

Reading Well

for

Teens



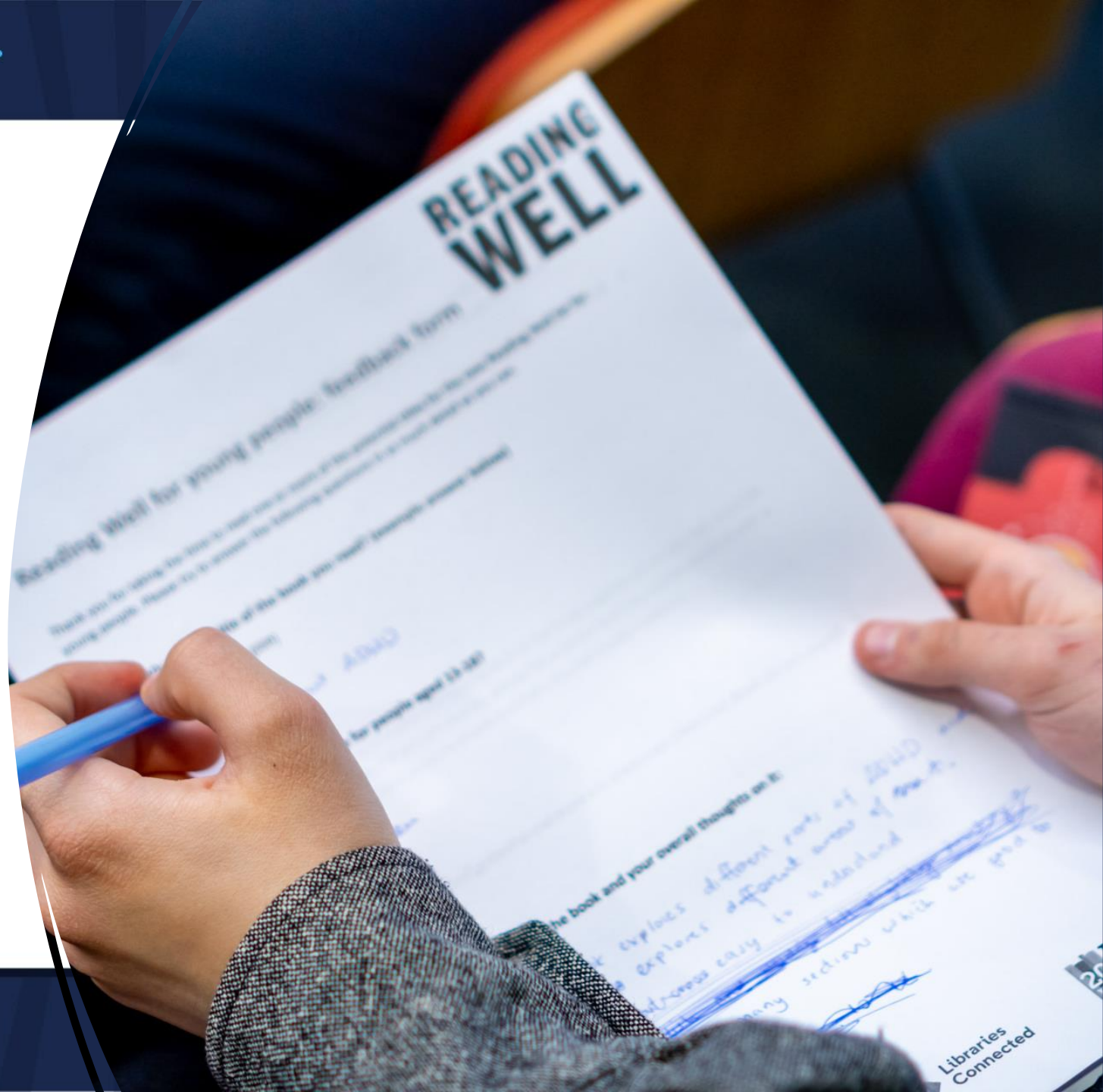
*Reading Well for teens*  
is a list of books to help  
you understand your  
feelings, handle  
difficult experiences,  
and boost your  
confidence.



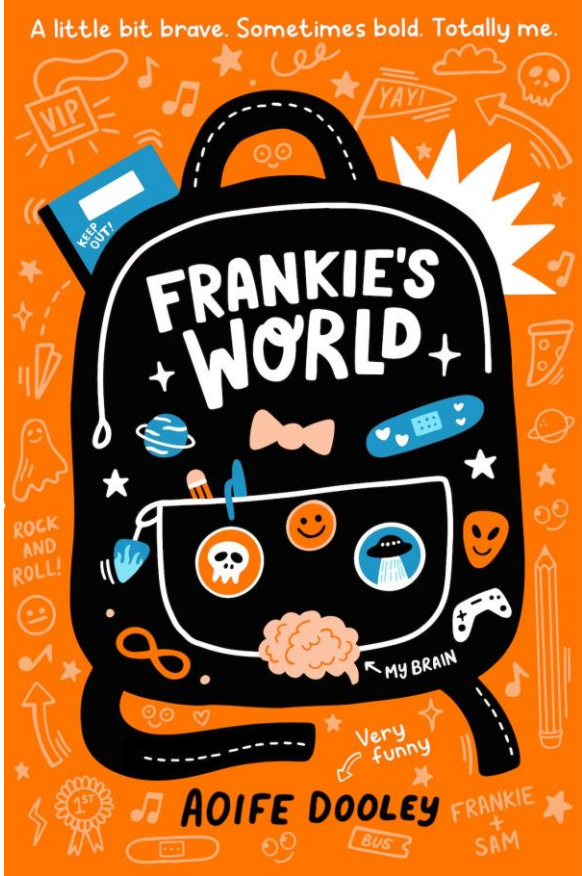


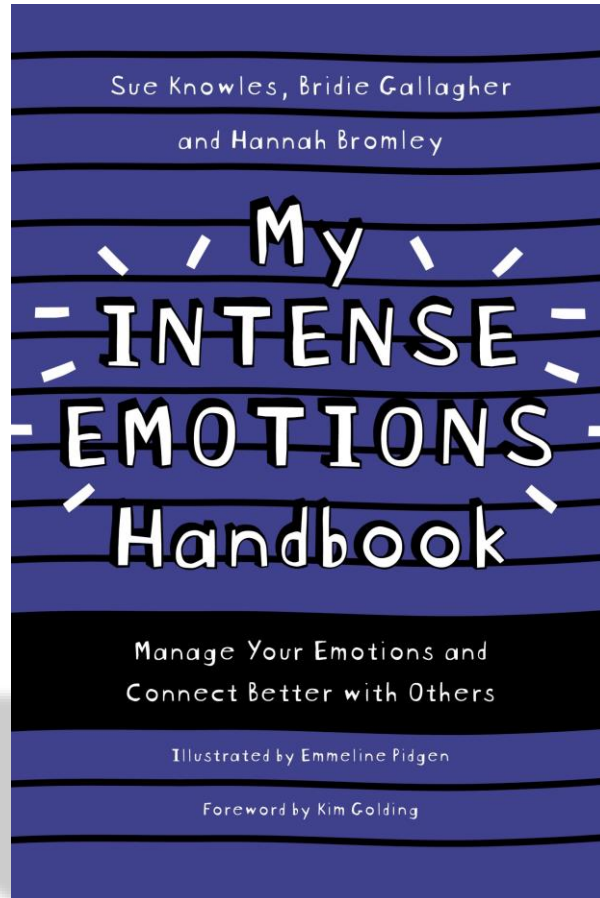
All the books have been chosen by young people, health professionals and library staff.

Here's what other  
teens have to say  
about the books...



*"As a person with autism I thought it was very relatable. I wish I had access to a book like this when I was 13. It has information at the end about what autism is and how you can help someone with autism. Not cluttered with words...I love the illustrations. They are really cool!"*

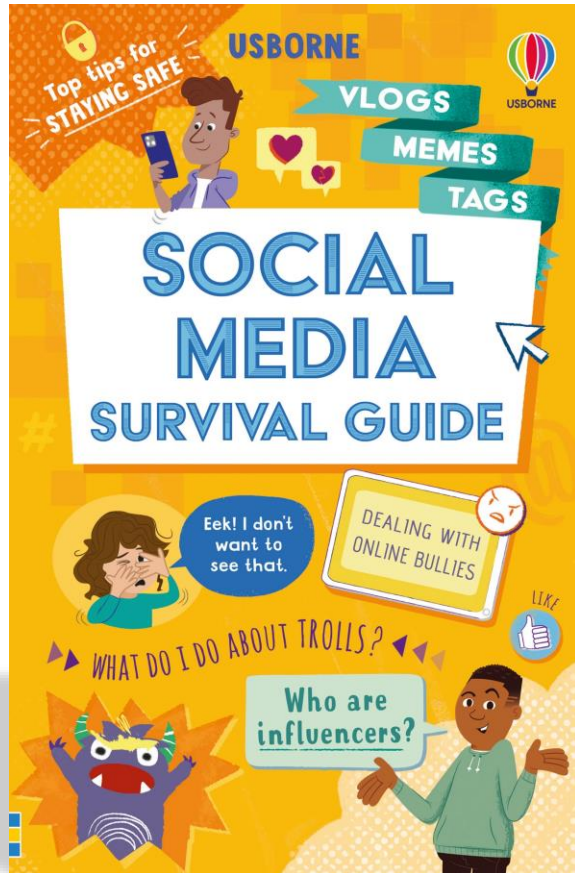




*"It's written like someone is talking to you directly. Useful FAQs and headers for sections are really helpful."*

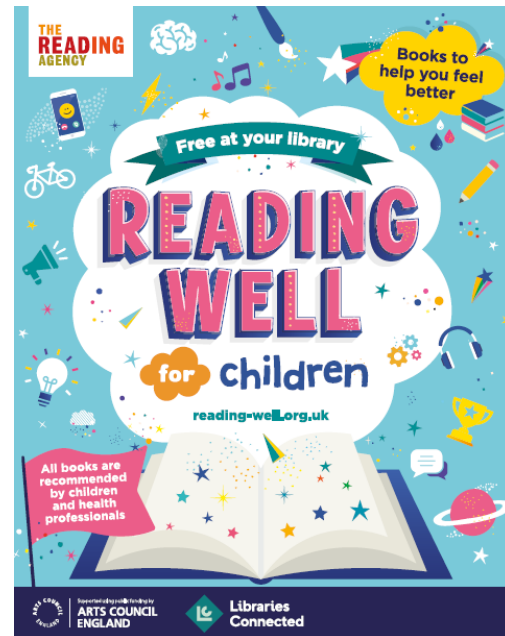
*“The content page made me happy! I like the doodles, how the chapters are organised. I like that there are stories of real people, it includes advice for allies. The book is informative.”*





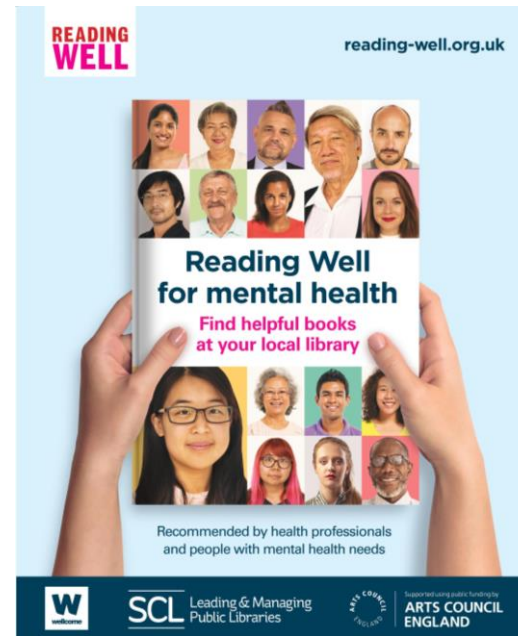
*"It goes straight to the point. It covers consent and body image. It encourages you to recognise when it's time to take a break from social media."*

# There are Reading Well booklists for children and adults too



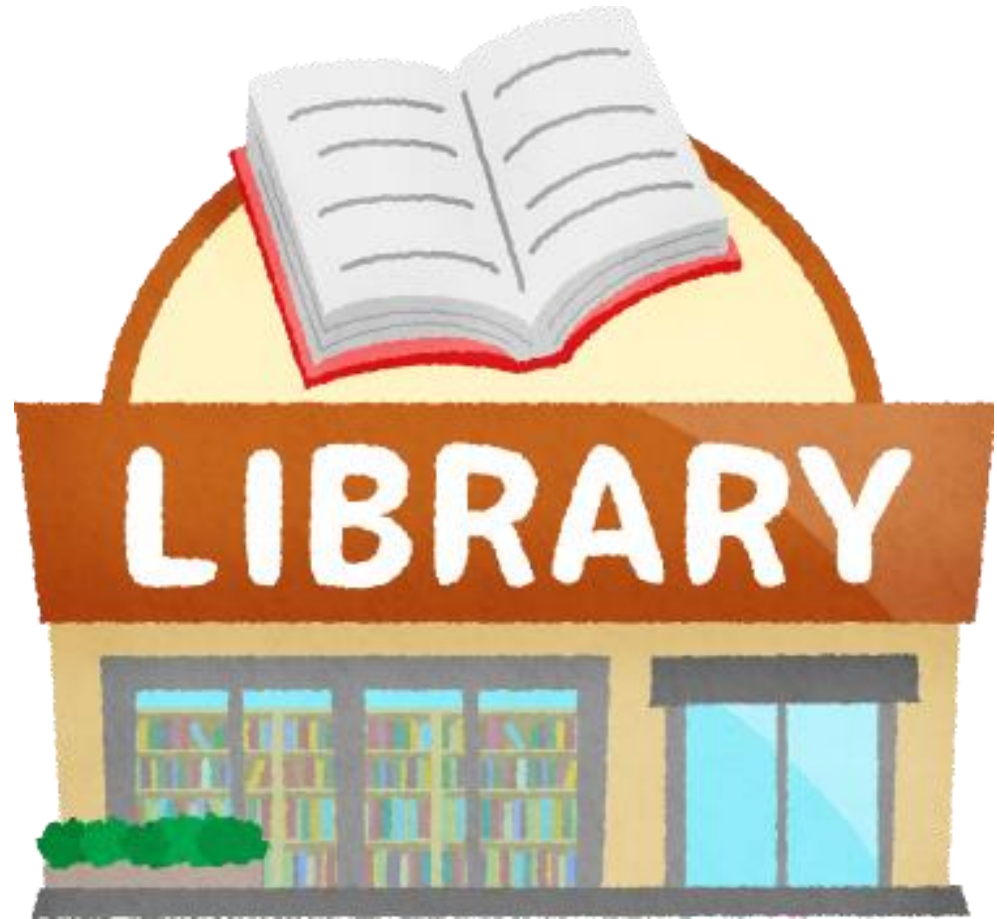
READING  
WELL

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THE  
READING  
AGENCY

You can reserve and borrow the books for free from your local public library and some may be in your school library



**For more information visit:**

[wiltshire.gov.uk/libraries-childrens-area-teens](http://wiltshire.gov.uk/libraries-childrens-area-teens)  
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