



## FICTION BOOKS

***Goodbye Stranger* by Rebecca Stead (Social media, identity)**

A group of tweens negotiate the tricky transition from childhood into young adulthood, including being different, finding first love and making tough decisions about social media.

***Don't Feed the Troll* by John Hickman (Trolling, social media, Bullying)**

As the boy's trolling escalates, the girl's resilience grows. She confronts him, revealing the pain behind her rejection. Together, they combat online cruelty, fostering empathy amid chaos.

***Ella on the Outside* by Cath Howe (Friendship, bullying, isolation)**

When Ella joins a new school she is befriended by a girl who turns out to be cruel and manipulative. A book that explores how children can have secret lives and the value of trust and friendship.

***Vote for Effie* by Laura Wood (Gender, identity, friendship)**

Effie Kostas, with her misfit campaign team, challenges gender imbalance and outdated school norms in her quest for Student Council Presidency.

***Girl Next Door* by Karen Moncriefe (Racism, friendship, family-issues)**

Kelsey makes friends with Imani when her family move in next door, despite her mum and dad being racist and disliking Imani's family for being West African.

## NON-FICTION BOOKS

***Project You* by Aubre Andrus**

Find your balance. Make a protein-packed smoothie to energize for a busy day. Centre yourself after a stressful week by taking five minutes - More than 50 ways to calm down, de-Stress and feel great!

***Puberty and Growing Up* by Anna Claybourne**

Puberty is often a confusing time with many changes both physical and emotional to deal with. This book deals with all aspects to arm you with the facts!

***Positively Teenage and Other Titles* by Nicola Morgan**

Guidance on navigating your teenage years with a positive and optimistic mindset, providing valuable insights for a fulfilling and meaningful adolescence.

***Do Something: Activism for Everyone* by Kajal Odedra**

A grassroots activism guide from a prominent UK figure. Illustrated with real-world lessons, it empowers change, inspiring those questioning, "Why hasn't anyone done something about that?"

***What is Consent? Why is it Important and Other Big Questions* by Louise Spilsbury and Yas Necati**

What is consent? Why does it matter? How does it affect our daily lives? Why is it such a grey area, sometimes? Explore how consent works, and why it matters.

## ONLINE ARTICLES AND MAGAZINES

[Safer Internet Resources](#)

[British Youth Council](#)

[Teen Health Advice](#)

[NSPCC Safety Advice](#)

[Mind Mental Health Advice](#)



## PODCASTS AND MEDIA

[Dear Hank and John Podcasts](#)

[Teen Tips Podcast](#)

[Youth Voice Podcast](#)

[Mental Health Foundation Videos and Podcasts](#)

[Teenager Therapy Podcast](#)



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***Moonrise* by Sarah Crossan (Family issues, trauma, grief)**

Joe confronts a decade-long separation from his brother Ed, who awaits execution on death row. As the execution date approaches, Joe grapples with grief and pain, determined to be with Ed.

***Felix Ever After* by Kacen Callender (LGBTQ+, identity, racism)**

Felix Love yearns for love, questioning its ease for others. Fearing marginalization as a Black, queer, and transgender individual, he navigates the quest for his own happily-ever-after.

***Simon vs The Homo-Sapiens Agenda* by Becky Albertalli (Cyber-bullying, identity, LGBTQ+)**

Simon, a 17-year-old with dreams, harbors a glowing secret. His world unravels as class clown Martin threatens to expose it.

***Speak* by Laurie Halse Anderson (Consent, self-harm, friendship)**

Melinda, facing isolation after a traumatic summer, grapples with silence. Through an art project, she confronts the truth of that night, finding a voice to share her experience.

***You'd Be Home Now* by Kathleen Glasgow (Drug abuse, family issues)**

Emmy, labeled the obedient one, navigates life in her small town. A tragic accident challenges her role, forcing her to maintain appearances.

## NON-FICTION BOOKS

***Life Inside My Mind* by 31 Authors**

An anthology capturing true-life experiences from contemporary writers addressing neurodiversity, addiction, OCD, PTSD, and more. A supportive space for those seeking solace in shared narratives.

***You're Crushing It* by Lex Croucher**

THE survival guide to help you make it through the crazy, topsy-turvy, whirlwind ride we call life. A relatable source full of advice to help you maintain positivity and cope when things don't go to plan.

***A-Z of Growing Up, Puberty and Sex* by Lesley DeMeza and Stephen DeSilva**

A-Z guide navigates puberty, decoding medical and slang terms, providing essential support for physical and emotional changes with practical advice for adolescence.

***The Teenage Guide to Stress* by Nicola Morgan**

Morgan delves into teen struggles—anger, sadness, depression, eating disorders, self-harm, exam stress, sleep, sexual pressures, bullying. Gain insights and effective management strategies.

***101 Things To Do Instead Of Playing On Your Phone* by Ilka Hiennemann**

Rediscover the art of being present by putting down distractions. This book suggests activities to unleash creativity, train your brain, and promote calmness.

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