

Learning for Life: Reading for Pleasure

KS3 and KS4

Usborne Facts of Life: Growing up All about adolescence, body changes and sex by Susan Meredith and Robyn Gee

Usborne: What's happening to me? Series

The Girl Files - All about puberty and growing up by Jacqui Bailey

You are Awesome - Find your confidence and dare to be brilliant at almost everything by Matthew Syed

Happy Confident me - Life Skills Journal by Dr Linda Papadopoulos and Nadam Saad

Don't worry be happy - A child's guide to overcoming anxiety by Poppy O'Neill

The Secondary Survival guide - Go big by Matthew Burton