

## **Pastoral Parental Further Support and Guidance Book List**

### **Peer on Peer/Self Esteem/Friends**

Bullying	Michele Elliot
Bullies Big Mouths and so called Friends	J Alexander
Bullies Cyberbullies and Frenemies	Michele Elliot
Don't Pick on Me - how to handle bullying	Rosemary Stones
Are you good enough? 15 ways to build a confident mindset	Bill Mcfarlan and Dr Alex Yellowlees
The 7 Day Bully Buster	J Alexander
The 7 Day Self Esteem Super Booster	J Alexander
Texts Tweets Trolls and Teens (Teen Life Confidential)	Anita Naik
Queen Bees, Drama Queens and Cliquey Teens	Anita Naik
The Teenage Guide to Friends	Nicola Morgan
Self Confidence; The remarkable truth of why a small change can make a big difference	Paul McGee
Body Brilliant: The teenage guide to positive body image	Nicola Morgan
Find Your Girl Squad Making and keeping friends who love you for you	Dr Angharad Rudkin Ruth Fitzgerald

### **Race**

Black and British	David Olusoga
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### **Neurodiverity**

Just Like Me	Louise Gooding
The Social Survival Guide for Teens on the Autistic Spectrum: How to make friends and navigate your emotions	Lindsey Sterling
The Spectrum Girls Survival Guide; how to grow up awesome and autistic	Siena Castellon
The Awesome Autistic Go to Guide: A practical handbook for autistic teens and tweens	Yenn Purkis

### **Motivation**

Yes You Can Ace Your Exams without losing your mind	Natasha Devon
Exam Attack	Nicola Morgan
You are Awesome	Matthew Syed
Fantastic People who dared to fail	Luke Reynolds
Zest How to Squeeze the Maximum out of life	Andy Cope
The Little book of being brilliant	Andy Cope
The Teenagers Guide to Life, The Universe and Being Awesome	Andy Cope
SUMO - Shut up and Move on The straight talking guide to succeeding in life	Paul McGee

Yesss! The SUMO Secrets to being a positive confident teenager	Paul McGee
Dare to be You	Matthew Syed
Nikki Lillys Come on Life Highs, Lows and How to live your best teen life	Nikki Lilly
You are a Champion: How to be the best you can be	Marcus Rashford
Fall Off, Get Back on, Keep Going	Claire Balding

### **Mental Health and Well-being**

Live Well Every Day Your plan for a happy body and mind	Dr Alex George
It's OK not to be OK A wellbeing guide	Dr Tina Rae Jessica Smith
You Got This	Bryony Gordon
Mind Your Head	Juno Dawson
Overcoming Fear of Failure (MY Life, Your Life)	Honor Head
Your Emotions (Your Mind Matters)	Honor Head
Your Brain and Body (Your Mind Matters)	Honor Head
Beating Stress and Anxiety (Your Mind Matters)	Honor Head
Scrambled Heads	
Lucy's Blue Day	
Self Esteem and Mental Health (Healthy for Life)	Anna Claybourne
Social Media and You (Your Mind Matters)	Honor Head
Self Esteem and Confidence (My Life, Your Life)	Honor Head
Know Your Brain	Nicola Morgan
The Awesome Power of Sleep: How Sleep Super-Charges Your Teenage Brain	Nicola Morgan
Body Brilliant	Nicola Morgan
Be Resilient	Nicola Morgan
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The Awesome Power of Sleep: How Sleep Super-Charges Your Teenage Brain	Nicola Morgan
Body Brilliant	Nicola Morgan
Be Resilient	Nicola Morgan
Don't Worry Be Happy a child's guide to overcoming anxiety	Poppy O'Neill
You are a Star A child's guide to self-esteem (11 yr olds)	Poppy O'Neill
Blame my brain: How to Build a Strong Teenage Mind for Tough Times	Nicola Morgan
The Gratitude Diaries: How a year of living gratefully changed my life	Janice Kaplan
The Idiot Brain: a neuroscientists explains what your head is really up to	Dean Burnett
My Feel good book 90 ways to feel confident	Francoise Boucher
Fear less How to be your true confident self	Liam Hackett
A tool kit for Modern Life 53 ways to look after your mind	Dr Emma Hepburn
Break the Mould; how to take your place in the world	Sinead Burke

### **Journals and Diaries.**

Happy Confident Me Journal	Fearne Cotton
You are Awesome Journal	Matthew Syed
Big Life Journal	<a href="https://biglifejournal.com/collections/journals">https://biglifejournal.com/collections/journals</a>
Big Life Journal Daily Edition.	<a href="https://biglifejournal.com/collections/journals">https://biglifejournal.com/collections/journals</a>

### **Boys and Puberty**

Being a Boy	James Dawson
Growing up for Boys	Usborne
The Boys Guide to Growing up	Phil Wilkinson
The Growing Up Book for Boys: What Boys on the Autism Spectrum Need to Know!	David Hartman
The (Nearly) Teenage Boy's Guide to Almost Everything	Sharie Coombes
Dr Ranj: How to Grow up and Feel Amazing; The No-Worries Guide for Boys	Dr Ranj

What happens to my body and mind (boys).	Annabel Lewis
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### **Girls and Puberty**

Own your period	Chella Quint
The Smart Girls Guide to Growing Up	Anita Ganeri
Everything you ever wanted to ask about periods	Tricia Kreitman Dr Neil Simpson and Dr Rosemary Jones
The Girl Guide	Marawa Ibrahim
What's happening to my body book for girls	Lynda Madaras
Girls Only	Victoria Parker
Growing up for Girls	Usborne
The Girls Guide to Growing up great; changing bodies, periods, relationships, life online	Sophie Elkan
The Girls Files All About Puberty and Growing up	Jacqui Bailey
The Girls Guide to Growing up	Anita Naik
Period Power	Maisie Hill
The (Nearly) Teenage Girl's Guide to Almost Everything	Sharie Coombes
My period Find your flow and feel proud of your period	Milli Hill
Welcome to Your Period	Yumi Stynes

### **Relationships and Sex**

Sex, Puberty and all that stuff: a guide to growing up	Jacqui Bailey
Can we Talk about Consent	Justin Hancock
What does consent really mean	Pete Wallis and Thalia Wallis
What is consent? Why is it important? And other big questions	Louise Spilsbury and Yas Necati
Respect - Consent, Boundaries and being in charge of you	Rachel Brian
Let's talk about Body Boundaries, Consent and Respect	Jayneed Sanders

### **LGBTQ+**

Yay! You're Gay Now What	Riyadh Khalaf
This book is gay	Juno Dawson
Understanding Sexuality: What it means to be lesbian, gay or bisexual (My Life, Your Life)	Honor Head
What is Gender? How does it define us and other big questions for Kids	Juno Dawson
Understanding Transgender (My Life Your Life)	Honor Head
Not Just a Tomboy	Caspar Baldwin
Trans Teen Survival Guide	Owl and Fox Fisher

The Gender Games The Problem with men and women from someone who has been both	
Trans Mission; My Quest for a Beard	Alex Bertie
Life Isn't Binary: on being both, beyond and in-between	me-John Baker and Alex Iantaffi
Everything you ever wanted to know about being Tans (but were afraid to ask)	Brynn Tannehill
Transgender 101 A simple guide to a complex issue	
In Their shoes; navigating non-binary life	Jamie Windhurst

#### Drugs and Alcohol

Say Why to Drugs: Everything You Need to Know About the Drugs We Take and Why We Get High	Dr Suzi Gage
Drugs without the hot air; making sense of legal and illegal drugs	Professor David Nutt
Drink? The science of alcohol and your health	Professor David Nutt

#### Parents

I wish I'd known; Young People Drugs and Decisions A guide for parents and carers	Fiona Spargo-Mabbs
Why Every Teenager needs a Parrot	Alicia Drummond
How to Grow a Grown Up: Prepare your teen for the real world	Dr Dominique Thompson
Proactive Parenting: Help your child conquer self-destructive behaviours and build self-esteem	Mandy Salagari
Wish we knew what to say Talking with Children about Race	Pragya Agarwal

#### Brain and Mindset

Habits of Happy Brain	Grazanio Breuning
How to develop growth mindsets in the classroom - The Complete Guide	Mike Gershon
The Brain Box	David Hodgson & Tim Benton
The Growth Mindset Playbook	Annie Brock & Heather Hundley
Mindset How you can fulfil your potential	Dr Carol Dweck
Mindsets in the Classroom	Mary Cay Ricci
The Growth Mindset Coach	Annie Brock & Heather Hundley

Terminal Illness/Bereavement

With the End in Mind How to live and die well.	Kathryn Mannix
Sometimes Life Sucks	Molly Carlile
You will be Okay	Julie Stokes
It's OK that you are not OK	Megan Devine