

Girls Under Pressure **by Jacqueline Wilson**

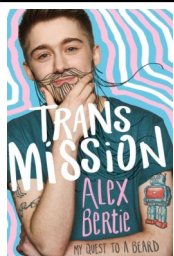
I think I look awful, horribly hugely FAT. My friends Magda and Nadine think I'm mad. But it's alright for them, Magda looks gorgeous (but boys always get the wrong idea about her).

Nadine's got model looks, and the chance to be a cover girl! But I'm a real Ellie the Elephant, so I'm going on a serious diet, and this time I am going to stick to it no matter what. In this moving and funny sequel to Girls in Love, Ellie, Magda and Nadine all try to change their looks with drastic consequences.

Find me in the Teen Fiction section.
AR Level 4.3

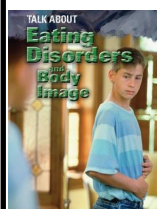
Trans Mission **by Alex Bertie**

Being a teenager is hard enough, but to go through puberty knowing you are in the wrong body means dealing with a whole new set of issues. In this book Alex shares his experiences of growing up and taking the steps through his transition, making each step a step closer to happiness.



Find me in the Shelf Help - Body Image & Identity section.
Not currently on AR.

Talk About: Eating Disorders and Body Image **by Caroline Warbrick**



This book explores the way people see their bodies and the causes behind problems with eating, including the role society plays in this. The book gives a firm understanding of eating disorders and how to overcome them.

Find me in the Shelf Help—Body Image section.
Not currently on AR.

Jemima Small versus the Universe **by Tamsin Winter**

Jemima Small is funny and smart. She knows a lot of things. Like the fact that she's made of 206 bones, over 600 muscles and trillions of cells. What she doesn't know is how that can be true and yet she can still sometimes feel like nothing. Or how being made to join the school's "special" healthy lifestyle group, aka Fat Club, could feel any less special. But Jemima also knows that the biggest stars in the universe are the brightest, and maybe it's her time to shine.



Find me in the Teen Fiction section.
AR Level 4.8

Dumplin' **by Julie Murphy**



Dubbed "Dumplin'" by her former beauty queen mum, Willowdean (Will) has always been at home in her own skin. Her thoughts on having the ultimate bikini body? Put a

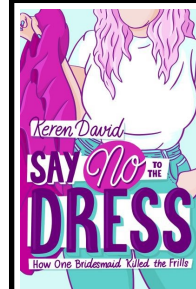
bikini on your body. With her all-American beauty best friend, Ellen, by her side, things have always worked... Until Will takes a job at Harpy's, the local fast food joint. There she meets Bo, a hot former jock. Will isn't surprised to be attracted to Bo, but she is surprised to find him attracted to her.

However, instead of finding new levels of self assurance in her relationship with Bo, Will starts to doubt herself. Will then sets out to take back her confidence. She decides to enter the Miss Teen Blue Bonnet beauty pageant to show the world that she deserves to be up there as much as any girl does.

Contains strong swearing and sexual references.

Find me in the Adult Fiction section.
AR Level 4.6

Say No to the Dress **by Keren David**

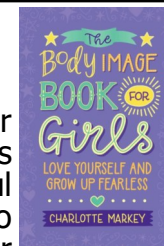


Miri is fourteen and in the last year she's been mugged by puberty. She's grown six inches, expanded in all directions, her breasts are out of control, and she's prone to

random eruptions of spots. Life already feels like a nightmare and now she's been asked to act as bridesmaid for her two siblings. Two weddings and two bridesmaid dresses, could things get any worse? Of course they could. Her brother is getting married to beautiful Scarlett, whose sister Tiffany is Miri's nemesis at school. Tiffany is the other bridesmaid and the pink satin dress they've chosen makes Miri feels like an oversized sausage! Follow Miri's hilarious story of family, friendship and embracing your true self, no matter what your forced to wear...

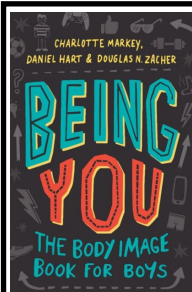
Find me in the Teen Fiction section.
AR Level 4.0

The Body Image Book for Girls **by Charlotte Markey**



Body image expert and professor in psychology Dr Markey has written this bright and colourful guide for girls growing up, to help them accept and love their bodies as they change through puberty. It covers topics such as mental health, social media, diets and everything in-between. Dr Markey teaches girls to nurture their physical and mental health to improve their own body image, and show the positive impact they can have on others.

Find me in the Shelf Help—Body Image section.
Not currently on AR

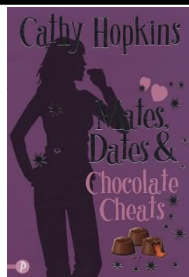


Being You: The Body Image Book for Boys
by Daniel Hart, Charlotte H. Markey, and Douglas Zacher

From early childhood boys often feel pressured to be athletic and muscular, but what impact does this have on their physical and mental wellbeing through their teens and beyond? Boys and men account for 25% of eating disorder cases. This is an easy to read guide to developing a positive body image for boys. Boys will find the answers to questions most on their mind, the truth behind many diet and exercise myths, and real life stories from other boys.

Find me in the Shelf Help-Body Image section.
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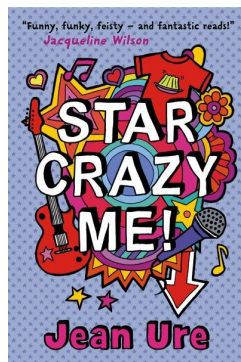
Mates, Dates & Chocolate Treats
by Cathy Hopkins



Izzie has always been 'curvy', but since Christmas she has gained eight pounds, and nothing seems to fit anymore! Izzie's constant worrying about her weight causes her to lose confidence, and she stops appreciating the things in her life that are special, like her supportive friends, the fact that she has been selected for a TV teen panel show and the cute boy at the studio who seems to appreciate her just the way she is.

Find me in the Friendships section.
AR Level 4.7

More books you may want to read...



Star Crazy Me! by Jean Ure

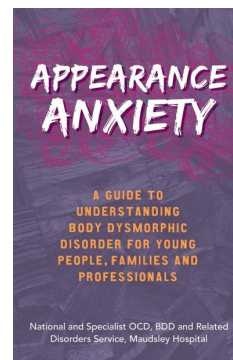
Find me in the Teen Fiction section.

AR Level 4.4

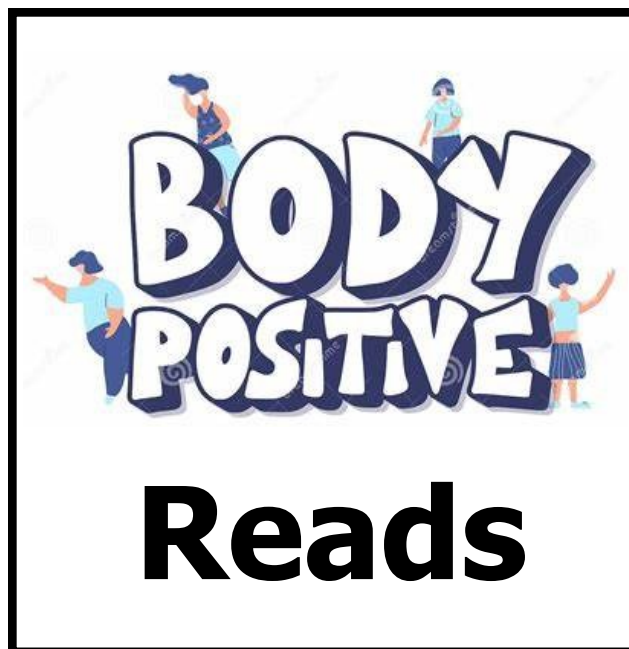
Appearance Anxiety by Amita Jassi et al

Find me in the Shelf Help - Body Image & Identity section

Not currently on AR.



HAZELWICK SCHOOL LIBRARY



A collection of fiction and non-fiction books that explore the topic of body image and confidence.
Library Staff will be happy to help you find these books and many more.

Students in Years 7 and 8 will need a parent/carer permission note to borrow books from the Adult Fiction section of the library.