PC Booklist

Anti-Bullying/Self Esteem/Friends

Bullying
Bullies Big Mouths and so called Friends
Bullies Cyberbullies and Frenemies
Don't Pick on Me - how to handle bullying
Are you good enough? 15 ways to build a confident mindset
The 7 Day Bully Buster
The 7 Day Self Esteem Super Booster
Texts Tweets Trolls and Teens (Teen Life Confidential)
Queen Bees, Drama Queens and Cliquey Teens
The Teenage Guide to Friends
Self Confidence; The remarkable truth of why a small change can make a big difference
Body Brilliant: The teenage guide to postive body image
Find Your Girl Squad Making and keeping fridns who love you for you

Race

Black and british
Wish we knew what to say

Mental Health/Motivation

Yes You Can Ace Your Exams without losing your mind
It's OK not to be OK A wellbeing guide
You Got This
Mind Your Head
Overcoming Fear of Failure (MY Life, Your Life)
Your Emotions (Your Mind Matters)
Your Brian and Body (Your Mind Matters)
Beating Stress and Anxiety (Your Mind Matters)
Self Esteem and Mental Health (Healthy for Life)
Social Media and You (Your Mind Matters)
Self Esteem and Confidence (My Life, Your Life)
Know Your Brain
Positively Teenage
The Teenage Guide to Stress
The Teenage Guide to Life on Line
You are Awesome
You are Awesome Journel
Fantastic People who dared to fail
Postively Teen
The Awesome Power of Sleep: How Sleep Super-Charges Your Teenage Brain
Body Brilliant
You are a Star A child's guide to self esteem (11 yr olds)
Don't Worry Be Happy a child's guide to over coming anxiety (11 yr olds)
The Teenagers Guide to Life, The Universe and Being Awesome
Zest How to Squeeze the Maximum out of life
The Little book of being brilliant
Blame my brain

The Gratitude Diaries: How a year of living gratefully changed my life
SUMO - Shut up and Move on The straight talking guide to succeeding in life
Habits of a Happy Brain; Retrain your brain to boost your seratonin, dopamine, Ocytocin and endorpl
The Idiot Brain: a neuroscientists expalins what your head is really up to
Why parents are driving you up the wall and what to do about it
My Feel good book 90 ways to feel confident
Fear less How to be your true confident self
Dare to be You
A tool kit for Modern Life 53 ways to look after your mind
Break the Mould; how to take your place in the world
Nikki Lillys Come on Life Highs, Lows and How to live your best teen life

Journals

Happy Confident Me Journal
Your Mood Journal:

Kay's Anatomy: A Complete (and Completely Disgusting) Guide to the Human Body

Boys and Puberty

Be a Man
What is Masculinity? Why does it matter? And other big questions
Everything you wanted to ask about willies and other boys bits
Being a Boy
Living with a Willy
Growing up for Boys
The Boys Body Book
The Teenage Guys Survival Guide
52 Teen Boy Problems and How to solve them
The Boys Guide to Growing up
The Growing Up Book for Boys: What Boys on the Autism Spectrum Need to Know!
The (Nearly) Teenage Boy's Guide to Almost Everything
Dr Ranj: How to Grow up and Feel Amazing; The No-Worries Guide for Bvoys

Girls and Puberty

What is feminism? Why do we need it? And other big questions
The Smart Girls Guide to Growing Up
Everything you ever wanted to ask about periods
The Girl Guide
What's happening to my body book for girls
Sisters Unlimited
Girls Only
Growing up for Girls
The Girls Guide to Growing up great; changing bodies, periods, relationships, life online
The Girls Files All About Puberty and Growing up
The Girls Guide to Growing up
Period Power
The (Nearly) Teenage Girl's Guide to Almost Everything

Respect - Consent, Boundaries and being in charge of you

Let's talk about Body Boundaries, Consent and Respect

General

Everything you ever wanted to know about things that an kill you
Dr Christian's Guide to Growing Up
The Food and Mood Handbook
Open: A Toolkit for How Magic and Messed Up Life Can Be

Sex and Relationships

Doing it! Let's Talk about Sex
The Trouble with Boyfriends
The Self Esteem Guide to sex drugs and WTf
Sex, Puberty and all that stuff: a guide to growing up
Sex and Relationships (Healthy for Life)
A-Z of Growing up Puberty and Sex
Everyday Sexism

Michele Elliot
J Alexander
Michele Elliot
Rosemary Stones
Bill Mcfarlan and Dr Alex Ye
J Alexander
J Alexander
Anita Naik
Anita Naik
Nicola Morgan
Paul McGee
Nicola Morgan
Dr Angharad Rudkin Ruth Fi

David Olusoga
Pragya Agarwal

Natasha Devon
Dr Tina Rae Jessica Smith
Bryony Gordon
Juno Dawson
Honor Head
Honor Head
Honor Head
Honor Head
Anna Claybourne
Honor Head
Honor Head
Nicola Morgan
Nicola Morgan
Nicola Morgan
Nicola Morgan
Matthew Syed
Matthew Syed
Luke Reynolds
Nicola Morgan
Nicola Morgan
Nicola Morgan
Poppy O'Neill
Poppy O'Neill
Andy Cope
Andy Cope
Andy Cope
Nicola Morgan

Janice Kaplan
Paul McGee
Loretta Graziano Breuning
Dean Burnett
Dean Burnett
Francoise Boucher
Liam Hackett
Matthew Syed
Dr Emma Hepburn
Sinead Burke
Nikki Lilly

Fearne Cotton

Adam Kay

Chris Hemmings
Jeffrey Boakye
Tricia Kreitman Dr Neil Simp
James Dawson
Nick Fisher
Usborne

Jeremy Daldry
Alex Hooper-Hodson
Phil Wilkinson
Davida Hartman
Sharie Coombes
Dr Ranj

Bea Appleby
Anita Ganeri
Tricia Kreitman Dr Neil Simp
Marawa Ibrahim
Lynda Madaras
Jessica Howie
Victoria Parker
Usborne
Sophie Elkan
Jacqui Bailey
Anita Naik
Maisie Hill
Sharie Coombes

Rachel Brian

Jayneed Sanders

Tricia Kreitman Dr Rosemai
Dr Christian Jessen
Amanda Geary
Gemma Cairney

Hannah Witton
Tricia Kreitman
Grace Barrett Natasha Devc
Jacqui Bailey
Anna Claybourne
Lesley De Meza
Laura Bates