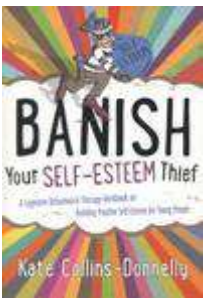
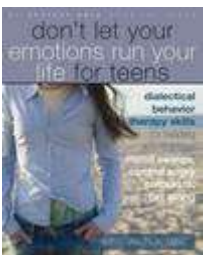
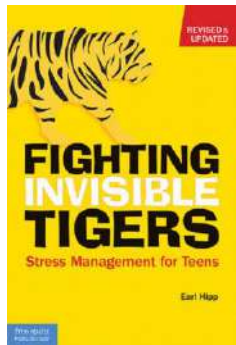
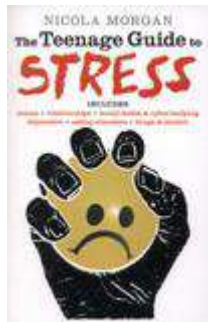
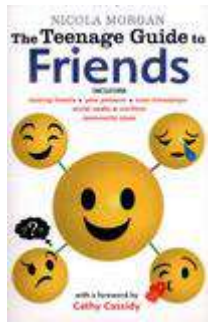


Understanding teenagers: Wellbeing and resilience

To reserve any of the below books from your nearest library please go to www.suffolklibraries.co.uk click on 'Search and Reserve' and type in the title of the book.

Cover	Title	Author	Description
	Blame my Brain: the amazing teenage brain revealed	Nicola Morgan	Nicola Morgan's accessible and humorous examination of the ups and downs of the teenage brain deals with powerful emotions, the need for more sleep, the urge to take risks, the difference between genders, the reasons behind addiction and depression, and what lies ahead.
	Mind your Head	Juno Dawson and Dr Olivia Hewitt	Covering topics from anxiety and depression to addiction, self-harm and personality disorders, Juno and Olivia talk clearly and supportively about a range of issues facing young people's mental health - whether fleeting or long-term - and how to manage them, with real-life stories from young people around the world.
	Stuff that sucks	Ben Sedley	With a strong emphasis on validation and compassion, 'Stuff That Sucks' encourages you to accept your emotions rather than struggling against them. It also shows how to reconnect with what is really important to you, giving you the tools to help clarify your personal values and take steps towards living a life where those values can guide you in your day-to-day behaviour.
	The Self-esteem team's guide to sex, drugs and WTFs?!!	Grace Barrett	This guide contains everything you really want to know, but are too embarrassed to ask your teachers, from 'how do I know if I'm healthy?' to 'what's it like to take drugs?' The Self-Esteem Team won't tell you that if you have sex you'll definitely get an STI and die, but they will help you decide if you're ready.

	<p>All I know now</p>	<p>Carrie Hope Fletcher</p>	<p>Part memoir, part advice guide, this book includes Carrie's thoughts on some of the topics she's asked about most regularly: bullying, body image, relationships and perhaps the scariest question of all: what does the future hold for me?</p>
	<p>True Face</p>	<p>Siobhan Curham</p>	<p>This book is part mystery, part adventure. The mystery is working out who you truly are, and the adventure comes in planning the kind of life you really want to lead. From body image and bullying to love, sex and more, plus expert advice on silencing your inner voice of doom, it is an invaluable guide to living a happy life.</p>
	<p>Bullies, Cyberbullies and Frenemies</p>	<p>Michele Elliott</p>	<p>Are there practical things you can do to stop being bullied - at home, at school and online? What are frenemies and how can you deal with them? How can you learn to make friends and respect yourself? This guide will tell you what bullying is, where it happens, and what you can do about it.</p>
	<p>Banish your self-esteem thief</p>	<p>Kate Collins-Donnelly</p>	<p>Build confidence and self-esteem with this fun and effective workbook for young people. Packed with activities and real-life stories, this imaginative workbook will show you what self-esteem is, how it develops, the impact it can have and how all this applies to your own self-esteem.</p>
	<p>Don't let your emotions run your life for teens</p>	<p>Sheri Van Dijk</p>	<p>Everyone knows how difficult it can be to keep overwhelming feelings like anxiety, anger, and fear under control, but many forget that these emotions are amplified even more during the teenage years, when healthy coping mechanisms have not fully developed and tumultuous relationships with family and friends are of primary importance.</p>

	<p>Fighting invisible tigers: Stress management for Teens</p>	<p>Earl Hipp</p>	<p>'Fighting Invisible Tigers' offers proven techniques that teens can use to deal with stressful situations in any environment - at school, at home, or among friends. It also includes information on how stress affects health and decision making, as well as the latest stress management skills.</p>
	<p>The Teenage Guide to Stress</p>	<p>Nicola Morgan</p>	<p>The book is divided into three sections: Section one explains what stress is and looks at the ways teenage stress is different. Section two deals with many issues that affect teenagers - from anger, depression and sexual relationships to cyber-bullying and offers guidance and advice. Section three is concerned with how to deal with and prevent the symptoms of stress, as well as healthy ways of looking after your mind and body.</p>
	<p>The Teenage Guide to Friends</p>	<p>Nicola Morgan</p>	<p>A comprehensive guide to teenage friendships, by award-winning author and well-being expert Nicola Morgan. Essential reading for teenagers and the adults who care about them. Contents include a section on making friends, keeping friendships strong, and what happens when they break down - as well as a look at online friendships, cyber-bullying, toxic friendships and frenemies, and empathy.</p>