

# RECOMMENDED BOOKS FOR **TEENS** TO BUILD EMPATHY AND RESILIENCE



There are lots of great books out there that can provide positive messaging and relatable examples for children.

1

## **THE WEIGHT OF WATER** **SARAH GROSSAN**



An immersive story dealing with bullying and the immigrant experience, from the perspective of Kascienska, a young Polish girl.

2

## **PERSEPOLIS** **MARJANE SATRAPI**



An autobiographical graphic novel following the impact of the Islamic Revolution on a girl's life in Iran.

3

## **PALESTINE** **JOE SACCO**



A moving graphic novel which depicts life under occupation. Sacco humanises the plight of the Palestinian people through the narratives of people he met during his time there in the early 90s.

4

## **NEEDLEWORK** **DEIRDRE SULLIVAN**



Needlework tackles abuse and its aftereffects head on. These are issues present in the news-cycle, and indeed in the lives of many Irish teenagers. Sullivan explores them with insight, wisdom and a great sense of care.

5

## **MILK & HONEY** **RUPI KAUR**



One for the older teenagers, Rupi Kaur is one of the most successful Instagram poets. Milk & Honey is her first collection and explores themes of womanhood, race, self-esteem, love, abuse, violence and rebirth.

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