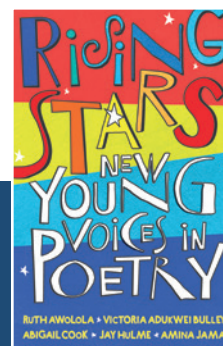
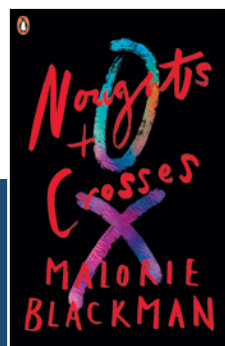
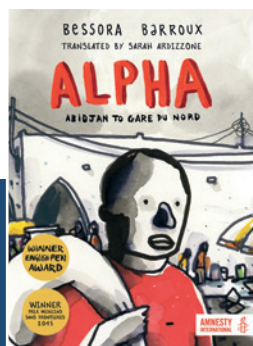
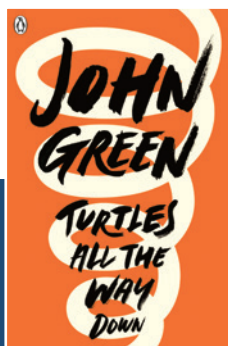


EmpathyLab

Read stories. Build empathy. Make a better world.



2019 Read for Empathy Guide

15 books to build empathy - for young people aged 11-16

#ReadForEmpathy

How does
empathy work?

Graphic novels

Poetry

Novels

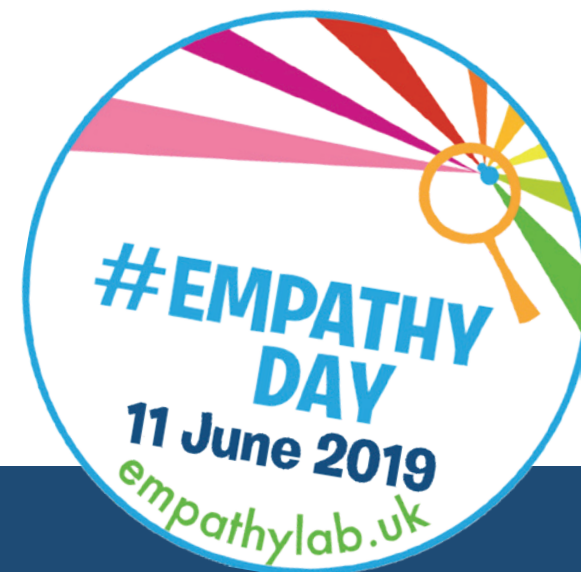
Top tips

EmpathyLab

Read stories. Build empathy. Make a better world.

Empathy is a human super-power which helps us all understand each other better. It is also an essential social and emotional skill, crucial if young people are to thrive.

We're not born with a fixed quantity of empathy – it's a skill we can learn. Excitingly, research shows that stories are a powerful tool to develop it, because in identifying with book characters, young people learn to see things from other points of view. So as we read, we can build our empathy skills at the same time.



How does empathy work?

Empathy is made up of three main elements.



The 2019 Read for Empathy Guide

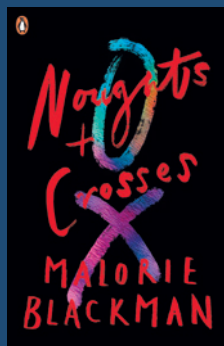
This guide is for people living and working with young people aged 11–16. You'll find fifteen fantastic empathy-boosting books – chosen by an expert panel – to inspire young people to make a positive difference in their homes, schools and communities. The books offer powerful insights into other people's feelings, ways of life and the experience of facing challenges like becoming homeless, or a refugee.

The guide is brought to you by EmpathyLab, in partnership with book supplier Peters. You can use it all year round, and it will be especially useful in the run up to Empathy Day on 11 June 2019. Please join in! Register for updates and toolkits at www.empathylab.uk.

Graphic novels, poetry and novels

Nine superb stories, three poetry books, two graphic novels and a short story collection, all chosen to help young people develop real-life empathy. Perfect for young people aged 11–16, with this symbol* showing those which are more emotionally challenging, or have language or themes more suitable for older teens.

Keep an eye on
www.empathylab.uk
for extra resources



EMPATHY CLASSIC

Noughts & Crosses* **Malorie Blackman**

Sephy is a Cross, and Callum a Nought. Their friendship is threatened by mounting racism and violence. A much-loved, gritty classic, exploring the absurdity of our tribal ways of thinking. Now being made into a BBC TV series.

Penguin



Rising Stars

Ruth Awolola, Victoria Adukwei Bulley, Abigail Cook, Jay Hulme, Amina Jama

In this vibrant anthology, five young poets share experiences of community, identity, family... Afro hair and parakeets. Deep yet very accessible, with different voices and perspectives illuminating how others feel. Great poems – great new writers – great themes.

Otter-Barry Books



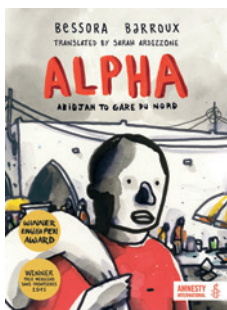
Booked

Kwame Alexander

Pacy, funny, moving verse novel, with an emotionally engaging central character. Nick's family is breaking up. To cope, he's drawing on football, friendship and poetry.

Andersen Press

Graphic novels, poetry and novels



Alpha*

Bessora & Barroux

Translator Sarah Ardizzone

Totally brilliant, troubling graphic novel about a migrant's journey. Alpha is a cabinet maker from Cote d'Ivoire and we viscerally experience his powerlessness as he faces endless horrific situations. A jolting book which triggers a determination to stand up for the displaced of this world.

The Bucket List, Barrington Stoke

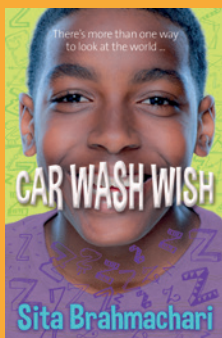


Everything All at Once

**Steven Camden
aka Polar Bear**

Unmissable poetry collection about life at secondary school, with rhythms of rap running through. Each voice has a different perspective, with sharp insights into anxieties about fitting in, first love, hiding in the loos.

Macmillan Children's Books



Car Wash Wish

Sita Brahmachari

We're inside Hudson's head. He's a 14-year-old with Asperger's Syndrome, trying to make sense of his parents' separation and his grandfather's death. Short book packing a big punch.

Barrington Stoke



A Change is Gonna Come*

**Mary Bello, Aisha Bushby, Tanya Byrne,
Inua Ellams, Catherine Johnson, Patrice
Lawrence, Ayisha Malik, Irfan Master,
Musa Okwonga, Yasmin Rahman, Phoebe
Roy, Nikesh Shukla**

Inspirational short story and poetry collection from 12 Black, Asian and minority ethnic writers. Voices and topics which build understanding and insight – such as bereavement, Islamophobia, sexuality, racism and mental health.

Stripes Publishing

Graphic novels, poetry and novels



Rosie Loves Jack*

Mel Darbon

On one level this is a touching story about Rosie and Jack finding love in the face of adversity. On another, it offers a rare, life-affirming chance to see through the eyes of a girl with Down's Syndrome, with profound insights into living with a learning disability. Feisty Rosie is an adorable, unforgettable character, who will do anything to be with the boy who makes the sun shine in her head.

Usborne



The Pavee and the Buffer Girl

Siobhan Dowd

Illustrator Emma Shoard

Very few books offer insights into traveller communities and this does it superbly. Through an unfolding boy/girl relationship, we experience the perspectives of both the resident community and the travellers (Pavees), feeling the tensions and prejudice.

The Bucket List, Barrington Stoke



Boy 87

Ele Fountain

Shif wants to be an engineer, but the soldiers come for him. Heart-stopping as he is imprisoned, escapes, journeys perilously... survives. Fiction can help us understand the refugee experience like nothing else.

Pushkin Children's



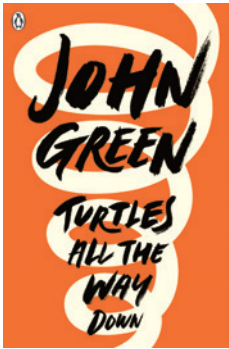
Indigo Donut*

Patrice Lawrence

Indigo lives with a kind foster mum, but carries almost unbearable emotional pain. Gritty, powerful read – helps us understand how overwhelming emotions can lead us to reject the very people who care most.

Hodder Children's Books

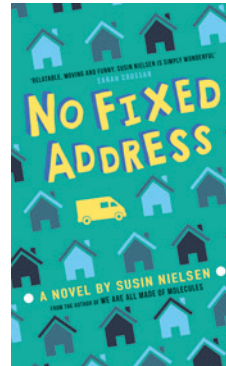
Graphic novels, poetry and novels



Turtles All the Way Down* **John Green**

Told from the perspective of an older teenager battling anxiety but not letting this define her. A fascinating mystery story is woven into Aza's journey as she deals with issues of love and friendship. Great insight into debilitating mental-health issues.

Penguin



No Fixed Address **Susin Nielsen**

Felix lives with his mum in a van, facing a daily grind of poverty and stigma. Heavy themes are handled with a beautifully light touch, and moving insights into the feelings of the 'hidden homeless'.

Andersen Press

Keep an
eye on
www.empathylab.uk
for extra
resources



Mike* **Andrew Norriss**

Mike's family is convinced he'll become a tennis star. About the emotional challenges in the quest to find out who you truly are, with an exceptionally well-developed central character – to the extent that there are two of him. Magnificent writing.

David Fickling Books



Running on Empty **S. E. Durrant**

Narrator AJ is 11, passionate about running but unable to afford the right trainers. He's having to grow up fast as he tries to support his parents, who have learning difficulties. We're right alongside as he finds his way forward. Emotional and life-affirming.

Nosy Crow

'Empathy is a quality of character that can change the world'

Barack Obama

Top tips

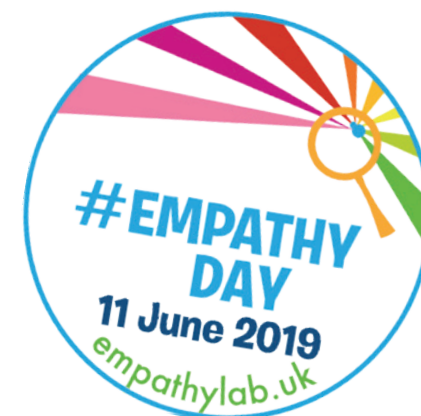
Empathy in action Research shows that empathy plays a big role in our hunger for social justice. Look for books with themes that inspire young people to become social activists.

Step into others' shoes Challenge young people to read a book which jolts them into understanding lives very different from their own.

Build human connection Sharing stories connects us to each other in new ways. Read the books yourself as a springboard for deep discussions which help you better understand a young person.

Focus on characters When discussing books, try focusing on the characters more than the plot. This opens up new possibilities for understanding feelings.

Listen well Being really listened to is a powerful empathy experience. Try to listen deeply, with 100% attention, as young people talk about their experience of a book.



EMPATHY DAY, 11 JUNE 2019 – READ STORIES. BUILD EMPATHY. MAKE A BETTER WORLD.

Empathy Day is all about helping us understand each other better, the day to take new steps on our empathy journey...

- Have a new conversation about harnessing empathy's power to build a better world
- Step out of our bubble and make new connections with each other
- Celebrate a dynamic new wave of empathy work, in our schools and libraries

On Empathy Day we want everyone to...

- **Read:** because stories and book characters build our real-life empathy
- **Connect:** make new connections with young people, inspired by sharing stories
- **Do:** put empathy into action, in your home and your community

Go to www.empathylab.uk [@EmpathyLabUK](https://twitter.com/EmpathyLabUK) to find out more, and be sure to share your **#ReadForEmpathy** recommendations on the day!

How to get involved

READ	CONNECT	DO
It builds real-life empathy	Join the Empathy Conversation	Put empathy into action
Find and share empathy-boosting books – use #ReadForEmpathy	Snap up tickets to The Empathy Conversation, Waterstone's Piccadilly: 203-206 Piccadilly, London W1V 9LW, 7 p.m. on Empathy Day, 11 June 2019	Make an Empathy Resolution – special cards available in March
Use our Read For Empathy Guides for young people http://www.empathylab.uk/read-for-empathy-guide	Use #EmpathyDay to share which social issues need more empathy	Teachers: sign up; use our training, booklists, Empathy Day packs
Check out your library's empathy books and activities	Meet someone different at libraries' Empathy Conversation events	Librarians: sign up; pilot the Empathy Conversation events
Follow the special author blog tour; listen to their podcasts at www.empathylab.uk	Make a giant workplace Empathy Wall – share ideas for changing things	Buy the complete Read For Empathy book collection for 26% off: www.peters.co.uk/empathy2019

EmpathyLab

Read stories. Build empathy. Make a better world.

Empathy is a beacon of hope in a divided world: join our 2019 programme

EmpathyLab now offers training and Empathy Day toolkits for schools and libraries interested in building young people's empathy, literacy and social activism.

To find out more, go to www.empathylab.uk. For specific training enquiries, contact miranda@empathylab.uk

How to order the books in this guide

Order the Read For Empathy book collection at www.peters.co.uk/empathy2019 and enjoy 26% off plus a free display poster.

If you have any queries do not hesitate to contact us on **0121 666 6646** or email empathy@peters.co.uk

Thank you to everyone who has helped with this Guide

- Selection Panel: Jon Biddle, Aimee Felone, Paul Harris, Nicolette Jones, Nicky Parker, Sarah Mears, Farrah Serroukh
- Our partners at Peters and the Centre for Literacy in Primary Education
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- Print: Penguin Random House



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