

High School
Social- Emotional Book List

Dealing with Loss

| Book Title | Author | Grade Level: | Synopsis |
|-----------------------------------|----------------|--------------|---|
| <i>The Fault in our Stars</i> | John Green | YA | Sixteen-year-old Hazel, a stage IV thyroid cancer patient, has accepted her terminal diagnosis until a chance meeting with a boy at cancer support group forces her to reexamine her perspective on love, loss, and life. |
| <i>Goodbye days: a novel</i> | Jeff Zentner | YA | "Looks at a teen's life after the death of his best friend and how he navigates through the guilt and pain by celebrating their lives--and ultimately learning to forgive himself"-- |
| <i>The Boy in the Black Suit</i> | Jason Reynolds | YA | Follett Soon after his mother's death, Matt takes a job at a funeral home in his tough Brooklyn neighborhood and, while attending and assisting with funerals, begins to accept her death and his responsibilities as a man. |
| <i>History is all You Left Me</i> | Adam Silvera | YA | Secrets are revealed as OCD-afflicted Griffin grieves for his first love, Theo, who died in a drowning accident |
| <i>The Sky is Everywhere</i> | Jandy Nelson | YA | As much a celebration of love as a poignant portrait of loss, Lennie's struggle to sort her own melody out of the noise around her is always honest, often uproarious, and absolutely unforgettable. |
| <i>And We Stay</i> | Jenny Hubbard | YA | Sent to an Amherst, Massachusetts, boarding school after her ex-boyfriend shoots himself, seventeen-year-old Emily expresses herself through poetry as she relives their relationship, copes with her guilt, and begins to heal. |

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Anger

| Book Title | Author | Grade Level: | Synopsis |
|----------------------|---------------|---------------------|--|
| <i>All in Pieces</i> | Suzanne Young | YA | A girl struggles to take care of her younger brother with special needs while confronting her own anger issues"-- Provided by publisher. |
| <i>Reality Boy</i> | A.S. King | YA | In this fearless portrayal of a boy on the edge, Printz Honor author A.S. King explores the desperate reality of a former child television 'star' struggling to break free of the oppressive anger he's felt since he was five years old. Twelve years later, he's still haunted by his rage-filled youth - which the entire world got to watch from every imaginable angle - and his anger issues have resulted in violent outbursts; everyone is just waiting for him to snap. And he's starting to feel dangerously close to doing just that...until he chooses to create possibilities for himself that he never knew he deserved. |

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Frustration

| Book Title | Author | Grade Level: | Synopsis |
|-----------------------------|-------------|--------------|---|
| <i>A Summer of Kings</i> | Han Nolan | YA | King-Roy Johnson shows up on Esther's doorstep that summer, an angry young man who feels betrayed by the nonviolent teachings of Martin Luther King Jr. Sent north by his mother to escape a lynch mob, he meets a follower of Malcolm X's who uses radical teachings about black revolution to fuel King-Roy's anger and frustration. But with each other's help, both Esther and King-Roy learn the true nature of integrity and find the power to stand up for what is right and true. |
| <i>Positively Beautiful</i> | Wendy Mills | YA | Sixteen-year-old Erin's life is fairly normal until she learns that her mother has breast cancer and she, too, may carry a mutated gene, so amid high school dramas including betrayal by her best friend, she must consider preemptive surgery to guarantee she will not be stricken. |

Loneliness

| Book Title | Author | Grade Level: | Synopsis |
|-------------------------------------|-----------------|--------------|---|
| <i>Catcher in the Rye</i> | J.D. Salinger | YA | Story of an alienated, disillusioned youth who drops out of school, and spends three days and nights in New York City on a quest for self-discovery. |
| <i>Perks of Being a Wallflower</i> | Stephen Chbosky | YA | Charlie, a freshman in high school, explores the dilemmas of growing up through a collection of letters he sends to an unknown receiver. |
| <i>Because You'll Never Meet Me</i> | Leah Thomas | YA | Ollie, who has seizures when near electricity, lives in a backwoods cabin with his mother and rarely sees other people, and Moritz, born with no eyes and a heart defect that requires a pacemaker, is bullied at his high school, but when a physician who knows both suggests they begin corresponding, they form a strong bond that may get them through dark times. |

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Overcoming Adversity

| Book Title | Author | Grade Level: | Synopsis |
|-----------------------|-----------------------|--------------|--|
| <i>The Outsiders</i> | S.E. Hinton | YA | "No one ever said life was easy. But Ponyboy is pretty sure that he's got things figured out. He knows that he can count on his brothers, Darry and Sodapop. And he knows that he can count on his friends—true friends who would do anything for him, like Johnny and Two-Bit. But not on much else besides trouble with the Socs, a vicious gang of rich kids whose idea of a good time is beating up on "greasers" like Ponyboy. At least he knows what to expect—until the night someone takes things too far." (Amazon) |
| <i>Faceless</i> | Alyssa Sheinmel | YA | Maisie is a normal sixteen-year-old, until an electrical fire caused by a lightning strike leaves her with severe burns, her face partially destroyed--she is lucky enough to get a full-face transplant but she soon discovers how much her looks shaped her own identity and her relationship with those around her, including her boyfriend |
| <i>Fish in a Tree</i> | Lynda Mullaly Hunt | YA | Ally has been smart enough to fool a lot of smart people. Every time she lands in a new school, she is able to hide her inability to read by creating clever yet disruptive distractions. She is afraid to ask for help; after all, how can you cure dumb? However, her newest teacher Mr. Daniels sees the bright, creative kid underneath the trouble maker. With his help, Ally learns not to be so hard on herself and that dyslexia is nothing to be ashamed of. As her confidence grows, Ally feels free to be herself and the world starts opening up with possibilities. She discovers that there's a lot more to her--and to everyone--than a label, and that great minds don't always think alike. |
| <i>Dear Teen Me</i> | Collection of Authors | YA | Over seventy young adult authors offer advice to their teenage selves, discussing body image, abuse, bullies, love, friendship, insecurities, and other topics. |

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Identity and Self-Acceptance

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| <i>Uglies</i> | Scott Westerfeld | YA | Tally is faced with a difficult choice when her new friend Shay decides to risk life on the outside rather than submit to the forced operation that turns sixteen year old girls into gorgeous beauties, and realizes that there is a whole new side to the pretty world that she doesn't like. (Follett) |
| <i>The Hate U Give</i> | Angie Thomas | YA | “Sixteen-year-old Starr Carter moves between two worlds: the poor neighborhood where she lives and the fancy suburban prep school she attends. The uneasy balance between these worlds is shattered when Starr witnesses the fatal shooting of her childhood best friend Khalil at the hands of a police officer. Khalil was unarmed. Soon afterward, his death is a national headline. Some are calling him a thug, maybe even a drug dealer and a gangbanger. Protesters are taking to the streets in Khalil's name. Some cops and the local drug lord try to intimidate Starr and her family. What everyone wants to know is: what really went down that night? And the only person alive who can answer that is Starr. But what Starr does--or does not--say could upend her community. It could also endanger her life.” (Follett) |
| <i>Every Last Word</i> | Tamera Ireland Stone | YA | “Samantha McAllister looks just like the rest of the popular girls in her junior class. But hidden beneath the straightened hair and expertly applied makeup is a secret that her friends would never understand: Sam has Purely-Obsessional OCD and is consumed by a stream of dark thoughts and worries that she can't turn off.” (Amazon) |
| <i>Radio Silence</i> | Alice Oseman | YA | <p>Frances Janvier spends most of her time studying.</p> <p>Everyone knows Aled Last as that quiet boy who gets straight As.</p> <p>You probably think that they are going to fall in love or something. Since he is a boy and she is a girl.</p> <p>They don't. They make a podcast.</p> <p>In a world determined to shut them up, knock them down, and set them on a cookie cutter life path, Frances and Aled struggle to find their voices over the course of one life-changing year. Will they have the courage to show everyone who they really are? Or will they be met with radio silence?</p> |

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Bullying and Relationships

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|--|-------------------|--------------|--|
| <i>Tease</i> | Amanda Maciel | YA | <p>Emma Putnam is dead, and it's all Sara Wharton's fault. At least, that's what everyone seems to think. Sara, along with her best friend and three other classmates, has been criminally charged for the bullying and harassment that led to Emma's shocking suicide. Now Sara is the one who's ostracized, already guilty according to her peers, the community, and the media. In the summer before her senior year, in between meetings with lawyers and a court-recommended therapist, Sara is forced to reflect on the events that brought her to this moment--and ultimately consider her own role in an undeniable tragedy.</p> <p>And she'll have to find a way to move forward, even when it feels like her own life is over.</p> |
| <i>The Truth About Alice</i> | Jennifer Mathieu | YA | <p>Rumor has it Alice Franklin is a slut. It's written all over the "slut stall" in the girls' bathroom: "Alice had sex in exchange for math test answers" and "Alice got an abortion last semester." After Brandon dies, the rumors start to spiral out of control. In this remarkable debut novel, four Healy High students tell all they "know" about Alice--and in doing so reveal their own secrets and motivations, painting a raw look at the realities of teen life. But in this novel from Jennifer Mathieu, exactly what is the truth about Alice? In the end there's only one person to ask: Alice herself.</p> |
| <i>By the Time You Read This, I'll Be Dead</i> | Julie Anne Peters | YA | <p>High school student Daelyn Rice, who has been bullied throughout her school career and has more than once attempted suicide, again makes plans to kill herself, in spite of the persistent attempts of an unusual boy to draw her out.</p> |
| <i>Stargirl</i> | Jerry Spinelli | YA | <p>At first the students at Arizona's Mica High School are captivated by Stargirl Caraway's unusual, carefree behavior; however, she is soon shunned for everything that makes her unique in this story that pits individuality against conformity.</p> |
| <i>This is Where it Ends</i> | Marieke Nijkamp | YA | <p>Minutes after the principal of Opportunity High School in Alabama finishes her speech welcoming the student body to a new semester, they discover that the auditorium doors will not open and someone starts shooting as four teens, each with a personal reason to fear the shooter, tell the tale from separate perspectives</p> |

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Perseverance

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|-------------------------------|--------------|--------------|---|
| <i>Between Shades of Gray</i> | Ruta Sepetys | YA | In 1941, fifteen-year-old Lina, her mother, and brother are pulled from their Lithuanian home by Soviet guards and sent to Siberia, where her father is sentenced to death in a prison camp while she fights for her life, vowing to honor her family and the thousands like hers by burying her story in a jar on Lithuanian soil. Based on the author's family, includes a historical note. |
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Empathy

| Book Title | Author | Grade Level: | Synopsis |
|------------------|----------------|--------------|---|
| <i>Every Day</i> | David Levithan | YA | <p>There's never any warning about where it will be or who it will be. A has made peace with that, even established guidelines by which to live: Never get too attached. Avoid being noticed. Do not interfere.</p> <p>It's all fine until the morning that A wakes up in the body of Justin and meets Justin's girlfriend, Rhiannon. From that moment, the rules by which A has been living no longer apply. Because finally A has found someone he wants to be with—day in, day out, day after day.</p> |