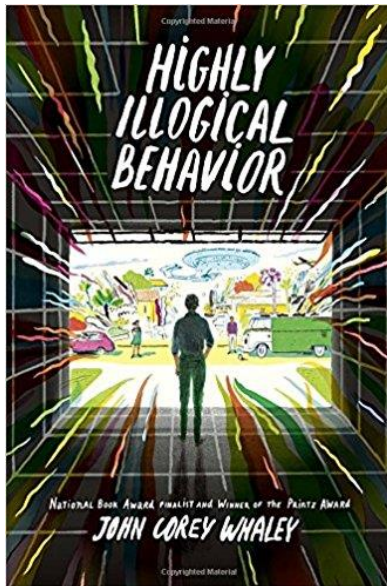
Then her brother's friend Linus stumbles into her life. With his friendly orange-slice smile, and his funny notes, he starts to entice Audrey out again – well, Starbucks is a start. And with Linus at her side, Audrey feels like she can do things she'd thought were too scary.

Suddenly, finding her way back to the real world seems achievable.

*Be prepared to laugh, dream and hope with Audrey as she learns that even when you think you have lost yourself, love can still find you...*



## Highly Illogical Behaviour by John Corey Whaley



Sixteen-year-old Solomon is agoraphobic. He hasn't left the house in three years, which is fine by him.

Ambitious Lisa desperately wants to get into the second-best psychology program for college (she's being realistic). But how can she prove she deserves a spot there?

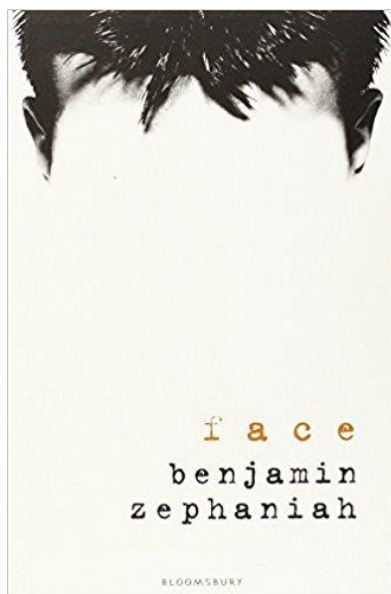
Solomon is the answer.

Determined to "fix" Sol, Lisa thrusts herself into his life, sitting through Star Trek marathons with him and introducing him to her charming boyfriend Clark. Soon, all three teens are far closer than they thought they'd be, and when their walls fall down, their friendships threaten to collapse, as well.

A hilarious and heartwarming coming-of-age perfect for readers of Matthew Quick and Rainbow Rowell, *Highly Illogical Behavior* showcases the different ways we hide ourselves from the world--and how love, tragedy, and the need for connection may be the only things to bring us back into the light.

## Appearance (conditions and injuries)

### Face by Benjamin Zephaniah



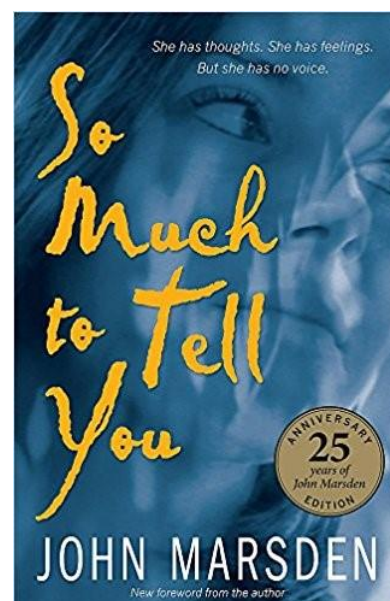
Martin seems to have it all. He's cool, funny, and he's the undisputed leader of the Gang of Three, who roam their East London estate during the holidays looking for fun. But one night after the Gang leave a late night rap club, Martin accepts a ride from Pete, a Raider's Posse gang member. Too late, he realises that the car is stolen, and that the police are after them.

What happens next will change Martin's life and looks, and show him the true meaning of strength, courage, discrimination and friendship.

### So Much to Tell You by John Marsden

Scarred, literally, by her past, Marina has withdrawn into silence.

She speaks to no-one. But, set the task of writing a diary by her English teacher, she finds a way of expressing her thoughts and feelings and of exploring the traumatic events that have caused her distress. There is so much she has to say....



## Wonder by R J Palacio



*'My name is August. I won't describe what I look like. Whatever you're thinking, it's probably worse.'*

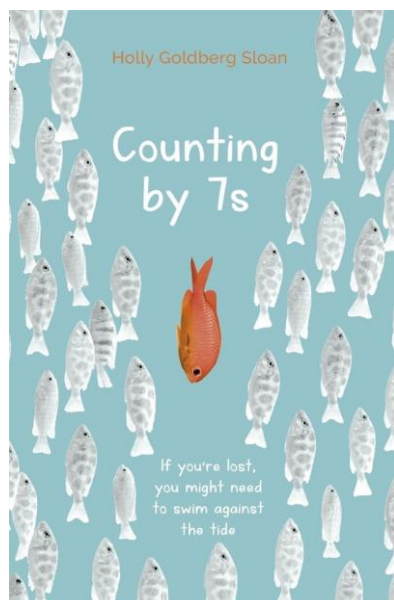
Auggie wants to be an ordinary ten-year-old. He does ordinary things - eating ice cream, playing on his Xbox. He feels ordinary - inside. But ordinary kids don't make other ordinary kids run away screaming in playgrounds. Ordinary kids aren't stared at wherever they go.

Born with a terrible facial abnormality, Auggie has been home-schooled by his parents his whole life. Now, for the first time, he's being sent to a real school - and he's dreading it. All he wants is to be accepted - but can he convince his new classmates that he's just like them, underneath it all?



## Autism and Tourettes

### Counting by 7s by Holly Goldberg Sloan

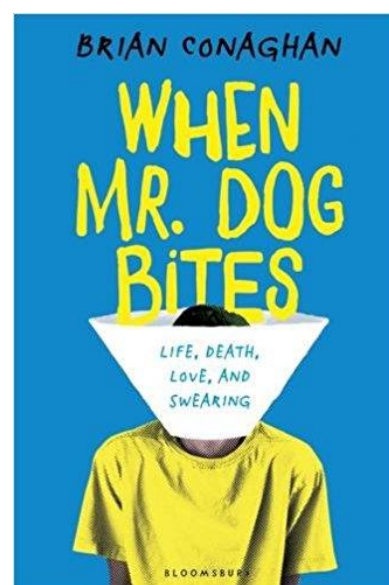


Willow Chance is a twelve-year-old genius, obsessed with nature and diagnosing medical conditions, who finds it comforting to count by 7s. It has never been easy for her to connect with anyone other than her adoptive parents, but that hasn't kept her from leading a quietly happy life...until now.

Suddenly Willow's world is tragically changed when her parents both die in a car crash, leaving her alone in a baffling world. The triumph of this book is that it is *not* a tragedy. This extraordinarily odd, but extraordinarily endearing, girl manages to push through her grief. Her journey to find a fascinatingly diverse and fully believable surrogate family is a joy and a revelation to read.

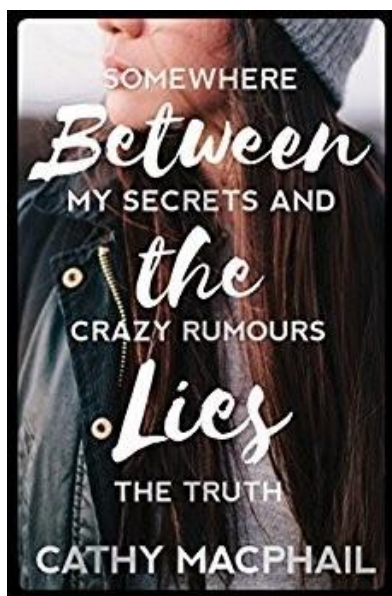
### When Mr Dog Bites by Brian Conaghan

All Dylan Mint has ever wanted is to keep his Tourette's in check and live life as a "normal" teenager. The swearing, the tics, the howling "dog" that escapes when things are at their worst - nothing about Tourette's makes it easy to meet cute girls or have normal friends (or many friends at all). But a routine hospital visit changes everything - Dylan overhears that he's going to die. In an attempt to claim the life he's always wanted, he decides to grant himself parting wishes, or "Cool Things To Do Before I Cack It." In an intimate portrayal of life with Tourette's, Dylan's journey to come to terms with the disorder that has defined his life and his preconceptions about the world around him is hilarious, painful and, ultimately, utterly masterful.



## Bullying

### Between the Lies by Cathy McPhail

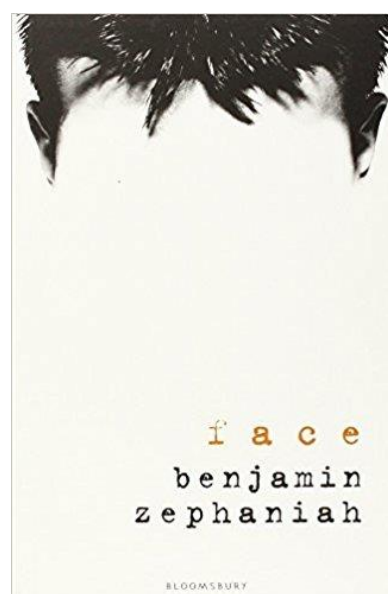


Judith Tremayne is missing. She hasn't been online, nobody has heard from her. She simply appears to have vanished, until Abbie Knox, a school nobody, receives a message: "I want to come home". Suddenly everyone knows Abbie's name. The mean girls and the misfits alike are obsessed with Jude's disappearance. Abbie finds herself at the centre of a whirlwind of rumours, secrets and lies. Why would popular, fun Jude be messaging loner, loser Abbie? Why would Jude disappear? Can Abbie bring her home?

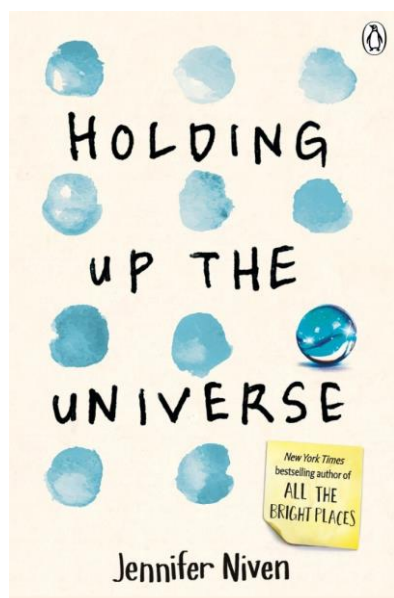
### Face by Benjamin Zephaniah

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What happens next will change Martin's life and looks, and show him the true meaning of strength, courage, discrimination and friendship.



## Holding up the Universe by Jennifer Niven



Everyone thinks they know Libby Strout, the girl once dubbed 'America's Fattest Teen'. But no one's taken the time to look past her weight to get to see who she really is. Since her mum's death, she's been picking up the pieces in the privacy of her home, dealing with her heartbroken father and her own grief. Now, Libby's ready: for high school, for new friends, for love, and for EVERY POSSIBILITY LIFE HAS TO OFFER.

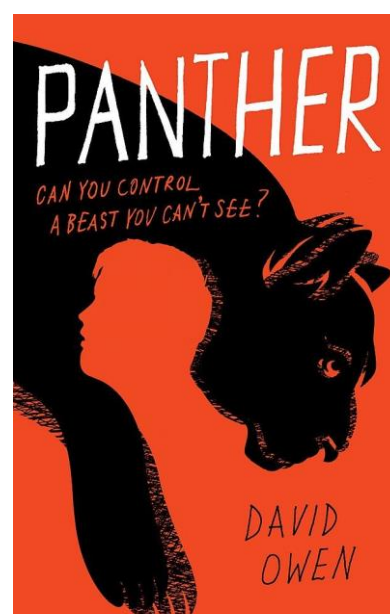
Everyone thinks they know Jack Masselin too. Yes, he's got swagger, but he's also mastered the art of fitting in. What no one knows is that Jack has a secret: he can't recognize faces. Even his own brothers are strangers to him. He's the guy who can re-engineer and rebuild anything, but he can't understand what's going on with the inner workings of his own brain. So he tells himself to play it cool.

Until he meets Libby. When the two get tangled up in a cruel high school game which lands them in group counseling, Libby and Jack are both angry, and then surprised. Because the more time they spend together, the less alone they feel. *Because sometimes when you meet someone, it changes the world - theirs and yours.*

## Panther by David Owen

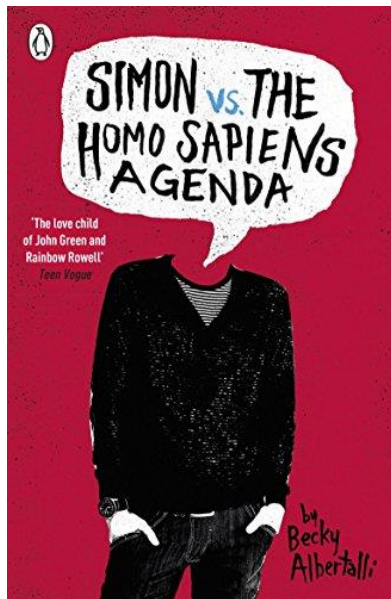
Life isn't going terribly well for Derrick; he's become severely overweight, his only friend has turned on him, he's hopelessly in love with a girl way out of his league, and it's all because of his sister. Her depression, and its grip on his family, is tearing his life apart. When rumours start to circulate that a panther is roaming wild in his south London suburb, Derrick resolves to turn capture it. Surely if he can find a way to tame this beast, he'll be able to stop everything at home from spiraling towards disaster?

*Panther* is a bold and emotionally powerful novel that deals candidly with the effects of depression on those who suffer from it, and those who suffer alongside them.





## Simon vs. the Homo Sapiens Agenda by Becky Albertalli

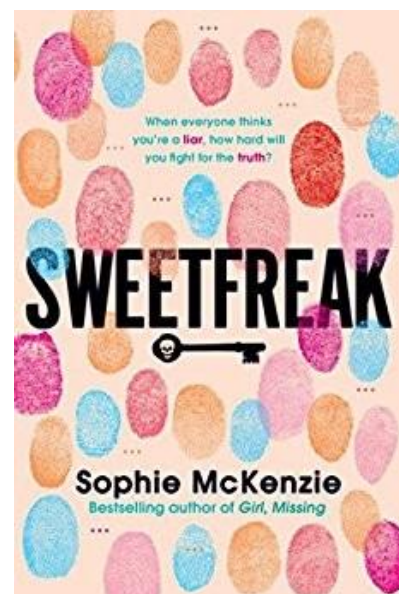


Sixteen-year-old and not-so-openly gay Simon Spier prefers to save his drama for the school musical. But when an email falls into the wrong hands, his secret is at risk of being thrust into the spotlight. Now change-averse Simon has to find a way to step out of his comfort zone before he's pushed out--without alienating his friends, compromising himself, or fumbling a shot at happiness with the most confusing, adorable guy he's never met.

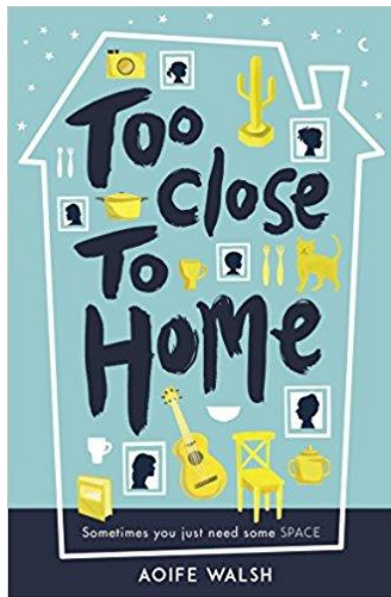
## SweetFreak by Sophie McKenzie

Carey and Amelia have been best friends forever. Then Amelia starts being trolled by SweetFreak, a mysterious and hateful online account, and Carey is accused of being behind the vicious comments and threats.

Shut out by her other friends and shunned by Amelia, Carey is determined to clear her name and find out who's really sending the messages. But as the online attacks spill over into real life, events start spiralling out of control... Can Carey expose the real SweetFreak before it's too late?



## Too Close to Home by Aoife Walsh

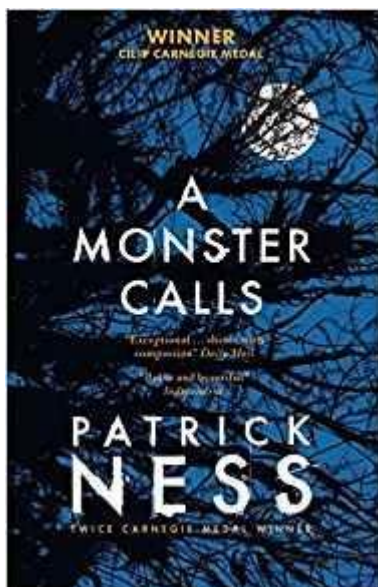


Meet Minny: her life is a complicated whirlwind of unbearable PE lessons, annoying friends and impossible-to-live-with siblings. Minny is desperate for some space in a house spilling over with family and hangers-on. She has to contend with her autistic sister Aisling's school bullies, whilst trying to keep her self-absorbed BFF Penny happy, *and* look normal in front of new boy Franklin. And on top of this, now Dad has announced that he's returning to London – with his new girlfriend.

Secrets, lies and home truths will out, frying pans will be burnt, and arguments will flare up in a story full of humour, honesty and minor household emergencies.

## Cancer and Illness

### A Monster Calls by Patrick Ness



Conor has the same dream every night, ever since his mother first fell ill, ever since she started the treatments that don't quite seem to be working. But tonight is different. Tonight, when he wakes, there's a visitor at his window. It's ancient, elemental, a force of nature. And it wants the most dangerous thing of all from Conor. It wants the truth. Patrick Ness takes the final idea of the late, award-winning writer Siobhan Dowd and weaves an extraordinary and heartbreaking tale of mischief, healing and above all, the courage it takes to survive.

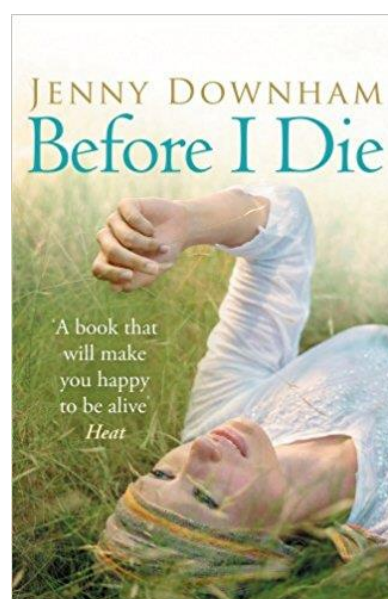
### Before I Die by Jenny Downham

Tessa has just a few months to live.

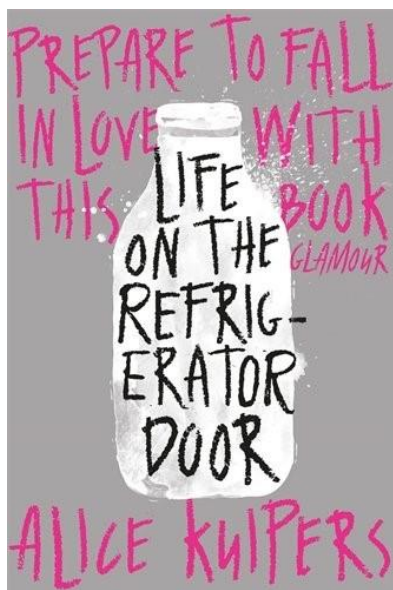
Fighting back against hospital visits, endless tests, drugs with excruciating side-effects, Tessa compiles a list. It's her *To Do Before I Die* list. And number one is sex.

Released from the constraints of 'normal' life, Tessa tastes new experiences to make her feel alive while her failing body struggles to keep up.

Tessa's feelings, her relationships with her father and brother, her estranged mother, her best friend, her new boyfriend, all are painfully crystallized in the precious weeks before Tessa's time finally runs out.



## Life on the Refrigerator Door by Alice Kuipers



*Mom,  
I went to the store. See inside the fridge. I watered the plants. I cleaned out Peter's cage. I tidied the sitting room. And the kitchen. And I did the washing up. I'm going to bed.  
Your live-in servant,  
Claire*

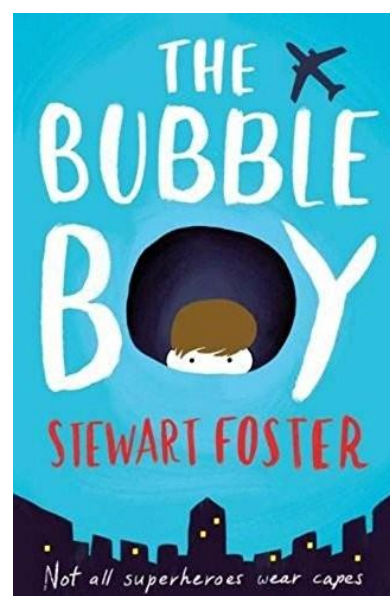
Life on the Refrigerator Door is told exclusively through notes exchanged by Claire and her mother, Elizabeth, during the course of a life-altering year. Their story builds to an emotional crescendo when Elizabeth is diagnosed with breast cancer.

Stunningly sad but ultimately uplifting, this is a clever, moving, and original portrait of the relationship between a daughter and mother. It is about how we live our lives constantly rushing, and never making time for those we love. It also reminds us how much can be said in so few words, if only we made the time to say them.

## The Bubble Boy by Stewart Foster

Eleven-year-old Joe can't remember a life outside of his hospital room, with its beeping machines and view of London's rooftops. His condition means he's not allowed outside, not even for a moment, and his few visitors risk bringing life-threatening germs inside his 'bubble'. But then someone new enters his world and changes it forever.

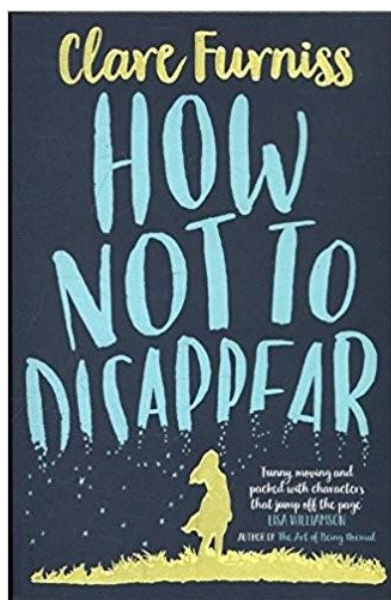
*The Bubble Boy* is the story of how Joe spends his days, copes with his loneliness and frustrations, and looks - with superhero-style bravery, curiosity and hope - to a future without limits. Expect superheroes, super nurses and a few tears from this truly unique story.





## Dementia

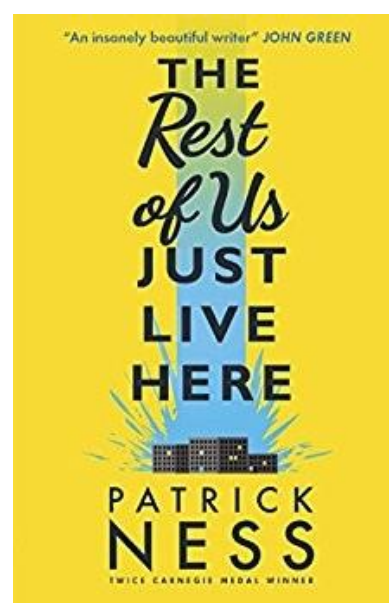
### How Not to Disappear by Clare Furniss



Hattie's summer isn't going as planned. Her two best friends have abandoned her: Reuben has run off to Europe to 'find himself' and Kat is in Edinburgh with her new girlfriend. Meanwhile Hattie is stuck babysitting her twin siblings and dealing with endless drama around her mum's wedding. Oh, and she's also just discovered that she's pregnant with Reuben's baby...Then Gloria, Hattie's great-aunt who no one even knew existed, comes crashing into her life. Gloria's fiercely independent, rather too fond of a gin sling and is in the early stages of dementia. Together the two of them set out on a road trip of self-discovery - Gloria to finally confront the secrets of her past before they are erased from her memory forever and Hattie to face the hard choices that will determine her future...

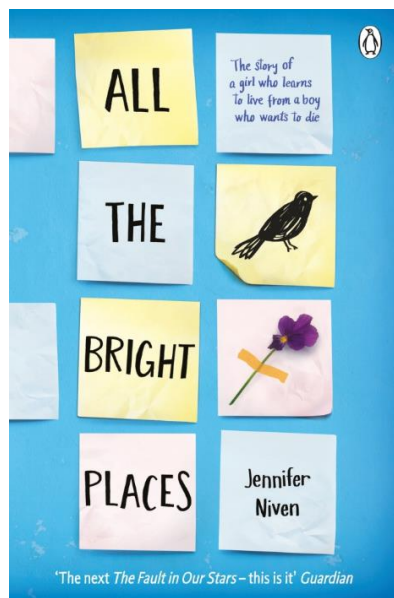
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## Depression (mental health)

### All the Bright Places by Jennifer Niven



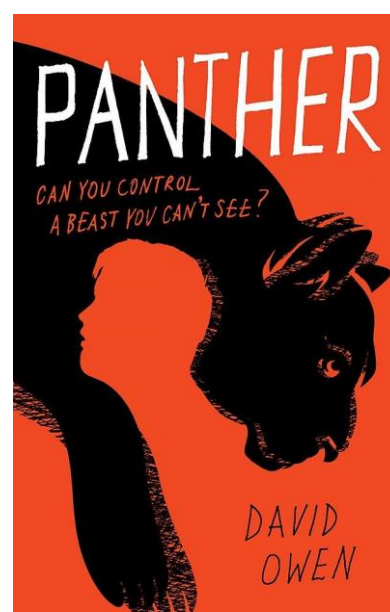
When Finch and Violet meet on the ledge of the bell tower at school, it's unclear who saves whom. And when they pair up on a project to discover the 'natural wonders' of their state, both Finch and Violet make more important discoveries: It's only with Violet that Finch can be himself – a weird, funny live-out loud guy who's not such a freak after all.

And it's only with Finch that Violet can forget to count away the days and start living them. But as Violet's world grows, Finch's begins to shrink. How far will Violet go to save the boy she has come to love? An intense, gripping novel, perfect for fans of John Green, Jay Asher, Rainbow Rowell, Gayle Foreman and Jenny Downham.

### Panther by David Owen

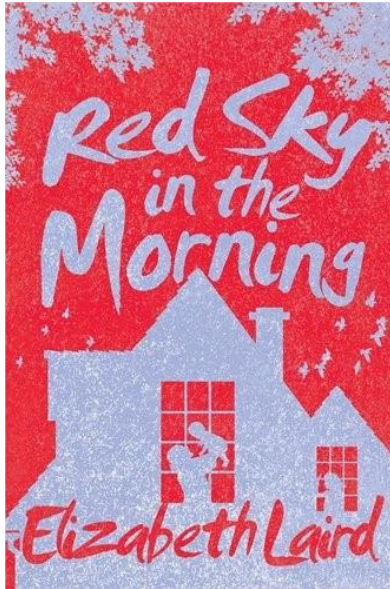
Life isn't going terribly well for Derrick; he's become severely overweight, his only friend has turned on him, he's hopelessly in love with a girl way out of his league, and it's all because of his sister. Her depression, and its grip on his family, is tearing his life apart. When rumours start to circulate that a panther is roaming wild in his south London suburb, Derrick resolves to turn capture it. Surely if he can find a way to tame this beast, he'll be able to stop everything at home from spiraling towards disaster?

*Panther* is a bold and emotionally powerful novel that deals candidly with the effects of depression on those who suffer from it, and those who suffer alongside them.



## Disabilities

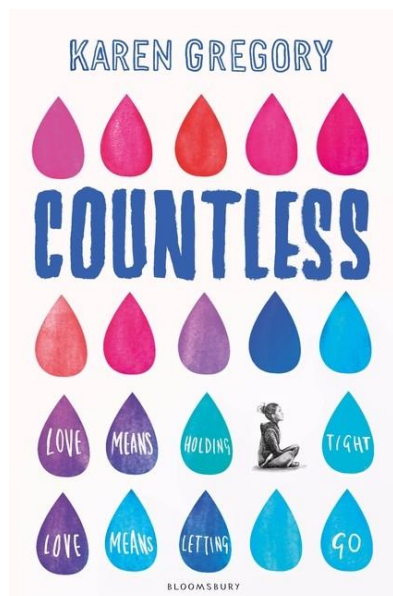
Red Sky in the Morning by Elizabeth Laird



Twelve-year-old Anna is looking forward to the birth of her baby brother. Ben arrives, but is disabled and will never be like other children. Anna loves him with her whole heart, but she finds herself unable to admit the truth of Ben's condition to her school friends. Eventually the truth gets out and leads not to the ridicule Anna expected, but to sympathy and understanding. *An emotional and wonderfully written story.*

## Eating Disorders

Countless by Karen Gregory

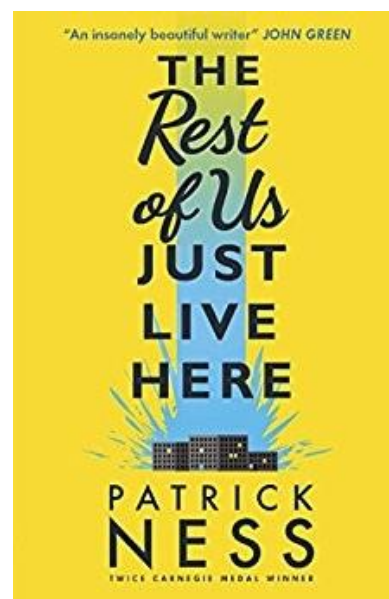


When Hedda discovers she is pregnant, she doesn't believe she could ever look after a baby. The numbers just don't add up. She is young, and still in the grip of an eating disorder that controls every aspect of how she goes about her daily life. She's even given her eating disorder a name – Nia. But as the days tick by, Hedda comes to a decision: she and Nia will call a truce, just until the baby is born. 17 weeks, 119 days, 357 meals. She can do it, if she takes it one day at a time ...

Heartbreaking, life-affirming, brave and bold. Karen Gregory's debut novel is a completely different kind of love story.

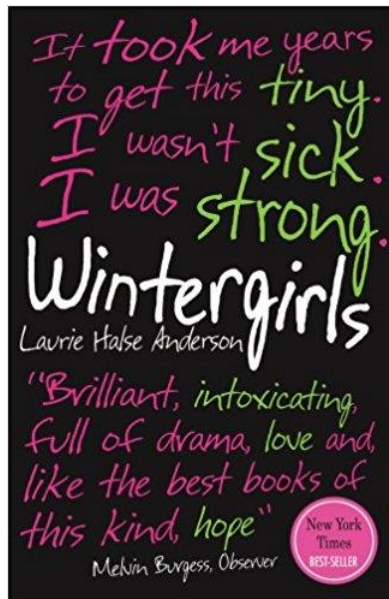
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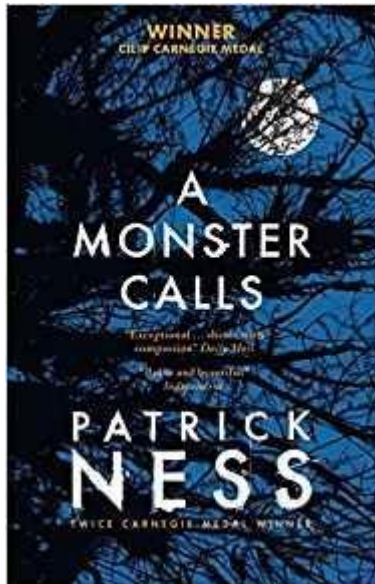
## Wintergirls by Laurie Halse Anderson



Lia and Cassie were best friends, wintergirls frozen in matchstick bodies. But now Cassie is dead. Lia's mother is busy saving other people's lives. Her father is away on business. Her stepmother is clueless. And the voice inside Lia's head keeps telling her to remain in control, stay strong, lose more, weigh less. If she keeps on going in this way - thin, thinner; thinnest - maybe she'll disappear altogether.

## Family Life

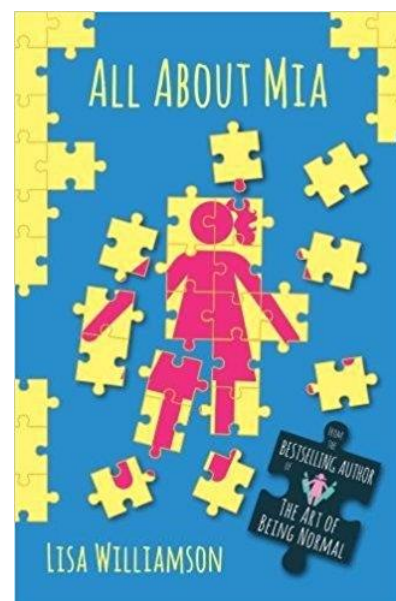
### A Monster Calls by Patrick Ness



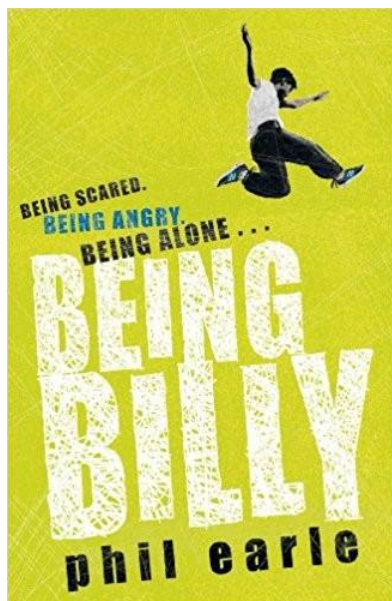
Conor has the same dream every night, ever since his mother first fell ill, ever since she started the treatments that don't quite seem to be working. But tonight is different. Tonight, when he wakes, there's a visitor at his window. It's ancient, elemental, a force of nature. And it wants the most dangerous thing of all from Conor. It wants the truth. Patrick Ness takes the final idea of the late, award-winning writer Siobhan Dowd and weaves an extraordinary and heartbreaking tale of mischief, healing and above all, the courage it takes to survive.

### All About Mia by Lisa Williamson

Mia Campbell-Richardson, 16, is ballsy, gorgeous and kind of a disaster. Unlike her brilliant sisters, academic Grace (19) and champion swimmer Audrey (13), middle child Mia has no idea what she wants to do with her life and is convinced of her status as the black sheep of the family. Struggling at school and unable to deal with her parents easy acceptance of perfect sister Grace's fall from grace - Mia goes into a tailspin, misguidedly seducing a man in his 40s and putting herself at risk on several occasions by drinking herself into oblivion. It is only the disappearance of her quiet and loving baby sister that is eventually able to bring Mia and Grace back together and help Mia see at last that she doesn't need it all to be about Mia to be happy.



## Being Billy by Phil Earle



Faces flashed before my eyes.

And for every face there was a time that they had let me down.

Each punch that landed was revenge, my chance to tell them I hadn't forgotten what they did.

Eight years in a care home makes Billy Finn a professional lifer. And Billy's angry - with the system, the social workers, and the mother that gave him away.

As far as Billy's concerned, he's on his own. His little brother and sister keep him going, though they can't keep him out of trouble.

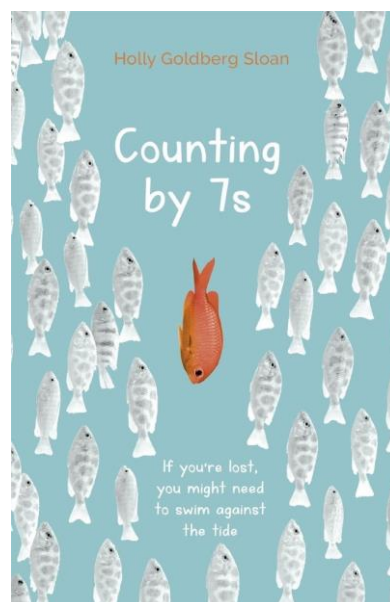
But he isn't being difficult on purpose. Billy's just being Billy. He can't be anything else.

Can he?

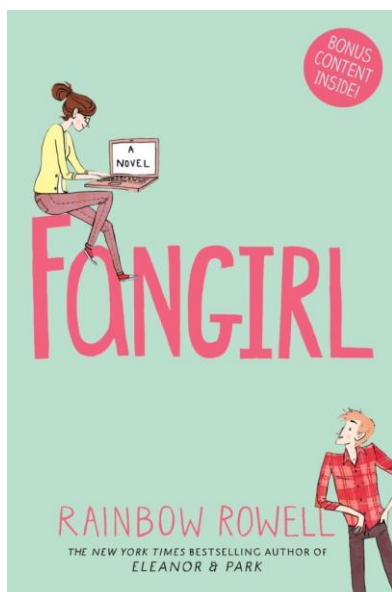
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Willow Chance is a twelve-year-old genius, obsessed with nature and diagnosing medical conditions, who finds it comforting to count by 7s. It has never been easy for her to connect with anyone other than her adoptive parents, but that hasn't kept her from leading a quietly happy life...until now.

Suddenly Willow's world is tragically changed when her parents both die in a car crash, leaving her alone in a baffling world. The triumph of this book is that it is *not* a tragedy. This extraordinarily odd, but extraordinarily endearing, girl manages to push through her grief. Her journey to find a fascinatingly diverse and fully believable surrogate family is a joy and a revelation to read.



## Fangirl by Rainbow Rowell



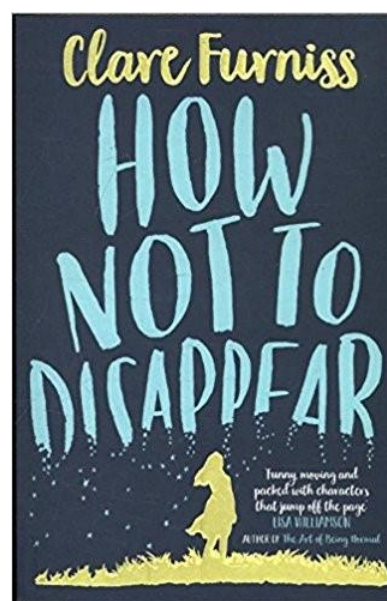
Cath and Wren are identical twins, and until recently they did absolutely everything together. Now they're off to university and Wren's decided she doesn't want to be one half of a pair any more - she wants to dance, meet boys, go to parties and let loose. It's not so easy for Cath. She's horribly shy and has always buried herself in the fan fiction she writes, where she always knows exactly what to say and can write a romance far more intense than anything she's experienced in real life.

Without Wren Cath is completely on her own and totally outside her comfort zone. She's got a surly room-mate with a charming, always-around boyfriend, a fiction-writing professor who thinks fan fiction is the end of the civilized world, a handsome classmate who only wants to talk about words . . . And she can't stop worrying about her dad, who's loving and fragile and has never really been alone.

Now Cath has to decide whether she's ready to open her heart to new people and new experiences, and she's realizing that there's more to learn about love than she ever thought possible . . .

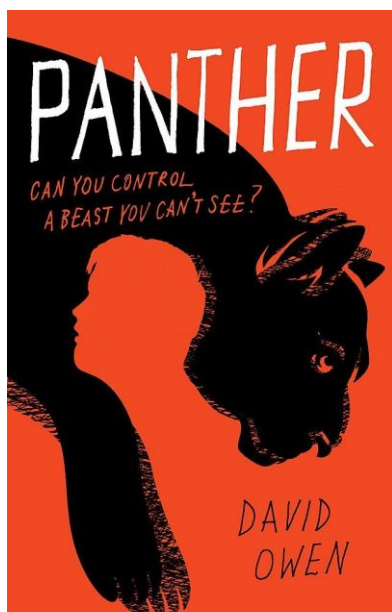
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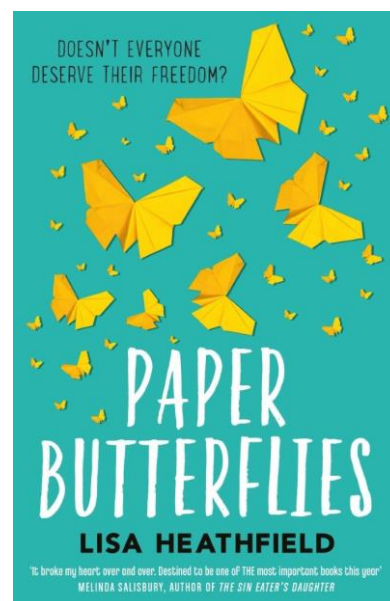
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## Paper Butterflies by Lisa Heathfield

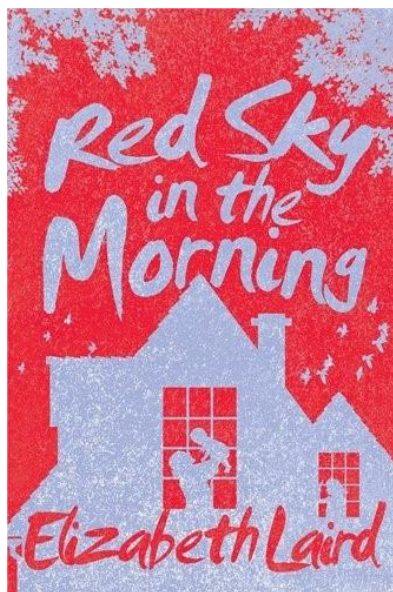
June's life at home with her stepmother and stepsister is a dark one - and a secret one. Not even her father knows about it. She's trapped like a butterfly in a jar.

But then she meets Blister, a boy in the woods. And in him, June recognises the tiniest glimmer of hope that perhaps she can find a way to fly far, far away. But freedom comes at a price . . .

*Paper Butterflies* is an unforgettable read, perfect for fans of Lisa Williamson's *The Art of Being Normal*, Sarah Crossan's *Moonrise*, Jandy Nelson, Jennifer Niven and Louise O'Neill.



## Red Sky in the Morning by Elizabeth Laird



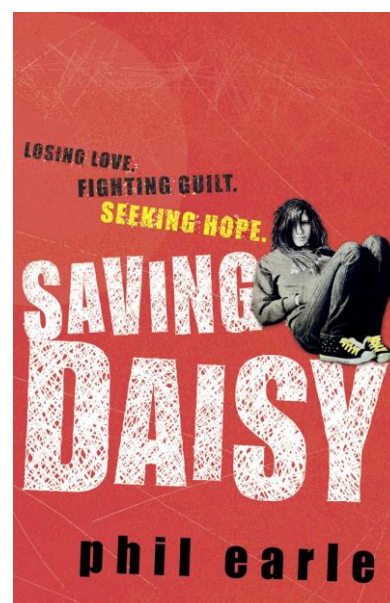
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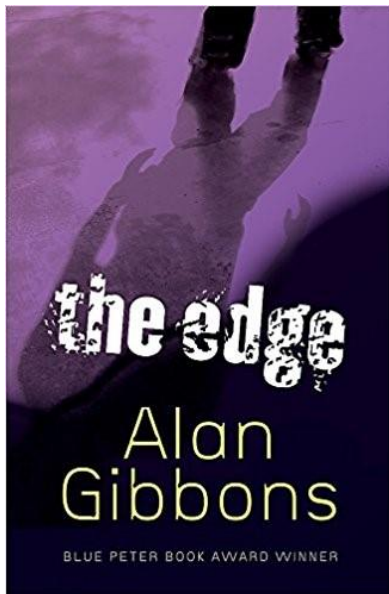
Daisy's mum is gone. Her dad refuses to talk about it. As far as Daisy's concerned, it's all her fault. As her life starts to spiral out of control, panic leads to tragedy and Daisy's left alone.

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## The Edge by Alan Gibbons



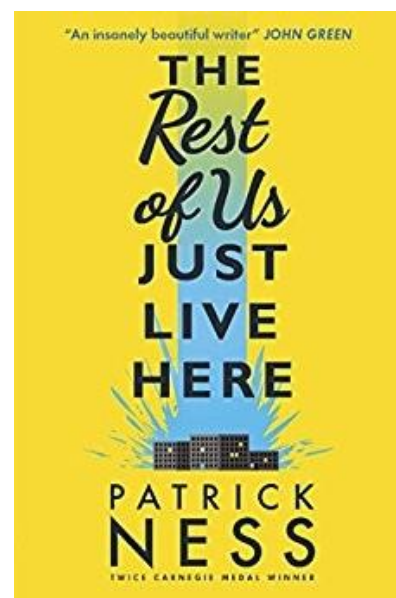
*We've got to go. Now.*

It's early morning and Danny's mother is at his bedside, urging him to get up. They're on the run from Chris, his mother's boyfriend, a violent man who beats them both up, and won't let them go.

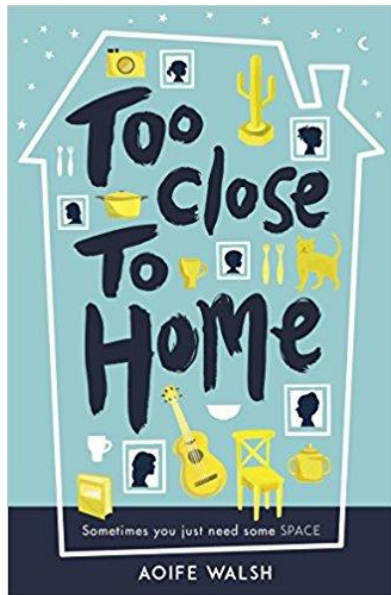
Chris pursues Danny and his mother from London to the north, where they take refuge with Danny's grandparents. But even there, nothing is safe. Danny is conspicuous as the only mixed-race boy in their small community, and with the ever-present threat of discovery, he has to learn how to live continually on the edge.

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## Too Close to Home by Aoife Walsh



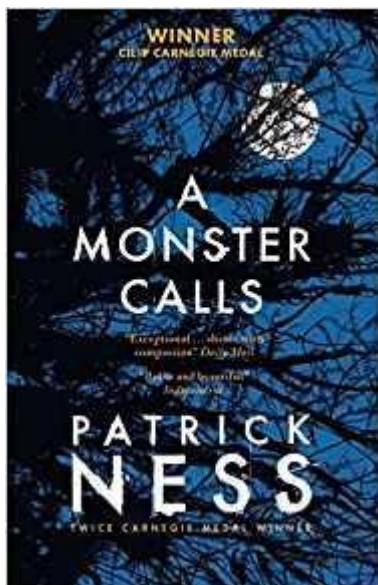
Meet Minny: her life is a complicated whirlwind of unbearable PE lessons, annoying friends and impossible-to-live-with siblings. Minny is desperate for some space in a house spilling over with family and hangers-on. She has to contend with her autistic sister Aisling's school bullies, whilst trying to keep her self-absorbed BFF Penny happy, *and* look normal in front of new boy Franklin. And on top of this, now Dad has announced that he's returning to London – with his new girlfriend.

Secrets, lies and home truths will out, frying pans will be burnt, and arguments will flare up in a story full of humour, honesty and minor household emergencies.



## Grief

### A Monster Calls by Patrick Ness



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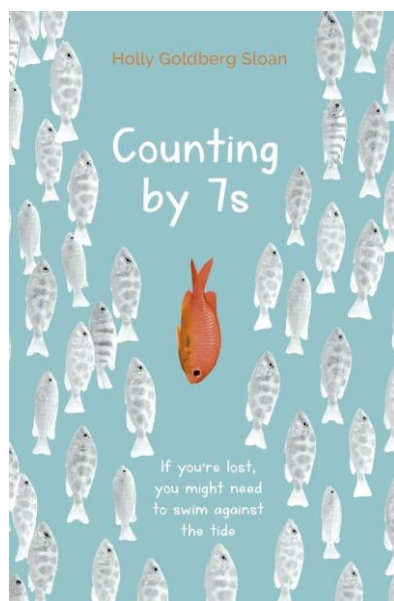
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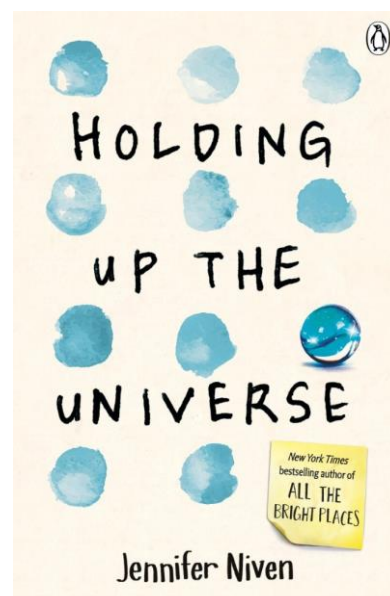
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## Holding up the Universe by Jennifer Niven

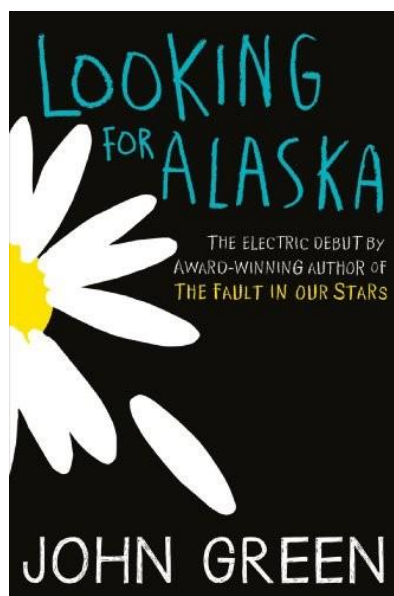
Everyone thinks they know Libby Strout, the girl once dubbed 'America's Fattest Teen'. But no one's taken the time to look past her weight to get to see who she really is. Since her mum's death, she's been picking up the pieces in the privacy of her home, dealing with her heartbroken father and her own grief. Now, Libby's ready: for high school, for new friends, for love, and for EVERY POSSIBILITY LIFE HAS TO OFFER.

Everyone thinks they know Jack Masselin too. Yes, he's got swagger, but he's also mastered the art of fitting in. What no one knows is that Jack has a secret: he can't recognize faces. Even his own brothers are strangers to him. He's the guy who can re-engineer and rebuild anything, but he can't understand what's going on with the inner workings of his own brain. So he tells himself to play it cool.

Until he meets Libby. When the two get tangled up in a cruel high school game which lands them in group counseling, Libby and Jack are both angry, and then surprised. Because the more time they spend together, the less alone they feel. *Because sometimes when you meet someone, it changes the world - theirs and yours.*



## Looking for Alaska by John Green



*"In the dark beside me, she smelled of sweat and sunshine and vanilla and on that thin-mooned night I could see little more than her silhouette, but even in the dark, I could see her eyes – fierce emeralds. And not just beautiful, but hot too."*

BEFORE. Miles Halter's whole life has been one big non-event until he starts at anything-but-boring Culver Creek Boarding School and meets Alaska Young. Gorgeous, clever, funny, sexy, screwed up and utterly fascinating she pulls Miles into her world, launches him into a new life, and steals his heart. But when tragedy strikes, and Miles comes face-to-face with death he discovers the value of living and loving unconditionally.

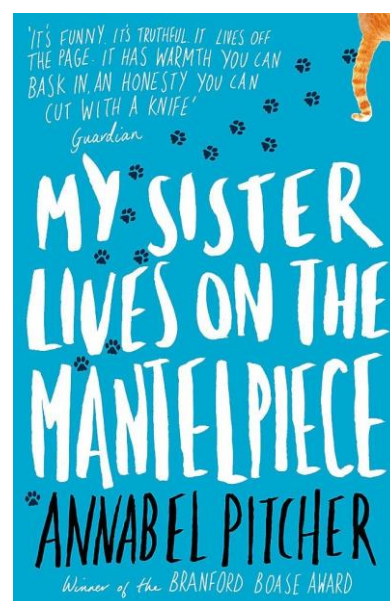
AFTER: Nothing will ever be the same.

## My Sister Lives on the Mantelpiece by Annabel Pitcher

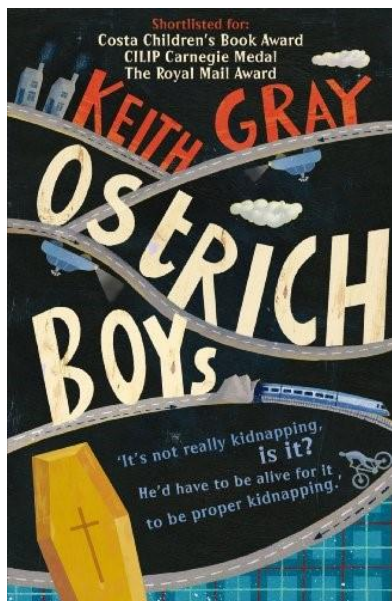
Ten-year-old Jamie hasn't cried since it happened. He knows he should have—Jasmine cried, Mum cried, Dad still cries. Roger didn't, but then he is just a cat and didn't know Rose that well, really.

Everyone kept saying it would get better with time, but that's just one of those lies that grown-ups tell in awkward situations. Five years on, it's worse than ever: Dad drinks, Mum's gone and Jamie's left with questions that he must answer for himself.

This is his story, an unflinchingly real yet heart-warming account of a young boy's struggle to make sense of the loss that tore his family apart.



## Ostrich Boys by Keith Gray



'It's not really kidnapping, is it? He'd have to be alive for it to be proper kidnapping.'

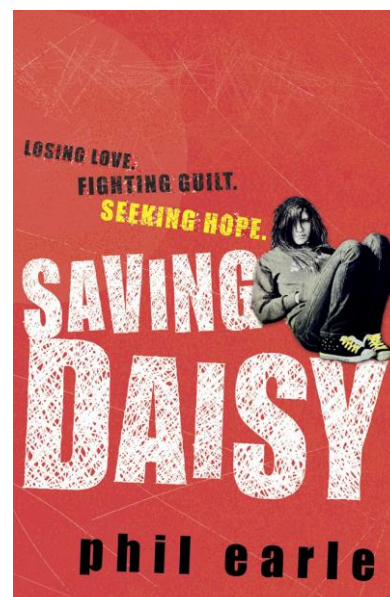
Kenny, Sim and Blake are about to embark on a remarkable journey of friendship. Stealing the urn containing the ashes of their best friend Ross, they set out from Cleethorpes on the east coast to travel the 261 miles to the tiny hamlet of Ross in Dumfries and Galloway. After a depressing and dispiriting funeral they feel taking Ross to Ross will be a fitting memorial for a 15 year-old boy who changed all their lives through his friendship. Little do they realise just how much Ross can still affect life for them even though he's now dead.

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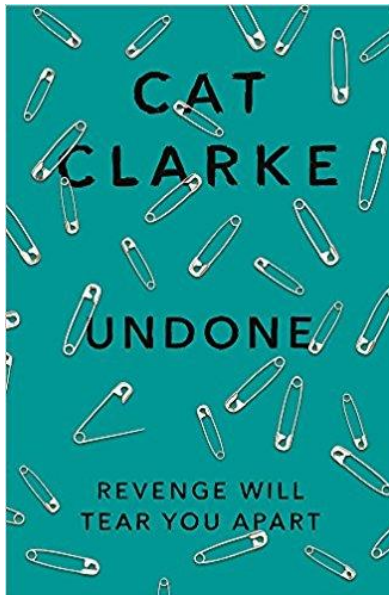
But sometimes the kindness of a stranger can turn things around. A stranger who desperately wants to save Daisy - if she'll only let herself be saved . . .

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## Undone by Cat Clarke



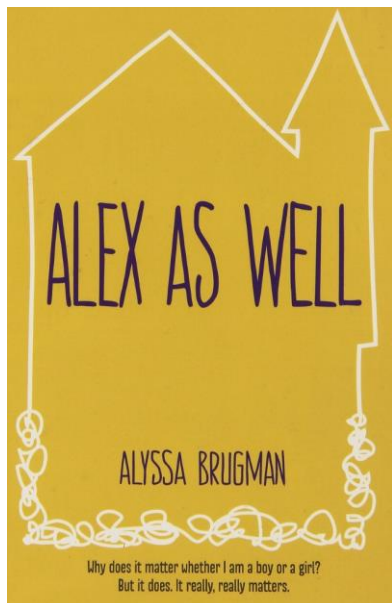
Jem Halliday is in love with her gay best friend. Not exactly ideal, but she's learning to live with it.

Then the unspeakable happens. Kai is outed online ... and he kills himself.

Jem knows nothing she can say or do will bring him back. But she wants to know who was responsible. And she wants to take them down.

## LGBTQI+ (characters)

### Alex as Well by Alyssa Brugman



Alex is ready for things to change, in a big way. Everyone seems to think she's a boy, but for Alex the whole boy/girl thing isn't as simple as either/or, and when she decides girl is closer to the truth, no one knows how to react, least of all her parents. Undeterred, Alex begins to create a new identity for herself: ditching one school, enrolling in another, and throwing out most of her clothes. But the other Alex - the boy Alex - has a lot to say about that.

Heartbreaking and droll in equal measures, *Alex As Well* by Alyssa Brugman is a brilliantly told story about being intersex, exploring gender and sexuality, navigating friendships, and finding a place to belong.

### Boy Meets Boy by David Levithan

*He looks up at me. And then, after a beat, he breaks out smiling. "Hey," he says, "I've been looking all over for you." I don't know what to say. I am so happy and so scared.*

Paul has been gay his whole life and he's confident about almost everything. He doesn't have to hide his feelings like best friend Tony. Or even cope with loving the wrong guy like his other best friend Joni. But heartbreak can happen to anyone. Falling in love changes everything...





## George by Alex Gino

**GEORGE**

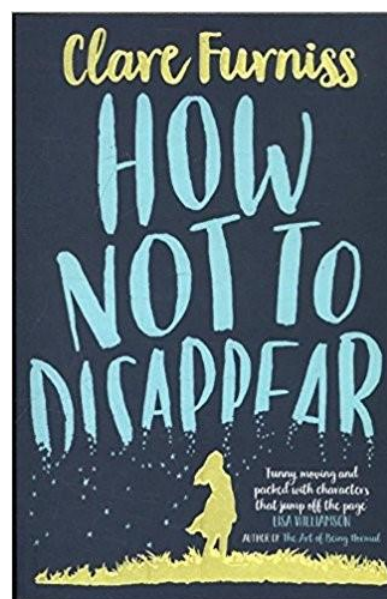
ALEX GINO  
SCHOLASTIC

"Allow me to introduce you to a remarkable book, full of love, wonder, hope, and the importance of getting to be who you were meant to be. You must read this." - David Levithan, author of *Every Day* and editor of *George*.

When people look at George, they think they see a boy. But she knows she's not a boy. She knows she's a girl. George thinks she'll have to keep this a secret forever. Then her teacher announces that their class play is going to be *Charlotte's Web*. George really, really, REALLY wants to play Charlotte. But the teacher says she can't even try out for the part . . . because she's a boy.

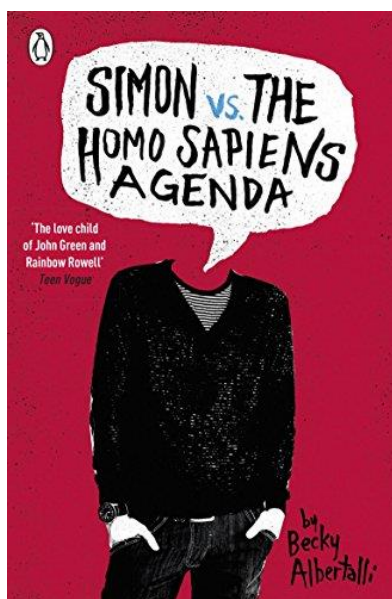
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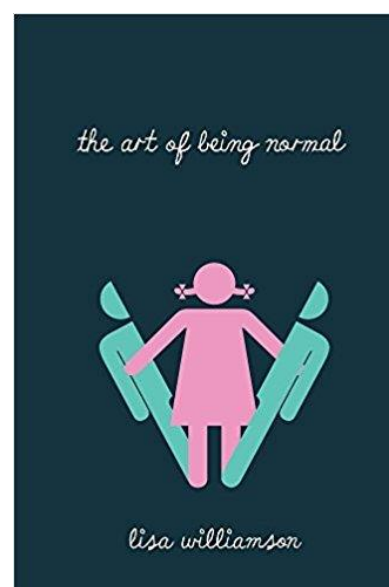
## Simon vs. the Homo Sapiens Agenda by Becky Albertalli



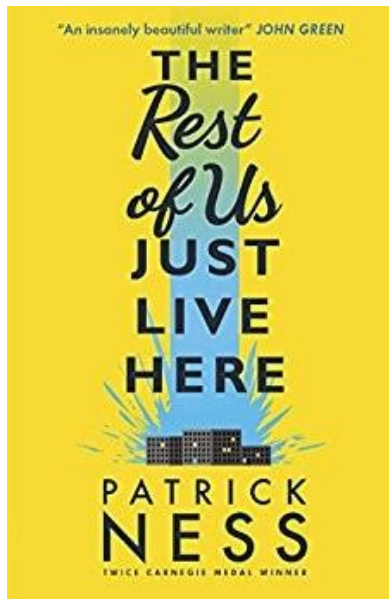
Sixteen-year-old and not-so-openly gay Simon Spier prefers to save his drama for the school musical. But when an email falls into the wrong hands, his secret is at risk of being thrust into the spotlight. Now change-averse Simon has to find a way to step out of his comfort zone before he's pushed out--without alienating his friends, compromising himself, or fumbling a shot at happiness with the most confusing, adorable guy he's never met.

## The Art of Being Normal by Lisa Williamson

David Piper has always been an outsider. His parents think he's gay. The school bully thinks he's a freak. Only his two best friends know the real truth - David wants to be a girl. On the first day at his new school Leo Denton has one goal - to be invisible. Attracting the attention of the most beautiful girl in Year 11 is definitely not part of that plan. When Leo stands up for David in a fight, an unlikely friendship forms. But things are about to get messy. Because at Eden Park School secrets have a funny habit of not staying secret for long...



## The Rest of Us Just Live Here by Patrick Ness



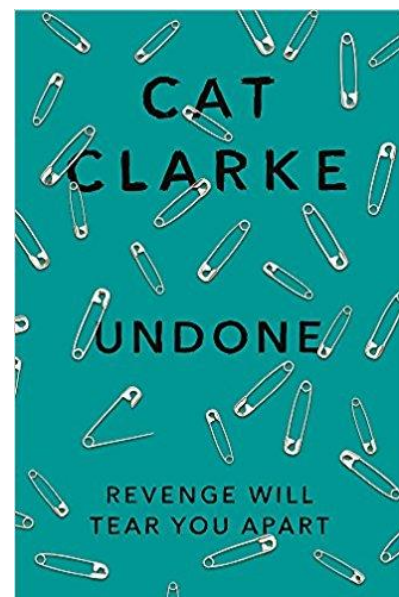
Award-winning writer Patrick Ness's bold and irreverent novel powerfully asks what if you weren't the Chosen One? The one who's supposed to fight the zombies, or the soul-eating ghosts, or whatever this new thing is, with the blue lights and the death? What if you were like Mikey? Who just wants to graduate and go to prom and maybe finally work up the courage to ask Henna out before someone goes and blows up the high school. Again. Because sometimes there are problems bigger than this week's end of the world and sometimes you just have to find the extraordinary in your ordinary life. Even if your best friend might just be the God of mountain lions...

## Undone by Cat Clarke

Jem Halliday is in love with her gay best friend. Not exactly ideal, but she's learning to live with it.

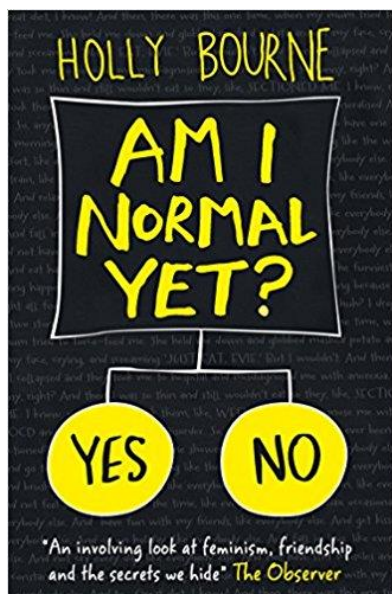
Then the unspeakable happens. Kai is outed online ... and he kills himself.

Jem knows nothing she can say or do will bring him back. But she wants to know who was responsible. And she wants to take them down.



## OCD (mental health)

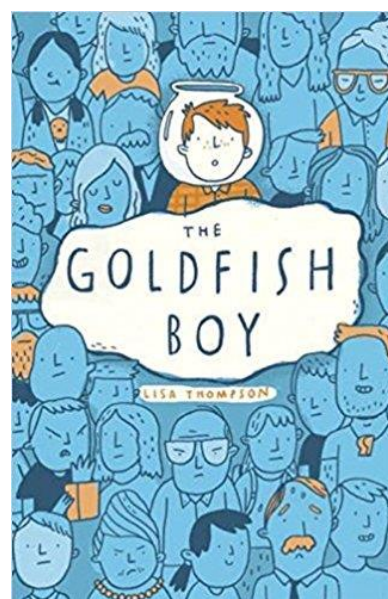
Am I Normal Yet? by Holly Bourne



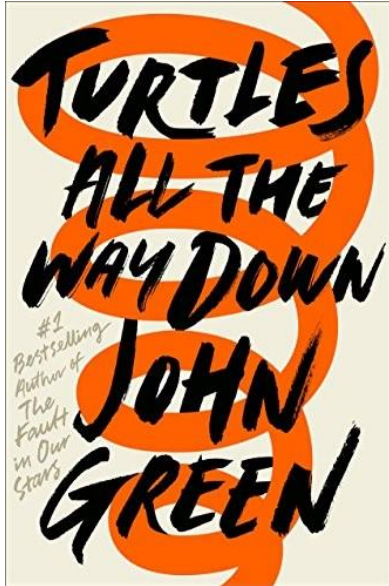
All Evie wants is to be normal. And now that she's almost off her meds and at a new college where no one knows her as the-girl-who-went-nuts, there's only one thing left to tick off her list... But relationships can mess with anyone's head - something Evie's new friends Amber and Lottie know only too well. The trouble is, if Evie won't tell them her secrets, how can they stop her making a huge mistake?

The Goldfish Boy by Lisa Thompson

A story about finding friendship when you're lonely - and hope when all you feel is fear. Twelve-year-old Matthew is trapped in his bedroom by crippling OCD, spending most of his time staring out of his window as the inhabitants of Chestnut Close go about their business. Until the day he is the last person to see his next door neighbour's toddler, Teddy, before he goes missing. Matthew must turn detective and unravel the mystery of Teddy's disappearance - with the help of a brilliant cast of supporting characters. Page-turning, heartbreaking, but ultimately life-affirming, this story is perfect for fans of *The Curious Incident of the Dog in the Night Time* and *Wonder*. It is a book that will make you laugh and cry.



## Turtles All the Way Down by John Green



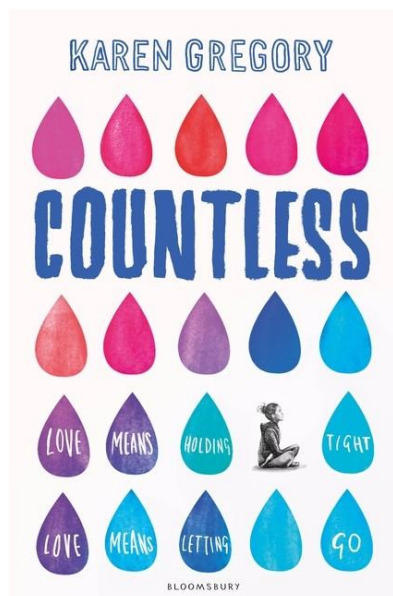
Sixteen-year-old Aza never intended to pursue the mystery of fugitive billionaire Russell Pickett, but there's a hundred thousand dollar reward at stake and her Best and Most Fearless Friend, Daisy, is eager to investigate. So together, they navigate the short distance and broad divides that separate them from Russell Pickett's son, Davis.

Aza is trying. She is trying to be a good daughter, a good friend, a good student, and maybe even a good detective, while also living within the ever-tightening spiral of her own thoughts.

In his long-awaited return, John Green, the acclaimed, award-winning author of *Looking for Alaska* and *The Fault in Our Stars*, shares Aza's story with shattering, unflinching clarity in this brilliant novel of love, resilience, and the power of lifelong friendship.

## Pregnancy and Fatherhood

Countless by Karen Gregory

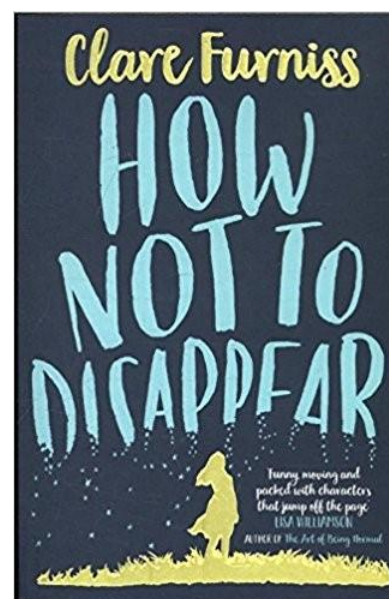


When Hedda discovers she is pregnant, she doesn't believe she could ever look after a baby. The numbers just don't add up. She is young, and still in the grip of an eating disorder that controls every aspect of how she goes about her daily life. She's even given her eating disorder a name – Nia. But as the days tick by, Hedda comes to a decision: she and Nia will call a truce, just until the baby is born. 17 weeks, 119 days, 357 meals. She can do it, if she takes it one day at a time ...

Heartbreaking, life-affirming, brave and bold. Karen Gregory's debut novel is a completely different kind of love story.

How Not to Disappear by Clare Furniss

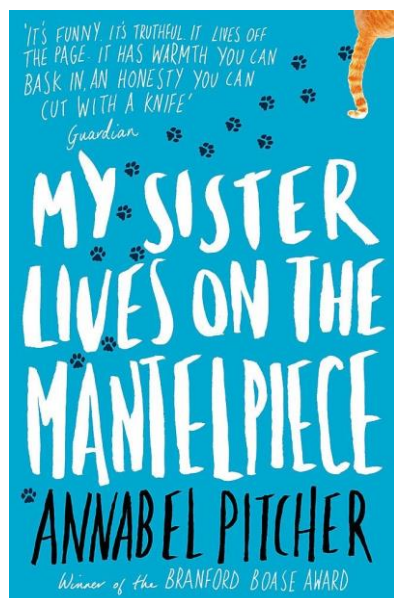
Hattie's summer isn't going as planned. Her two best friends have abandoned her: Reuben has run off to Europe to 'find himself' and Kat is in Edinburgh with her new girlfriend. Meanwhile Hattie is stuck babysitting her twin siblings and dealing with endless drama around her mum's wedding. Oh, and she's also just discovered that she's pregnant with Reuben's baby... Then Gloria, Hattie's great-aunt who no one even knew existed, comes crashing into her life. Gloria's fiercely independent, rather too fond of a gin sling and is in the early stages of dementia. Together the two of them set out on a road trip of self-discovery - Gloria to finally confront the secrets of her past before they are erased from her memory forever and Hattie to face the hard choices that will determine her future...





## Racism

### My Sister Lives on the Mantelpiece by Annabel Pitcher



Ten-year-old Jamie hasn't cried since it happened. He knows he should have—Jasmine cried, Mum cried, Dad still cries. Roger didn't, but then he is just a cat and didn't know Rose that well, really.

Everyone kept saying it would get better with time, but that's just one of those lies that grown-ups tell in awkward situations. Five years on, it's worse than ever: Dad drinks, Mum's gone and Jamie's left with questions that he must answer for himself.

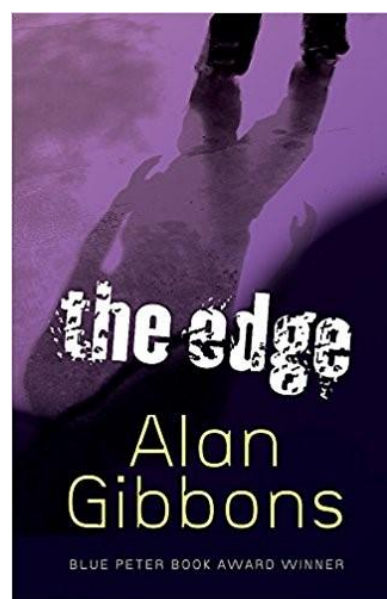
This is his story, an unflinchingly real yet heart-warming account of a young boy's struggle to make sense of the loss that tore his family apart.

### The Edge by Alan Gibbons

*We've got to go. Now.*

It's early morning and Danny's mother is at his bedside, urging him to get up. They're on the run from Chris, his mother's boyfriend, a violent man who beats them both up, and won't let them go. Chris pursues Danny and his mother from London to the north, where they take refuge with Danny's grandparents. But even there, nothing is safe.

Danny is conspicuous as the only mixed-race boy in their small community, and with the ever-present threat of discovery, he has to learn how to live continually on the edge.



## Self Harm (mental health)

### Beautiful Broken Things by Sara Barnard

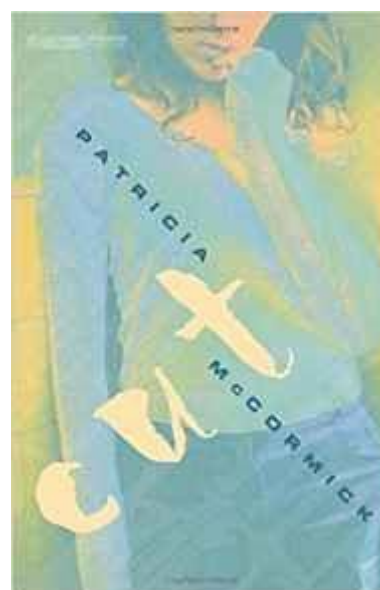


Best friends Caddy and Rosie are inseparable. Their differences have brought them closer, but as she turns sixteen Caddy begins to wish she could be a bit more like Rosie - confident, funny and interesting. Then Suzanne comes into their lives: beautiful, damaged, exciting and mysterious, and things get a whole lot more complicated. As Suzanne's past is revealed and her present begins to unravel, Caddy begins to see how much fun a little trouble can be. But the course of both friendship and recovery is rougher than either girl realizes, and Caddy is about to learn that downward spirals have a momentum of their own.

### Cut by Patricia McCormick

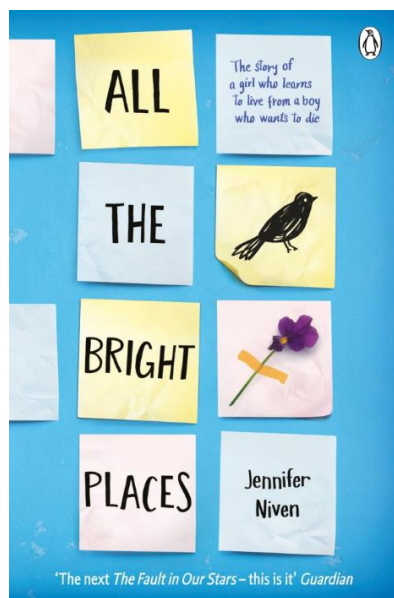
You say it's up to me to do the talking. You lean forward and your black leather chair groans, like a living thing. Like the cow it was before somebody killed it and turned it into a chair in a shrink's office in a loony bin...

Fifteen-year old Callie is so withdrawn that she's not speaking to anyone – including her therapist at Sea Pines, known to its guests as 'Sick Minds' – the residential treatment facility where her parents and doctor send her after discovering that she cuts herself. Her story unfolds primarily through dramatic monologues, gradually revealing the family turmoil that led to her self-destructive behaviour.



## Suicide (mental health)

### All the Bright Things by Jennifer Niven



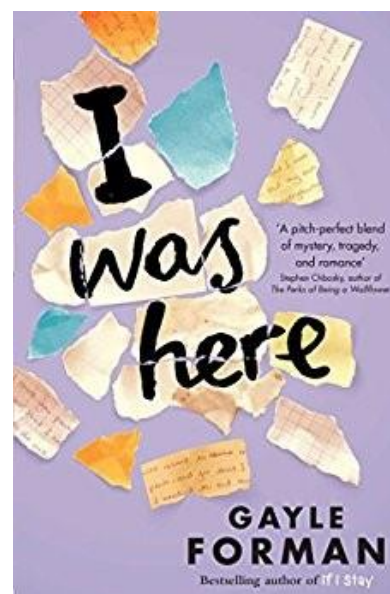
When Finch and Violet meet on the ledge of the bell tower at school, it's unclear who saves whom. And when they pair up on a project to discover the 'natural wonders' of their state, both Finch and Violet make more important discoveries: It's only with Violet that Finch can be himself – a weird, funny live-out loud guy who's not such a freak after all.

And it's only with Finch that Violet can forget to count away the days and start living them. But as Violet's world grows, Finch's begins to shrink. How far will Violet go to save the boy she has come to love? An intense, gripping novel, perfect for fans of John Green, Jay Asher, Rainbow Rowell, Gayle Foreman and Jenny Downham.

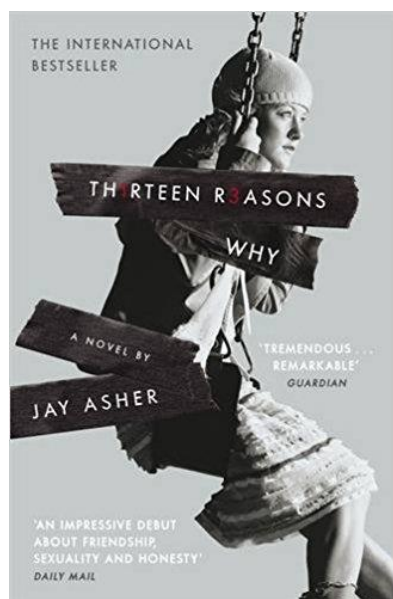
### I Was Here by Gayle Forman

Cody and Meg were inseparable - best friends for life. They knew everything about each other. Or Cody thought they did. But how well do you ever really know your best friend? And what do you do when they choose to leave you behind?

As Cody numbly searches for answers as to why Meg took her own life, she begins a journey of self-discovery which takes her to a terrifying precipice, and forces her to question not only her relationship with the Meg she thought she knew, but her own understanding of life, love, death and forgiveness.



## Thirteen Reasons Why by Jay Asher



**You can't stop the future. You can't rewind the past. The only way to learn the secret . . . is to press play.**

Clay Jensen comes home from school to find outside his front door a mysterious box with his name on it. Inside he discovers a series of cassette tapes recorded by Hannah Baker - his classmate and crush. Only, she committed suicide two weeks earlier. On the first tape, Hannah explains that there are 13 reasons why she did what she did - and Clay is one of them. If he listens, Clay will find out how he got onto the list - what he hears will change his life forever.

Perfect for fans of *The Fault In Our Stars* and *All the Bright Places*.

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