

Mental Health and Well-Being: Exploring Positive Body Image Through the Reading of Novels (Intermediate)

Note:

The interest and reading levels listed in this bibliography are those given by the publishers. If the reviewing journals gave a different interest level(s) for a title then this was indicated after the publisher's interest level. I find the interest levels given by the reviewing journals to be more accurate.

The summaries, which are also from the publishers, are to give you a quick overview of each title. Note that some of the titles fit the theme loosely and others more tightly. The titles also range from "light-hearted" to more serious in nature.

If a student needs the support of a digital copy, talk with your Learning Support Teacher, as ARC-BC is able to "rush" order digital titles they don't currently have in their collection. A very small number of the titles may also be available in an audiobook format, accessible through searching in Destiny. Your Teacher-Librarian can help you check for this.

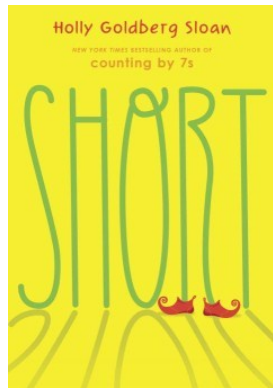
If the LRC has 10+ copies of a title this was listed beside the title to provide you with the further flexibility of bringing in some titles to be used in a lit circle format.

Joan Pearce, December 2020 (Updated with newer titles April 2024)

Mental Health & Well Being: Body Image

Novels

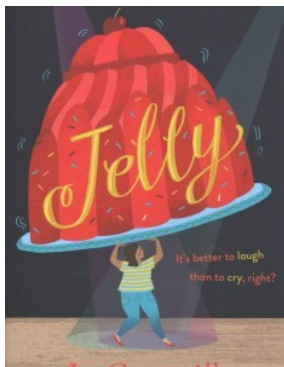
Compiled by Joan Pearce



Short

by Holly Sloan, c2018 (IL: 3-6, 4-7, 5-8; RL: 5.1)

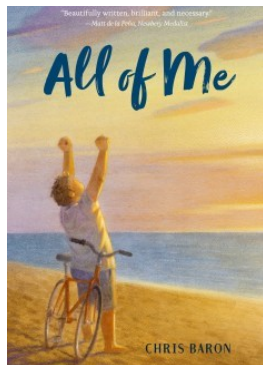
"Very short for her age, Julia grows into her sense of self while playing a munchkin in a summer regional theater production of The Wizard of Oz ." - Pub.



Jelly

by Jo Cotterill, c2018 (IL: 5-8; RL: 4.1)

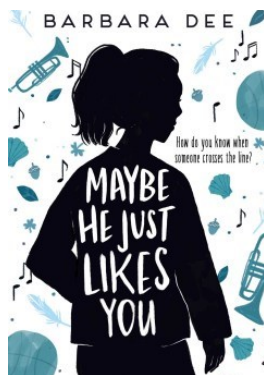
"Angelica (Jelly for short) is the queen of comedy at school. She has a personality as big as she is, and everyone loves her impressions. But Jelly isn't as confident as she pretends to be. No one knows her deepest thoughts and feelings...Can Jelly risk letting people see the real her? What if it all goes wrong?" - Follett



All of Me

by Chris Baron, c2019 (IL: 3-6, 5-8; RL: 2.5)

"Ari has body-image issues. After a move across the country, his parents work selling and promoting his mother's paintings and sculptures. Ari's bohemian mother needs space to create, and his father is gone for long stretches of time on "sales" trips...After an upsetting incident, Ari's mom suggests he go on a diet, and she gives him a book to help. But the book—and the diet—can't fix everything..." - Follett



Maybe He Just Likes You

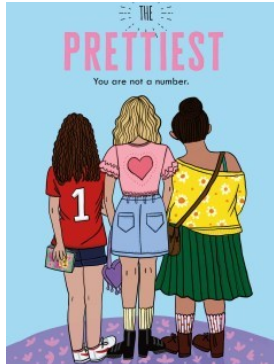
by Barbara Dee, c2019 (IL: 5-8; RL: 4.2)

"For seventh-grader Mila, it starts with some boys giving her an unwanted hug on the school blacktop...He's just being friendly, isn't he? And how can she say no? But Callum's hug lasts a few seconds too long, and feels...weird...It doesn't feel like flirting—so what is it? Thanks to a chance meeting, Mila begins to find solace in a new place: karate class. Slowly, with the help of a fellow classmate, Mila learns how to stand her ground and how to respect others—and herself." - Pub.

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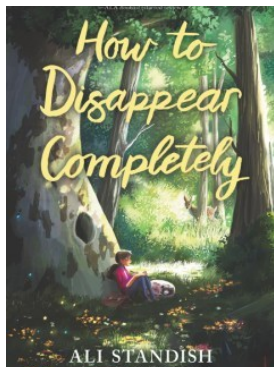
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The Prettiest

by Brigit Young, c2020 (IL: 5-8, 4-6; RL: 5.1)

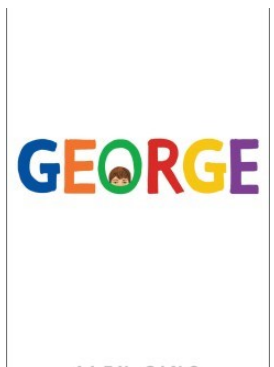
"When a list appears online ranking the top fifty prettiest girls in the eighth grade, everything turns upside down. Eve Hoffman, ranked number one, can't ignore how everyone is suddenly talking about her looks....three girls ban together to find out who made the list but their journey doesn't lead them where they expect." - Pub.



How to Disappear Completely

by Ali Standish, c2020 (IL: 3-6, 5-7)

"While her grandmother was alive, Emma's world was filled with enchantment. But now Gram is gone, and suddenly strange spots are appearing on Emma's skin...But when Emma writes one last story in the journal she shared with Gram, something strange happens. Someone writes back to her, just like Gram used to. Who's writing to Emma? And just what is her story going to be, now that everything is so different?" - Pub.

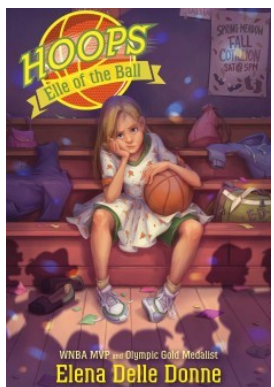


George *LRC has 12 copies

by Alex Gino, c2015 (IL: 3-6, 4-6; RL: 5.0)

*Follow up novel is "Rick."

"When people look at George, they think they see a boy. But she knows she's not a boy. She knows she's a girl. George thinks she'll have to keep this a secret forever. Then her teacher announces that their class play is going to be Charlotte's Web. George really, really, REALLY wants to play Charlotte...With the help of her best friend, Kelly, George comes up with a plan." - Pub.



Elle of the Ball (Hoops, Book 1)

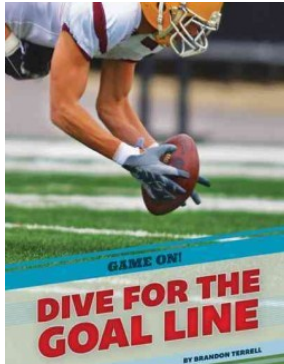
by Elena Delle Donne, c2019 (IL: 3-6, RL: 4.6)

"Elle Deluca is a seventh grader who is tall—not just sort of tall. She's six feet tall. And for a twelve-year-old girl, this means that her basketball team has high hopes for her...Her class's dance unit in gym is coming up, and that means she has to learn ballroom dance steps with a boy much shorter than her—and perform publicly for a grade." - Pub.

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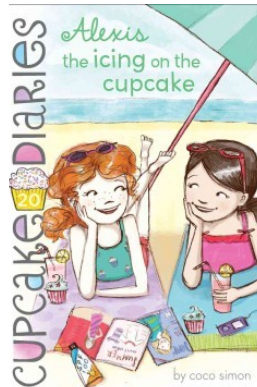


Dive for the Goal Line

by Brandon Terrell, c2015 (IL: 3-6; RL: 4.5)

Series: *Game On! - 12 Story*

"Gabe Santiago is a backup running back. On the day that he loses his lucky football gloves, the team's starting running back, Ben Mason, gets hurt. Now Gabe needs to get his game on as he is thrust into the starting running back role." - Pub.

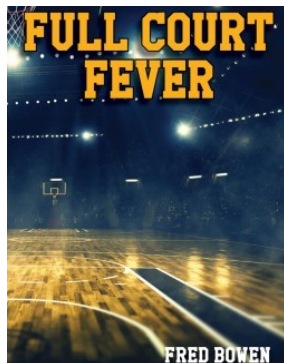


Alexis, the Icing on the Cupcake

by Coco Simon, c2014 (IL: 3-6; RL: 4.4)

Series: *Cupcake Diaries*

"Alexis is excited about the latest Cupcake Club job—it's a huge order for a neighbor's BBQ/pool party. But when Alexis goes to the mall with her friends, suddenly nothing fits her. Clothes in her usual size are too short, but when she goes up a size, everything is too big. What's going on? Can she find an outfit that makes her feel as awesome on the outside as she is on the inside?" - Pub.

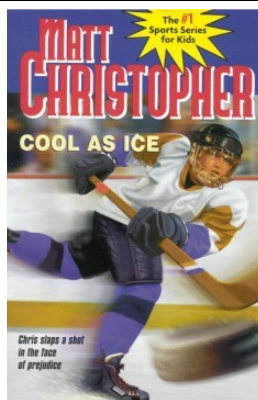


Full Court Fever

by Fred Bowen, c1998, c2009 (IL: 3-6; RL: 4.3)

Series: *All-Star Sport Story Game On! - 12 Story*

"With help from a new student and inspiration from an old magazine article, the players on Michael's seventh-grade basketball team hope to overcome their shortness and win their game against the eighth graders." - Follett



Cool As Ice

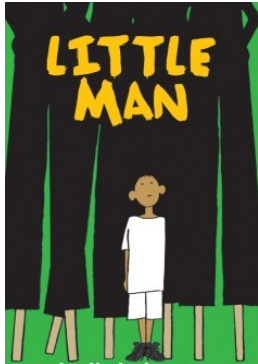
by Matt Christopher, c2001 (IL: 3-6; RL: 5.8)

"Two friends try to prove that size and race do not matter when playing hockey or any other sport." - Follett

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Novels

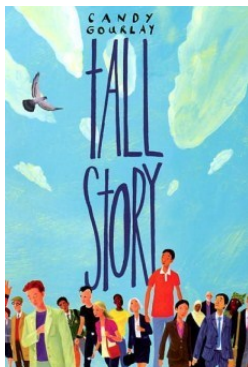
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Little Man

by Elizabeth Mann, c2014 (IL: 5-8, 4-7; RL: 5.6)

"Albert is short—very short—and he hates it. His older brothers are tall like his father, but he takes after his petite mother...It was all so unfair...Things go downhill from there, and would've stayed down if it wasn't for an encounter with Peachy, the leader of a troupe of stiltwalkers...Slowly, as his stiltwalking improves, Albert finds his self-confidence grows. He becomes less of a target for teasing at school and he makes some new friends." - Pub.



Tall Story

by Candy Gourlay, c2010, 2012 (IL: 5-8, 6-9; RL: 4.4)

"Sixteen-year-old Bernardo, who is eight feet tall and suffers from a condition called Gigantism, leaves the Philippines to live with his mother's family in London, much to the delight of his thirteen-year-old half sister Andi, a passionate basketball player." - Follett



Everything I Know About You

by Barbara Dee, c2018 (IL: 5-8, 4-7; RL: 4.5)

"Misfit Tally is forced to room with queen bee Ava on the seventh grade field trip to Washington, DC, and discovers several surprising things about her roommate—including the possibility of an eating disorder." - Pub.



Dear Sweet Pea

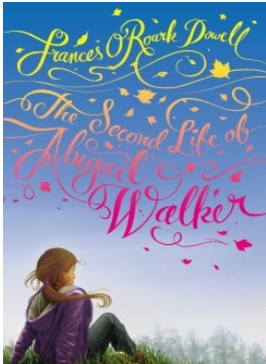
by Julie Murphy, c2019 (IL: 3-6; 4-8; RL: 6.1)

"Thirteen-year-old Patricia, widely known as Sweet Pea, navigates her parents' unconventional divorce and finds herself in the unlikely role of her town's advice columnist." - Pub.

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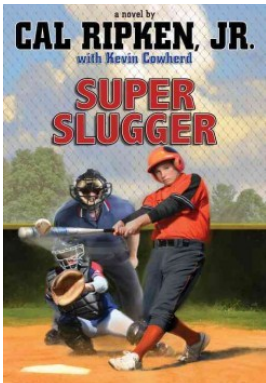
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The Second Life of Abigail Walker

by Frances O'Rourke Dowell, c2013 (IL: 3-6; 4-7; RL: 5.1)

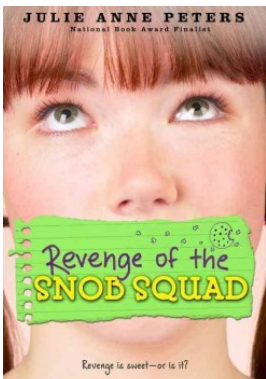
"Seventeen pounds. That's the difference between Abigail Walker and Kristen Gorzca. Between chubby and slim, between teased and taunting. Abby is fine with her body and sick of seventeen pounds making her miserable, so she speaks out against Kristen and her groupies—and becomes officially unpopular. Embracing her new status...[she] crosses an unfamiliar stream that leads her to a boy who's as different as they come." - Pub.



Super Slugger: A Novel

by Cal Ripkin, c2012, 2013 (IL: 3-6; RL: 5.2)

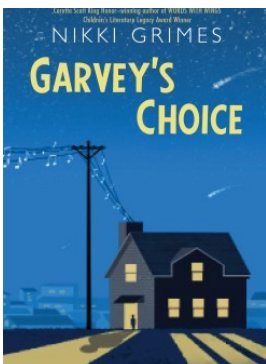
"Thirteen-year-old Cody Parker moves to Baltimore, Maryland, where as a fat eighth-grader, he has to deal with brutal teasing from a baseball teammate, and his school is beset by a rash of mysterious thefts that threaten to sideline Cody and ruin a golden season for his team." - Follett



Revenge of the Snob Squad

by Julie Anne Peters, c1998, 2009 (IL: 3-6; RL: 4.0)

"An overweight sixth-grader joins forces with three other gym class outcasts to plot revenge against the spoiled popular girl who has been tormenting them." - Follett



Garvey's Choice

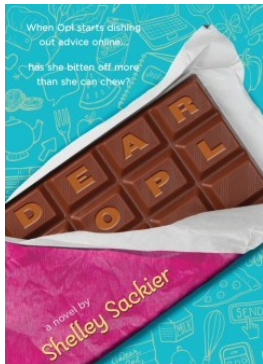
by Nikki Grimes, c2016 (IL: 5-8; RL: 4.5)

"Garvey's father has always wanted Garvey to be athletic, but Garvey is interested in astronomy, science fiction, reading—anything but sports. Feeling like a failure, he comforts himself with food. Garvey is kind, funny, smart, a loyal friend, and he is also overweight, teased by bullies, and lonely. When his only friend encourages him to join the school chorus, Garvey's life changes." - Pub.

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Novels

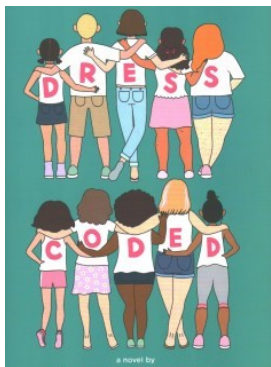
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Dear Opal

by Shelley Sackier, c2015 (IL: 5-8; RL: 4.3)

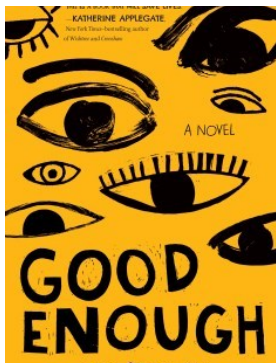
"Thirteen-year-old Opal starts a blog to satisfy her mother, who thinks she might lose weight by recording all she eats, but instead Opal starts giving advice and discovers that she is much better at giving it than taking it." - *Follett*



Dress Coded

by Carrie Firestone, 2020 (IL: 5-8, 6-8; RL: 5.0)

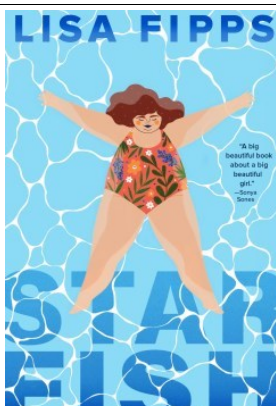
"Molly Frost is FED UP... Because Olivia was yelled at for wearing a tank top... Because it's impossible to find shorts that are longer than her fingertips. Because girls' bodies are not a distraction. Because middle school is hard enough. And so Molly starts a podcast where girls can tell their stories, and before long, her small rebellion swells into a revolution. Because now the girls are standing up for what's right, and they're not backing down." - *Pub.*



Good Enough: A Novel

by Jen Petro-Roy, c2019 (IL: 5-8, 6-8; RL: 5.9)

"Before she had an eating disorder, twelve-year-old Riley was many things: an aspiring artist, a runner, a sister, and a friend. But now, from inside the inpatient treatment center where she's receiving treatment for anorexia, it's easy to forget all of that. Especially since under the influence of her eating disorder, Riley alienated her friends, abandoned her art, turned running into something harmful, and destroyed her family's trust." - *Pub.*



Starfish

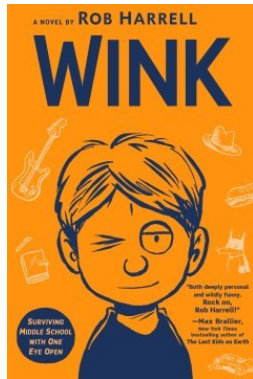
by Lisa Fipps, c2021 (IL: 5-8, Gr. 5 up; RL: 4.7)

"Bullied and shamed her whole life for being fat, twelve-year-old Ellie finally gains the confidence to stand up for herself, with the help of some wonderful new allies." - *OCLC*

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Novels

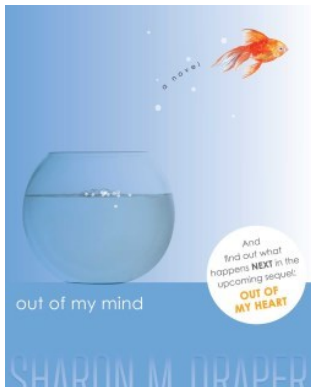
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Wink

by Robb Harrell, c2020 (IL: 3-6, 5-7; RL: 5.8)

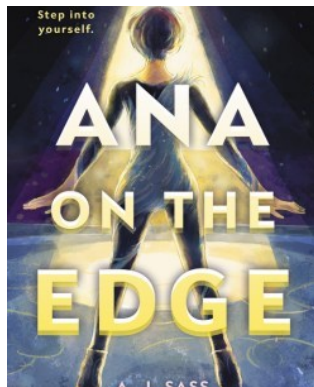
"Ross Maloy just wants to be a normal seventh grader. He doesn't want to lose his hair, or wear a weird hat, or deal with the disappearing friends who don't know what to say to "the cancer kid." But with his recent diagnosis of a rare eye cancer, blending in is off the table." - Pub.



Out of My Mind *LRC has 15 copies

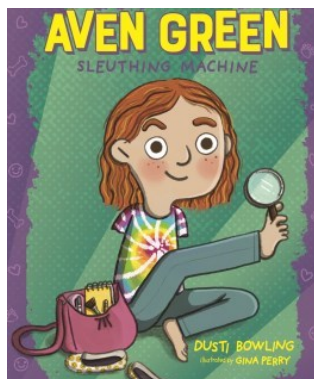
by Sharon Draper, c2010 (IL: 5-8, 4-6; RL: 4.3)

"Eleven-year-old Melody is not like most people. She can't walk. She can't talk. She can't write. All because she has cerebral palsy. But she also has a photographic memory; she can remember every detail of everything she has ever experienced. She's the smartest kid in her whole school, but NO ONE knows it. Most people--her teachers, her doctors, her classmates--dismiss her as mentally challenged because she can't tell them otherwise. But Melody refuses to be defined by her disability." - Pub.



Ana on the Edge

by A.J. Sass, c2020 (IL: 3-6, 4-7; RL: 4.7)"Twelve-year-old Ana-Marie Jin, the reigning US Juvenile figure skating champion, is not a frilly dress kind of kid. So, when Ana learns that next season's program will be princess themed, doubt forms fast. Still, Ana tries to focus on training and putting together a stellar routine worthy of national success. Once Ana meets Hayden, a transgender boy new to the rink, thoughts about the princess program and gender identity begin to take center stage." - Pub.



Aven Green: Sleuthing Machine

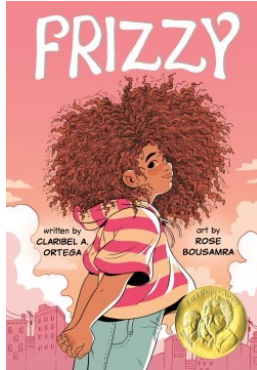
by Dusti Bowling, c2021 (IL: K-3, 1-4; RL: 4.0)

"Third grader Aven Green, who was born without arms but believes that her missing arm cells went to her super-powered brain, tries to solve two cases involving her teacher's missing lunch and the disappearance of her great-grandmother's dog." - Follett

Mental Health & Well Being: Body Image

Novels

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Frizzy

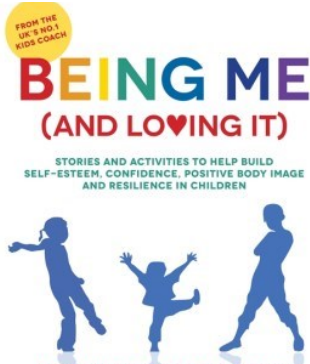
by Claribel A. Ortega, c2022 (IO: 4-8, RL: 3.0)

"Tired of going to the salon to have her curls straightened every weekend, Marlene slowly learns to embrace her natural curly hair with the help of her best friend and favorite aunt." - *Pub.*

Mental Health & Well Being: Body Image

Non-fiction

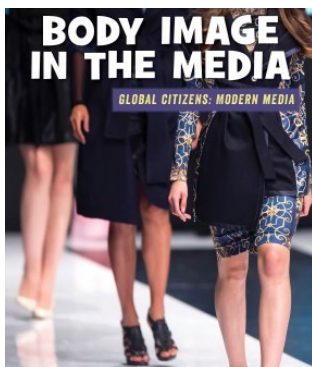
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Being Me (and Loving It): Stories and Activities to Help Build Self-Esteem, Confidence, Body Image and Resilience in Children

by Naomi Richards, c2016 (IL: PD)

"With 29 real life and relatable stories at its heart, this practical resource is designed to help build self-esteem and body confidence in children aged 5-11. Each story is the focus of a ready-to-use lesson plan, covering common issues that affect children such as a lack of body confidence, feeling pressured by peers and worries about puberty." - Pub.



Body Image in the Media

by Wil Mara, c2019 (IL: 3.6, RL: 8.3)

Series: 21st Century Skills Library-Global Citizens: Modern Media

"Explores body image in the media, focusing on the history, geography, civics, and economics." - Follett

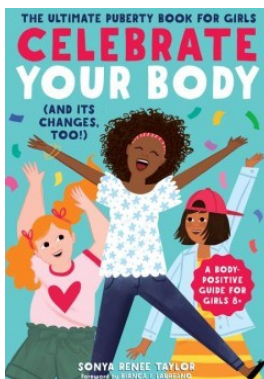


Body Image & the Media

by Grace Jones, c2019 (IL: 5-8, RL: 8.5)

Series: Our Values-Level 3

"Our views and opinions on many things are heavily influenced by our culture and what we see in the media. They can even shape how we see ourselves, including what is an acceptable or desirable body. Using relatable examples, this timely title explores the body image messages we receive from movies, video games, magazines, and social media, and how they affect our self-esteem." - Pub.



Celebrate Your Body: (And Its Changes, Too!): The Ultimate Puberty Book for Girls

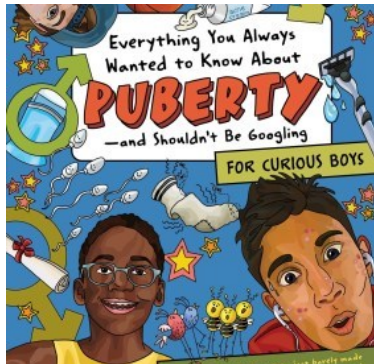
by Sonya Renee Taylor, c2018 (IL: 5-8, RL: 7.0)

"First things first—you have an awesome body! As you get older you'll notice changes, and it's only natural to wonder what's going on. This book gives you answers to questions you may have about this exciting journey, along with lots of practical information you'll want to know along the way." - Pub.

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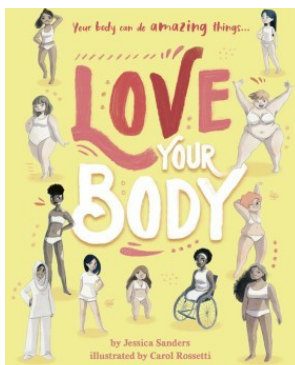
Everything You Always Wanted to Know About Puberty - And Shouldn't Be Googling: For Curious Boys
by Morris Katz, c2020 (IL: 5-8; RL: 4.4)

"Facts about developmental changes to tween and teen boys' bodies and brains are spelled out in fun, familiar, boy-speak and illustrated in edgy graphic novel format. So boys 10 and up can learn about health, hygiene, sexuality, and more in a way that's not embarrassing or tedious, but real, engaging, and enlightening." - Pub.



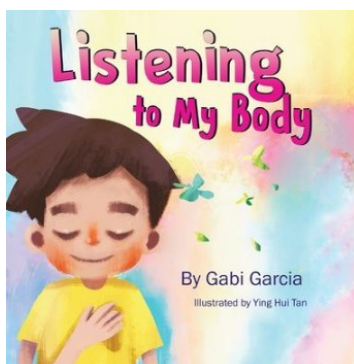
Just Ask! Be Different, Be Brave, Be You
by Sonia Sotomayer, c2019 (IL: K-3, RL: 2.9)
*Picture Book

"A story in which friends who have different abilities, work together to build a community garden." - Follett



Love Your Body
by Jessica Sanders, c2020 (IL: 5-8, RL: 5.0)

"Freedom is loving your body with all its 'imperfections' and being the perfectly imperfect you! "Love Your Body" encourages young girls to admire and celebrate their bodies for all the amazing things they can do, and to help girls see that they are so much more than their bodies." - Pub.



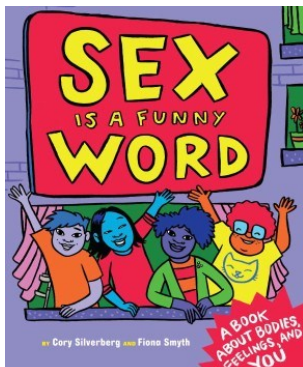
Listening to My Body
by Gabi Garcia, c2017 (IL: 3-6)
*picture book

"This engaging and interactive book guides children through the practice of naming their feelings and the physical sensations that accompany them. From wiggly and squirmy to rested and still, Listening to My Body helps children develop a sensations vocabulary so that they can express what they are experiencing. Easy, kid-friendly mindfulness activities are woven throughout to reinforce the teachings." - Pub.

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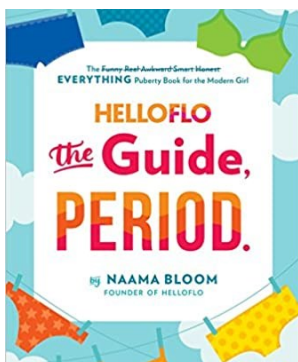
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Sex is a Funny Word

by Cory Silverberg, c2015 (IL: 3-6; RL: 5.5)

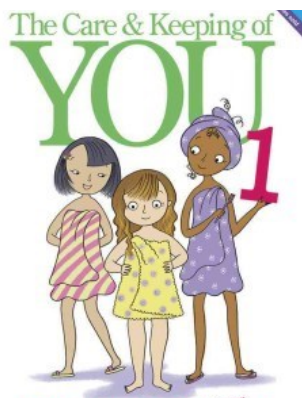
"...an essential resource about bodies, gender, and sexuality for children ages 8 to 10 as well as their parents and caregivers. Much more than the "facts of life" or the birds and the bees, *Sex Is a Funny Word* opens up conversations between young people and their caregivers in a way that allows adults to convey their values and beliefs while providing information about boundaries, safety, and joy." - *Pub.*



Hello Flo: The Guide, Period

by Naama Bloom, c2017 (IL: 5-8, 6-10; RL: 7.0)

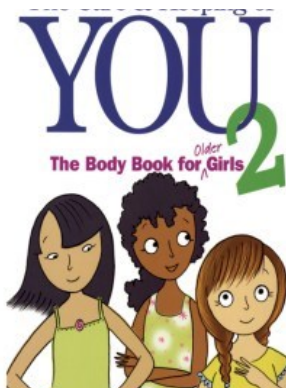
"Honest, funny, and unafraid of the messy, real-life facts about a girl's changing body, this is definitely not your mother's puberty book...Bloom's mission is to create informed, empowered young women who are unafraid to ask questions and make the best choices for themselves and their bodies. A celebration of women's bodies and all the confusing, uncomfortable, silly, transformative, and powerful changes that occur during puberty." - *Amazon.ca*



The Care & Keeping of You, 1: The Body Book for Younger Girls,

by Valorie Lee Schaeffer, c2012 (IL: 3-6, RL: 4.8)

This series: Celebrates the spirit of today's girl with advice and activity books that encourage self-expression, creativity, and fun. From straight talk about friendship, growing up, and boys, to creative crafts, quizzes and keepsake ideas, these books encourage girls to be their best and brightest."- *Pub.*



The Care & Keeping of You, 2: The Body Book for Older Girls

by Cara Natterson, c2012 (IL: 5-8, RL: 6.4)

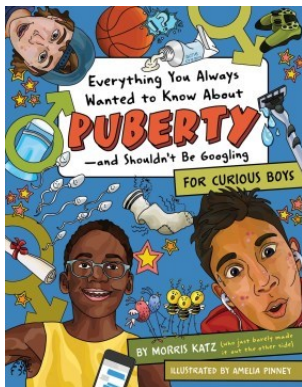
"Picking up where the first book leaves off, this second book talks more about your changing body, changing brain, and changing emotions. It also helps you to understand how the more mature you fits into what feels like a changing world around you."

- *back of book*

Mental Health & Well Being: Body Image

Non-fiction

Compiled by Joan Pearce



Everything You Always Wanted to Know About Puberty – and Shouldn't be Googling: For Curious Boys
by Morris Katz, c2020 (IL: 5-8, RL: 4.4)

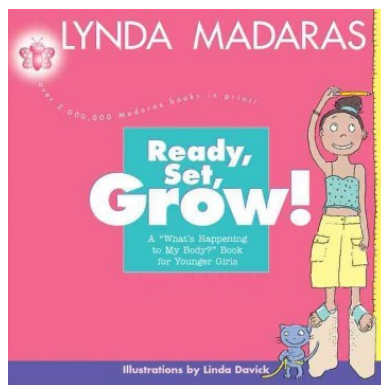
"This is the puberty book written by the cool, older brother--that takes boys from their first armpit hair to their first wet dream--and beyond. Facts about developmental changes to tween and teen boys' bodies and brains are spelled out in fun, familiar, boy-speak and illustrated in edgy graphic novel format." - Pub.



Anorexia and Bulimia: Dangerous Eating Disorders (Series: Diseases and Disorders)

by Kristen Nelson, c2020 (IL: 5-8, RL: 8.9)

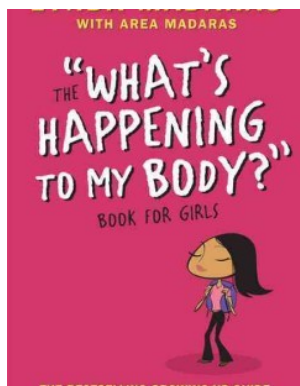
"Many diseases and disorders are not well understood, despite being part of life. People who do not experience a particular illness may find it difficult to understand how it can affect sufferers. This can lead to the persistent circulation of myths about physical and mental illnesses. With accurate statistics, detailed graphs, and engaging sidebars, these volumes address the facts of." - Pub.



Ready, Set, Grow!: A "What's Happening to My Body?" Book for Younger Girls

by Lynda Madaras, c2003 (IL: 5-8, 3-6; RL: 6.8)"In her "In her iquely warm and funny style, Lynda wrote this entirely new book especially for younger girls to give them what they need to know to celebrate and accept the new and exciting changes that are happening to their bodies during puberty.

Illustrated with delightful drawings, Ready, Set, Grow! is the sixth book in the popular Madaras "What's Happening to My Body?" series of growing-up books..."



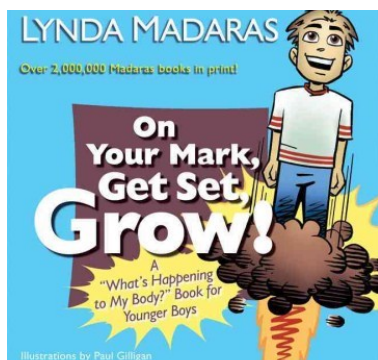
The "What's Happening to My Body?" Book for Girls

by Lynda Madaras, c2007 (IL: 5-8, RL: 6.6)
"Written by experienced educator and her daughter in a reassuring and down-to-earth style, The "What's Happening to My Body?" Book for Girls gives sensitive straight talk on: the body's changing size and shape; the growth spurt; breast development; the reproductive organs; the menstrual cycs body hair; diet and exercise; romantic and sexual feelings; and puberty in the opposite sex." - Pub.

Mental Health & Well Being: Body Image

Non-fiction

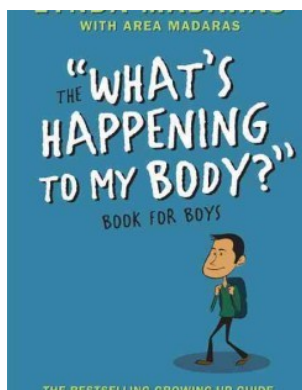
Compiled by Joan Pearce



On Your Mark, Get Set, Grow!: A "What's Happening to My Body?" Book for Younger Boys

by Lynda Madaras, c2008 (IL: 3-6, 4-6; RL: 3.2)

"Responding to real-life questions and concerns from younger boys about their changing bodies, Madaras covers a wide range of topics at a reading and understanding level that's just right for them: the growth of sex organs, body hair, and facial hair; weight and height spurts; the unwelcome appearance of acne and body odor; shaving; circumcision; erections and ejaculation; feelings about puberty; and bullying." - Pub.



The "What's Happening to My Body?" Book for Boys

by Lynda Madaras, c2007 (IL: 5-8, RL: 6.7)

"The Madaras growing-up guides are acknowledged by parents, educators, librarians, and doctors for their unique, nonthreatening style, excellent organization, and thorough coverage of both the physical and emotional issues surrounding puberty and adolescence. And kids love them too!" - Pub.