

Escape. Connect. Relate.

Abuse

Abuse is to treat someone cruelly or violently.

Cambridge Dictionary





ECR Suggested Reads

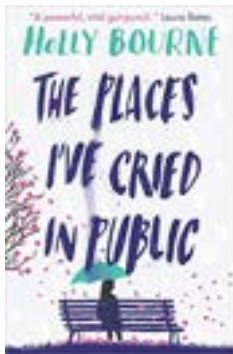
Many of our suggested reads are available from your school library and from [Edinburgh Libraries](#). Some books may contain triggering or upsetting content. Please use the age ratings as guidance and ask your school librarian for help. Books are listed in alphabetical order by author's surname.



Kaleidoscope Song by Fox Benwell

Fifteen-year-old Neo loves music so when Umzi Radio broadcasts live in a nearby bar, she can't resist and sneaks out to see them. And she falls in love: with music, the night, and a girl. Neo knows that she's supposed to go to school and get a real job and find a nice young boy to settle down with. But Tale and music are underneath Neo's skin, and try as she might she can't stop thinking about them.

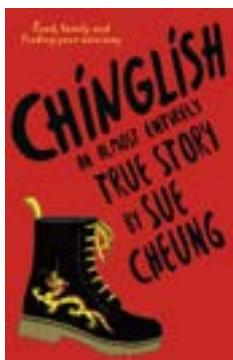
S3+, Rape



The Places I Have Cried In Public by Holly Bourne

It looked like love. It felt like love. But this isn't a love story. Amelie fell hard for Reese. And she thought he loved her too. But she's starting to realise that real love isn't supposed to hurt like this. So now she's retracing their story, revisiting all the places he made her cry. Because if she works out what went wrong, perhaps she can finally learn how to get over him.

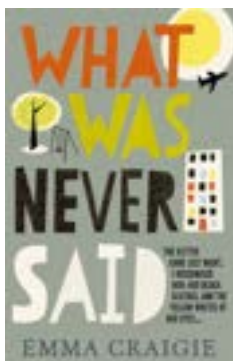
S3+, Coercive control, Rape



Chinglish by Sue Cheung

Jo is growing up in 1980s Coventry with her annoying siblings, some very unlucky pets and her utterly bonkers parents, all living above her parents' Chinese takeaway. And things can be tough - whether it's unruly customers or the snotty popular girls who bully Jo for being different. Even when she does find a BFF, she still has to contend with her erratic dad's behaviour. All Jo dreams of is breaking free.

S3+, Domestic abuse



What Was Never Said by Emma Craigie

Fifteen-year-old Zahra has lived in England most of her life, but is haunted by memories of her early childhood in Africa. It is hard for her to make sense of what happened, but when three familiar women arrive unexpectedly for tea she realises that the dangers of the past could still destroy her.

S3+, Female genital mutilation



Furious Thing by Jenny Downham

Lexi's angry. If only she could stop losing her temper and behave herself then her stepfather would accept her, her mum would love her like she used to, and her stepbrother would declare his crushing desire to spend the rest of his life with her. She's determined to swallow her anger and make her family proud. But pushing fury down doesn't make it disappear. Instead, it simmers below the surface waiting to erupt...

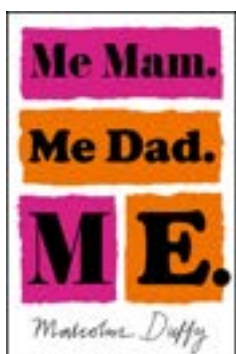
S3+, Emotional abuse



The Boy Who Steals Houses by C G Drews

Sam and his autistic older brother Avery have been abandoned. Sam's trying to build a life for them, surviving by breaking into houses when the owners are away. Until the day he's caught out. To his amazement, this large, chaotic family takes him under their wing when each assumes Sam is the friend of another. Sam finds himself caught up in their life, and falling for Moxie. But his past is about to catch up with him.

S3+, Domestic abuse



Me Mam. Me Dad. Me. by Malcolm Duffy

Danny's mam has a new boyfriend. Initially, all is good – Callum seems nice enough, and Danny can't deny he's got a cool set up; big house, fast car, massive TV, and Mam seems to really like him. But cracks begin to show, and they're not the sort that can be easily repaired. As Danny witnesses Mam suffer and Callum spiral out of control, he goes in search of his dad. The Dad he's never met.

S3+, Domestic abuse



Paper Butterflies by Lisa Heathfield

June's life at home with her stepmother and stepsister is a dark one – and a secret one. She is trapped like a butterfly in a net. But then June meets Blister, a boy in the woods. In him she recognises the tiniest glimmer of hope that perhaps she can find a way to fly far, far away from her home and be free. Because every creature in this world deserves their freedom... But at what price?

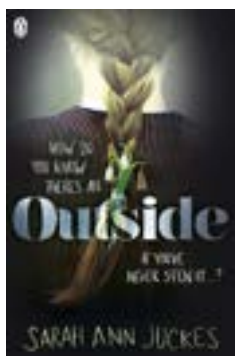
S3+, Physical abuse



Lost Boy by Christina Henry

There is the story of how I went from being Peter Pan's first and favourite lost boy to his greatest enemy. Peter brought me to his island to join in the fun, but Peter's idea of fun is sharper than a pirate's sword. Because it's never been all fun and games on the island. Our neighbors are pirates and monsters. Our toys are knife and stick and rock. Peter promised we would all be young and happy forever. Peter lies.

S3+, Emotional abuse, Physical abuse



Outside by Sarah Ann Juckes

Ele is held captive in a small room by a man known as 'Him'. She is determined to prove there is a world Outside. And when she finds a hole in the wall, the proof starts leaking in.

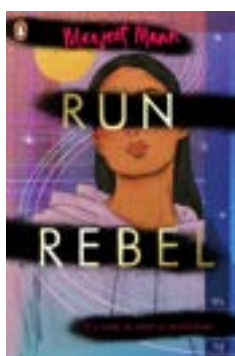
S3+, Sexual abuse, Rape



Tradition by Brendan Kiely

Jules just wants to keep her head down, avoid distractions and get into the right college so that she can leave Fullbrook Academy behind. Jamie feels like an imposter at Fullbrook, but the hockey scholarship that got him in has given him a chance to escape his past. As their lives intertwine and the pressures to play by the school rules intensify, they see that tradition can be ugly, even violent.

S3+, Sexual abuse, Rape



Run, Rebel by Manjeet Mann

I am restless, my feet need to fly.

Amber is trapped - by her father's rules, by his expectations, by her own fears. Now she's ready to fight - for her mother, for her sister, for herself. Freedom always comes at a price.

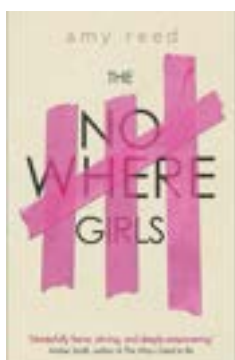
S3+, Domestic abuse



Asking For It by Louise O'Neill

Emma is eighteen years old, beautiful, happy, confident. There's a party. Everyone is there. All eyes are on Emma. The next morning, she can't remember what happened, she doesn't know how she got home, and she doesn't know why she's in pain. But everyone else does. Photographs taken at the party show what happened to Emma that night. But sometimes people don't want to believe what is right in front of them.

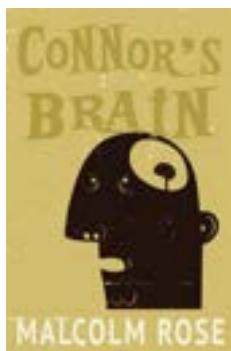
S3+, Sexual abuse, Rape



The Nowhere Girls by Amy Reed

Who are the Nowhere Girls? They're everygirl. But they start with just three. Grace is the new girl in town, Rosina is the queer punk girl in a conservative family, and Erin is the nerd. When the girls learn that the former occupant of Grace's new home was run out of town for accusing the popular guys at school of rape, they're incensed that Lucy never had justice and form a group to resist the sexist culture at their school.

S3+, Sexual abuse, Rape



Connor's Brain by Malcolm Rose

Connor's first life ended when a virus stripped him of almost everything - his memory, language and a sense of time. Now 15, Connor lives in a permanent present that he doesn't understand - he doesn't recognise his parents, his brother, his friends or his girlfriend Hattie. New Connor can't remember the old Connor, but other people can. People who have reasons to keep him quiet, because old Connor had a dark past.

S3+, Grooming



Girl Detached by Manuela Salvi

Aleksandra has issues with her voice. Stress makes her stutter, and she can only speak clearly on stage, freed by the words of the character she plays. When she befriends her new neighbour and through her meets charming, handsome Ruben, it seems Alek has discovered a doorway to a different world and a different Alek. But Ruben wants Aleksandra to play a role for him, and it is one that will come close to destroying her.

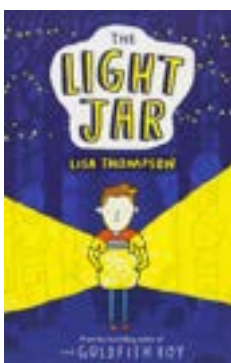
S3+, Grooming



What Kind of Girl by Alyssa Sheinmel

The girls at North Bay Academy are taking sides. It all started when Mike's girlfriend walked into the principal's office and said Mike hit her. But her classmates have questions. Why did she go to the principal and not the police? Why did she stay with Mike if he was hurting her? Is it true? As rumours spread, the students will question what it means to be guilty or innocent, right or wrong.

S3+, Domestic abuse, Emotional abuse



The Light Jar by Lisa Thompson

Nate and his mother are running away, hiding out in a tumbledown cottage in the middle of a forest. When Mum heads off for provisions, and then doesn't return, Nate is left alone and afraid, with the dark closing in all around him. But comfort can come from the most unexpected of places - an intriguing girl on a mission to solve a decades-old treasure hunt, and the reappearance of an old friend from his past...

S1+, Domestic abuse, Coercive control

Information Books



Desert Flower by Waris Dirie

Waris Dirie ran away from her oppressive life in the African desert when she was 13. With nothing to her name but a tattered shawl, she traveled alone across the desert to Mogadishu. Her remarkable journey would later take her to London, where she worked as a house servant; and then to nearly every corner of the globe as a model; and ultimately to New York City as a human rights ambassador for the UN.

S3+, Female genital mutilation



Definitions

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Abuse can take many forms.

Domestic abuse or relationship abuse is when one person in a relationship threatens, bullies or hurts another to get them to do what they want. It can include:

- physical violence, like hitting, kicking, punching, pushing or hair-pulling
- threats, including threats to hurt someone or something you love
- sexual violence, like making someone do something sexual when they don't want to
- controlling someone's finances, like not giving them money for basic things such as food
- controlling someone's life, like stopping them from going to school or work
- cultural or 'honour' violence, like being hurt or abused as a punishment for something that's not seen as culturally acceptable.

Childline

Emotional abuse is when someone always puts you down, shouts at you or makes you feel bad. This includes when someone:

- calls you names
- keeps shouting at you, even if you haven't done anything wrong
- puts you down
- ignores you or leaves you out of things
- says or does things that make you feel bad about yourself
- makes you feel like you don't belong
- makes you responsible for things you shouldn't have to do until you're older
- tries to control you or put pressure on you to do things you're not ready to do
- treats you differently from others
- puts you in dangerous situations
- is aggressive and violent to other people in your home
- stops you from having friends.

Childline



Physical abuse is when someone deliberately hurts or injures you or another person and includes:

- hitting, smacking and slapping
- punching and kicking
- pinching, scratching and biting
- shaking or suffocating you
- scalding or burning you
- hair pulling
- spitting or throwing things at you
- making you swallow something that hurts or makes you feel ill, including giving you medicine when you're not ill or don't need it.

Childline

Neglect is when you aren't given the things that you need, such as enough to eat and drink, protection from danger and clean clothes. It can also be when you have to spend a lot of time looking after other people in your home without getting any support.

Childline

Coercive control is an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim. This controlling behaviour is designed to make a person dependent by isolating them from support, exploiting them, depriving them of independence and regulating their everyday behaviour.

Women's Aid

Sexual abuse is when someone is forced, pressurised or tricked into taking part in any kind of sexual activity with another person, such as:

- being touched in a way you don't like without giving permission or consent
- someone flashing or exposing themselves to you, online or in real life
- being forced to have sex, look at sexual pictures or videos, do something sexual or watch someone do something sexual.

It can include rape and sexual assault, sexual harassment, grooming, sexual exploitation (being pressured into having sex with someone in return for getting something like money or drugs), sexting and child pornography.

Childline

Female genital mutilation is when a girl's private parts are removed or altered.

Childline



Resources

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Abuse

Abuse definitions, advice and support for young people from Childline

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/abuse-safety/>

Consent

Consent definition, information and advice for young people from The Mix

<https://www.themix.org.uk/sex-and-relationships/single-life-and-dating/sexual-consent-15356.html>

Domestic abuse

Domestic abuse definition, advice and support for young people from Childline

<https://www.childline.org.uk/info-advice/home-families/family-relationships/domestic-abuse/>

Emotional abuse

Emotional abuse definition, advice and support for young people from Childline

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/abuse-safety/emotional-abuse/>

Female genital mutilation

FGM definition, advice and support for young people from Childline

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/abuse-safety/female-circumcision-fgm-cutting/>



Neglect

Neglect definition, advice and support for young people from Childline
<https://www.childline.org.uk/info-advice/bullying-abuse-safety/abuse-safety/neglect/>

Physical abuse

Physical abuse definition, advice and support for young people from Childline
<https://www.childline.org.uk/info-advice/bullying-abuse-safety/abuse-safety/physical-abuse/>

Sexual abuse

Sexual abuse definition, advice and support for young people from Childline
<https://www.childline.org.uk/info-advice/bullying-abuse-safety/abuse-safety/sexual-abuse/>

Rape and sexual assault definition, advice and support for young people from Childline
<https://www.childline.org.uk/info-advice/bullying-abuse-safety/abuse-safety/rape-sexual-assault/>