

Reading and Resilience: Selected Books for Children and Teens about Trauma in the Lives of Youth

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The books on this list are about children and teens who have experienced trauma in the form of transience, displacement, neglect, physical and/or sexual abuse or other forms of violence, depression, mental illness, and/or loss. Factual accounts of historical events are not included unless they focus specifically on the experience of a single child and relate to the trauma and resilience theme. Some of the selections take readers through the heart of these harrowing experiences, while others are set after the fact. While many of the books illuminate more than one issue, the primary issue is noted in parentheses after the citation. Most of the books on this list were included in editions of *CCBC Choices*, the Cooperative Children's Book Center annual best-of-the-year list, over the past five years. Some older *Choices* books have also been included. For complete descriptions of the books and age recommendations, visit the CCBC web site at ccbc.education.wisc.edu and click on the "Quick Search" box at the top. Finally, it's important to note that, depending on the individual, children and teens experiencing trauma may also welcome or prefer books that offer an escape from their realities.

Picture Books

Buitrago, Jairo. *Two White Rabbits*. Illustrated by Rafael Yockteng. Translated from the Spanish by Elisa Amado. House of Anansi Press /

Groundwood Books, 2015 (transience)

Bunting, Eve. *Yard Sale*. Illustrated by Lauren Castillo. Candlewick Press, 2015 (dislocation)

Campbell, Bebe Moore. *Sometimes My Mommy Gets Angry*. Putnam, 2003. 32 pages (mental illness of parent)

Daly, Cathleen. *Emily's Blue Period*. Illustrated by Lisa Brown. A Neal Porter Book / Roaring Brook Press, 2014. 55 pages (divorce)

Danticat, Edwidge. *Mama's Nightingale: A Story of Immigration and Separation*. Illustrated by Leslie Staub. Dial, 2015 (incarceration of parent)

De Smet, Marian. *I Have Two Homes*. Illustrated by Nynke Talsma. Translated from the Dutch. U.S. edition: Clavis, 2012. 24 pages (divorce)

Dupuis, Jenny Kay, and Kathy Kacer. *I Am Not a Number*. Illustrated by Gillian Newland. Second Story Press, 2016. 32 pages (abuse, dislocation)

Elliott, Zetta. *Bird*. Illustrated by Shadra Strickland. Lee & Low, 2008. 32 pages (drug abuse of sibling, grief)

Galindo, Renata. *My New Mom & Me*. Schwartz & Wade Books, 2016. 32 pages (adapting to new home/family)

Malone, Cheryl Lawton. *Dario and the Whale*. Illustrated by Bistra Maseva. Albert Whitman, 2016. 32 pages (transience)

Robertson, David A. *When We Were Alone*. Illustrated by Julie Flett. Highwater Press, 2016. 32 pages (abuse, dislocation)

Williams, Vera B. *Home at Last*. Illustrated by Vera B. Williams and Chris Raschka. Greenwillow / HarperCollins, 2016. 40 pages (adapting to new home/family)

Books for Middle-Grade

Argueta, Jorge. *Somos como las nubes = We Are Like the Clouds*. Illustrated by Alfonso Ruano. Translated from the Spanish by Elisa Amado. Groundwood, 2016. 32 pages (dislocation, transience, homelessness)

Balliett, Blue. *Hold Fast*. Scholastic Press, 2013. 274 pages (homelessness)

Baskin, Nora Raleigh. *Ruby on the Outside*. Simon & Schuster, 2015. DiCamillo, Kate. *Raymie Nightingale*. Candlewick Press, 2016. 263 pages (incarceration)

Booth, Coe. *Kinda Like Brothers*. Scholastic Press, 2014. 248 pages (abuse, dislocation)

Brown, Skila. *Caminar*. Candlewick Press, 2014. 193 pages (war, dislocation)

Curtis, Christopher Paul. *The Mighty Miss Malone*. Wendy Lamb Books / Random House, 2012 (dislocation)

deGoldi, Kate. *The 10 P.M. Question*. U.S. edition: Candlewick, 2010. 245 pages (mental illness of parent)

Fraillon, Zana. *The Bone Sparrow*. Disney–Hyperion, 2016. 228 pages (dislocation, abuse, grief)

Herrera, Robin. *Hope Is a Ferris Wheel*. Amulet / Abrams, 2014. 261 pages (rejection of parent)

Holm, Jennifer L., and Matthew Holm. *Sunny Side Up*. Graphix / Scholastic, 2015. 216 pages (drug abuse)

Jacobson, Jennifer Richard. *Paper Things*. Candlewick Press, 2015. 376 pages (homelessness)

Kadohata, Cynthia. *Half a World Away*. Atheneum, 2014. 225 pages (dislocation)

Kadohata, Cynthia. *The Thing about Luck*. Illustrated by Julia Kuo. Atheneum, 2013. 269 pages (dislocation)

Kelly, Erin Entrada. *The Land of Forgotten Girls*. Greenwillow / HarperCollins, 2016. 299 pages (abuse, neglect)

Knowles, Jo. *See You at Harry's*. Candlewick Press, 2012. 310 pages (grief)

Nannestad, Katrina. *When Mischief Came to Town*. U.S. edition: Houghton Mifflin Harcourt, 2015. 179 pages (grief)

Reynolds, Jason. *Ghost*. A Caitlyn Dlouhy Book / Atheneum, 2016. 181 pages (family violence, incarceration of parent)

Shang, Wendy Wan-Long. *The Way Home Looks Now*. Scholastic Press, 2015. 250 pages (depression of parent, grief)

St. Anthony, Jane. *Isabelle Day Refuses to Die of a Broken Heart*. University of Minnesota Press, 2015. 138 pages (grief, suicide of parent)

Books for Older Children and Teens

Chayil, Eishes. *Hush*. Walker, 2010. 359 pages (sexual abuse)

Crossan, Sarah. *Apple and Rain*. U.S. edition: Bloomsbury, 2015. 342 pages (neglect)

Danticat, Edwidge. *Untwine*. Scholastic Press, 2015. 303 pages (grief)

Dellaira, Ava. *Love Letters to the Dead*. Farrar Straus Giroux, 2014. 327 pages (grief, sexual abuse)

Engle, Margarita. *Enchanted Air: Two Cultures, Two Wings: A Memoir*. Atheneum, 2015. 192 pages (dislocation)

Erlings, Fridrik. *Boy on the Edge*. U.S. edition: Candlewick Press, 2014. 219 pages (abuse)

Fowley-Doyle, Moira. *The Accident Season*. U.S. edition: Kathy Dawson Books / Penguin, 2015. 291 pages (sexual abuse)

Frost, Helen. *Kesha's House*. Farrar Straus Giroux, 2003. 116 pages (multiple themes)

Garvin, Jeff. *Symptoms of Being Human*. Balzer + Bray / HarperCollins, 2016. 335 pages (sexual violence)

Grande, Reyna. *The Distance Between Us*. Young Readers Edition. Aladdin, 2016. 322 pages (dislocation, abuse)

Hartnett, Sonya. *Golden Boys*. U.S. edition: Candlewick Press, 2016. 238 pages (abuse, sexual abuse)

Jarzab, Anna. *The Opposite of Hallelujah*. Delacorte Press, 2012. 452 pages (depression)

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- Jones, Traci L. *Silhouetted by the Blue*. Farrar Straus Giroux, 2011. 200 pages (depression)
- Kokie, E.M. *Personal Effects*. Candlewick Press, 2012. 341 pages (abuse, grief)
- Kreller, Susan. *You Can't See the Elephants*. Translated from the German by Elizabeth Gaffney. U.S. edition: Putnam, 2015. 179 pages (abuse)
- Kuehn, Stephanie. *Charm & Strange*. St. Martin's Griffin, 2013. 216 pages (sexual abuse, abuse)
- Lauer, Brett Fletcher and Lynn Melnick, editors. *Please Excuse This Poem: 100 New Poets for the Next Generation*. Viking, 2015. 290 pages (multiple themes)
- Leavitt, Martine. *My Book of Life by Angel*. Margaret Ferguson Books / Farrar Straus Giroux, 2012. 246 pages (sexual exploitation)
- Littman, Sarah Darer. *Want to Go Private?* Scholastic, 2011. 332 pages (sexual exploitation)
- McCormick, Patricia. *Never Fall Down*. Balzer + Bray / HarperCollins, 2012. 216 pages (dislocation, violence)
- McGinnis, Mindy. *The Female of the Species*. Katherine Tegen Books / HarperCollins, 2016. 341 pages (sexual violence)
- Medina, Meg. *Burn Baby Burn*. Candlewick Press, 2016. 310 pages (violence)
- Medina, Meg. *Yaqui Delgado Wants to Kick Your Ass*. Candlewick Press, 2013. 260 pages (family violence)
- Myers, Walter Dean. *Darius & Twig*. Amistad/HarperCollins, 2013. 201 pages (violence)
- O'Neill, Louise. *Asking for It*. U.S. edition: Quercus, 2016. 339 pages (rape)
- Patel, Sonia. *Rani Patel in Full Effect*. Cinco Puntos Press, 2016. 314 pages (sexual abuse)
- Pinkney, Andrea Davis. *The Red Pencil*. Illustrated by Shane W. Evans. Little, Brown, 2014. 308 pages (dislocation)
- Quintero, Isabel. *Gabi: A Girl in Pieces*. Cinco Puntos Press, 2014. 284 pages (rape, gender issues)
- Reynolds, Jason, and Brendan Kiely. *All American Boys*. A Caitlyn Dlouhy Book / Atheneum, 2015. 316 pages (violence, racism)
- Reynolds, Jason. *The Boy in the Black Suit*. Atheneum, 2015. 255 pages Thomas, Angie. *The Hate U Give*. Balzer + Bray, 2017. 450 pages (grief)
- Rowell, Rainbow. *Eleanor & Park*. St. Martin's Griffin, 2013. 328 pages (abuse)
- Saeed, Aisha. *Written in the Stars*. Nancy Paulsen Books / Penguin, 2015. 284 pages (dislocation, abuse)
- Shusterman, Neal. *Challenger Deep*. Illustrated by Brendan Shusterman. HarperTeen / HarperCollins, 2015. 308 pages (mental illness)
- Sones, Sonya. *Stop Pretending: What Happened When My Big Sister Went Crazy*. HarperCollins, 1999. 220 pages (mental illness)
- Vizinni, Ned. *It's Kind of a Funny Story*. Hyperion, 2006. 444 pages (mental illness)
- Whaley, John Corey. *Highly Illogical Behavior*. Dial, 2016. 249 pages (mental illness)
- Whitman, Sylvia. *The Milk of Birds*. Atheneum, 2013. 363 pages (dislocation, sexual abuse)
- Woodson, Jacqueline. *Beneath a Meth Moon*. Nancy Paulsen Books / Penguin, 2012. 182 pages (drug abuse, dislocation)
- Yousafzai, Malala with Patricia McCormick. *I Am Malala: How One Girl Stood Up for Education and Changed the World, Young Readers Edition*. Little, Brown, 2014. 230 pages (violence)
- Zarr, Sarah. *How To Save a Life*. Little, Brown, 2011. 314 pages (abuse, neglect, grief)
- Zhang, Amy. *Falling into Place*. Greenwillow / HarperCollins, 2014. 296 pages (depression, suicide)