Bibliotherapy: Advocacy on the Page and in the Classroom


Sometimes a book can be the best validation of experience a teen reader can find. In the list, below, we have highlighted a few “At-Risk” categories and books that could make a difference.

Addiction
Messner, Kate. The Seventh Wish (Bloomsbury, 2016)

Anxiety
Baskin, Nora Raleigh. Anything but Typical (S. & S., 2009)
Colasanti, Susane. Waiting For You (Viking, 2009)
Herbach, Geoff. Stupid Fast (Sourcebooks Fire, 2011)
Haydu, Corey Ann. OCD Love Story (Simon Pulse, 2013) (Subject: OCD)
King, Wesley. OCDaniel (Simon & Schuster/Paula Wiseman Books, 2016) (Subject: OCD)
Roskos, Evan. Dr. Bird’s Advice for Sad Poets (Houghton Harcourt, 2013)
Schutz, Samantha. I Don’t Want to Be Crazy (Scholastic, 2006)
Sloane, Holly Goldberg. Counting by Sevens (Dial, 2013) (Subject: OCD)
Swartz, Elly. Finding Perfect (FSG, 2016) (Subject: OCD)

Autism Spectrum Disorders
Bildner, Phil. A Whole New Ballgame (FSG, 2015)
Erskine, Kathryn. Mockingbird (Philomel, 2010)
Franklin, Emily and Halpin, Brendan. The Half Life of Planets (Hyperion, 2010)
Jacobs, Evan. Screaming Quietly (Saddleback, 2013)
Kelly, Tara. Harmonic Feedback (Holt, 2010)
Lord, Cynthia. Rules (Scholastic Press, 2006)
Miller-Lachmann. Rogue (Nancy Paulsen, 2013)
Miller, Ashley Edward. Colin Fischer (Razorbill, 2012)
Stork, Francisco X. Marcelo in the Real World (Scholastic, 2009)
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Black Lives Matter
Reynolds, Jason and Kiely, Brendon. All American Boys (Atheneum, 2015)
Reynolds, Jason. When I Was the Greatest (Atheneum, 2014)
Magoon, Kekla. How it Went Down (Henry Holt, 2014)
Myers, Walter Dean. Monster (HarperCollins, 2009)
Watson, Renee. Piecing Me Together (Bloomsbury, 2017)

Bullying
Holt, K.A. Rhyme Schemer (Chronicle, 2014)
Hunt, Lynda Mullaly. Fish in a Tree (Nancy Paulsen Books/Penguin, 2015)
Palacio, R.J. Wonder (Knopf, 2012)
Wolk, Lauren. Wolf Hollow (Dutton, 2016)

Depression
Asher, Jay. Thirteen Reasons Why (Razorbill, 2007)
Cardi, Annie. The Chance You Won’t Return (Candlewick, 2014)
Ford, Michael Thomas. Suicide Notes (Harpercollins/HarperTeen, 2008)
Green, John & David Levithan. Will Grayson, Will Grayson (Dutton, 2010)
Halpern, Julie. Get Well Soon (Feiwel & Friends, 2007)
Hubbard, Jennifer R. Try Not to Breathe (Viking, 2012)
Jenkins, A.M. Damage (HarperCollins, 2001)
Jones, Traci L. Silhouetted by the Blue (FSG, 2011)
McNamara, Amy. Lovely, Dark and Deep (S. & S., 2012)
Quick, Matthew. Sorta Like A Rockstar (Little, Brown, 2010)
Sales, Leila. This Song Will Save Your Life (FSG, 2013)
Schumacher, Julie. Black Box (Delacorte, 2008)
Stork, Francisco. The Memory of Light (Arthur A. Levine Books, 2016)
Vizzini, Ned. It's Kind of a Funny Story (Hyperion, 2007)
Wolitzer, Meg. Belzhar (Dutton, 2014)

Displacement
Booth, Coe. Tyrell (Push, 2007)
Bradley, Kimberly Brubaker. The War that Saved My Life (Dial, 2015)
de la pena, Matt. Ball Don’t Lie (Ember, 2007)
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Nesbet, Anne. *Cloud and Wallfish* (Candlewick, 2016)

**Eating Disorders**
Anonymous. *Letting Ana Go* (Simon Pulse, 2013)
Bell, Julia. *Massive* (Young Picador, 2003)
Colbert, Brandy. *Pointe* (Putnams, 2014)
Friedman, Robin. *Nothing* (Flux, 2008)
Littman, Sarah Darer. *Purge* (Scholastic, 2009)
Reed, Amy. *Clean* (Simon Pulse, 2011)
Shahan, Sherry. *Skin & Bones* (Albert Whitman, 2014)

**Grief/Loss**
Coutts, Alexandra. *Young Widows Club* (Farrar, Straus and Giroux, 2015)
McCarthy, Cori. *You Were Here* (Sourcebooks Fire, 2016)
McGhee, Alison. *All Rivers Flow to the Sea* (Candlewick, 2005)
Wesselhoft, Conrad. *Dirt Bikes, Drones and Other Ways to Fly* (HMH, 2014)
White, E. B. *Charlotte’s Web* (Harper, 1952)

**Learning Differences & Disorders**
Hunt, Lynda Mullaly. *Fish In A Tree* (Nancy Paulsen, 2015) (Dyslexia)
Oliver, Lin, Winkler, Henry. *Hank Zipster Series* (Grosset & Dunlap, 2004-present)
Starr, Caroline Rose. *May B* (Schwartz & Wade, 2012)
Holt, KA. *House Arrest* (Chronicle, 2015) (Subject: ADHD, Impulse control disorder)

**LGBTQ**
Albertalli, Becky. *Simon Vs. The Homo Sapiens* (Balzer and Bray, 2015)
Danforth, Emily M. *The Miseducation of Cameron Post* (Balzer and Bray, 2012)
Gephart, Donnay, *Lily and Dunkin* (Delacorte Books for Young Readers, 2016)
Gino, Alex. *George* (Scholastic Press, 2015)
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Nelson, Jandy. *I’ll Give You The Sun* (Dial Books, 2014)
Polonsky, Ami. *Gracefully Grayson* (Disney-Hyperion, 2014)
Saenz, Benjamin Alire. *Aristotle and Dante Discover the Secrets of the Universe* (Simon and Schuster, 2012)
Silvera, Adam. *More Happy Than Not* (Soho Teen, 2015)
Whaley, John Corey. *Highly Illogical Behavior* (Dial Books, 2016)

**Physical Abuse/Neglect**

**Sexual Violence**
Blount, Patty. *Some Boys* (Sourcebooks Fire, 2014)
Johnston, E.K. *Exit Pursued by a Bear* (Dutton Books for Young Readers, 2016)
Knowles, Jo. *Lessons From A Dead Girl* (Candlewick, 2007)
Kuehn, Stephanie. *Charm and Strange* (St. Martin’s Griffin, 2013)
Mesrobian, Carrie. *Sex and Violence* (Carolrhoda Lab., 2013)
Moulton, Erin E. *Things We Haven’t Said* (Zest Books, 2017)
Quick, Matthew. *Forgive Me, Leonard Peacock* (Little, Brown, 2013)
Perry, Jolene. *Stronger Than You Know* (Albert Whitman, 2014)
Rainfield, Cheryl. *Scars* (WestSide, 2010)

**Teen Pregnancy**
Draper, Sharon M. *November Blues* (Atheneum, 2007)
Efaw, Amy. *After* (Viking Books, 2009)
Knowles, Jo. *Jumping Off Swings* (Candlewick, 2009)
Zarr, Sara. *How to Save A Life* (Little, Brown, 2011)
**Panelist Featured Books**

Holt, K.A. *Rhyme Schemer* (Chronicle, 2014)
Moulton, Erin E. *Chasing the Milky Way* (Penguin, 2014)
Moulton, Erin E. *Things We Haven’t Said* (Zest Books, 2017)
Moulton, Erin E. *Tracing Stars* (Penguin, 2014)
Nesbet, Anne. *Cloud and Wallfish* (Candlewick, 2016)