

Escape. Connect. Relate.

Neurodiversity

Neurodiversity is the idea that people having a range of different types of brain should be regarded as part of normal human life. Neurodiversity challenges the idea that different brains are an illness that need to be fixed.

Cambridge Dictionary





ECR Suggested Reads

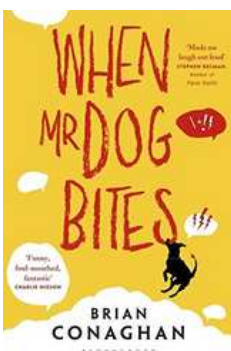
Many of our suggested reads are available from your school library and from [Edinburgh Libraries](#). Some books may contain triggering or upsetting content. Please use the age ratings as guidance and ask your school librarian for help. Books are listed in alphabetical order by author's surname.



The Infinite by Patience Agbabi

Elle loves running, white food and her Nigerian heritage, but she dislikes eye contact, being stared at, too much noise, bullies and anything that makes her head too full. She also has the ability to leap backwards and forwards through time. But when Elle, in 2020, receives a cryptic SOS text message sent from someone in 2048 she knows someone's in trouble – and it's up to Elle to figure out how to save them.

S1+, Autism, Series



When Mr Dog Bites by Brian Conaghan

Dylan's Tourette's makes his life a constant battle to keep the bad stuff in that escapes whenever he's stressed. And, as a 16-year-old virgin, stress is an occupational hazard. Then he discovers he's going to die. Setting out to make his final wishes come true, he discovers that nothing – and no-one – is quite as he supposed. A story about life, death, love, sex and swearing, this book will take you on one *#@! of a journey...

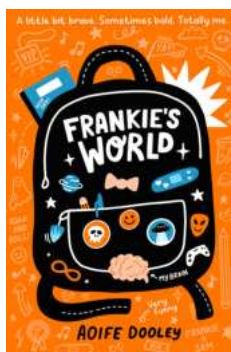
S3+, Tourette Syndrome



The London Eye Mystery by Siobhan Dowd

Ted and Kat watch their cousin Salim get on board the London Eye. But when his pod lands and the doors open, where is Salim? Ted and Kat become sleuthing partners and overcome their differences to follow a trail of clues across London in a desperate bid to find Salim. And ultimately it comes down to Ted, whose brain runs on its own unique operating system, to find the key to the mystery.

S1+, Autism, Series



Frankie's World by Aoife Dooley

Frankie is different from everyone in her class, and she can't figure out why. She has trouble concentrating, and her classmates tease her for not having a dad at home. One day, when Frankie sneaks into her mom's room and sees her biological father's name on her birth certificate, she decides to go on a mission to track him down. Could Frankie's father be the key to finding out why Frankie feels so adrift?.

Transitions, Autism



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 - each assuming 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.

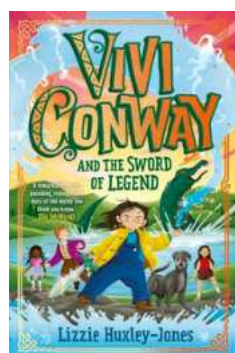
S3+, Autism



Mockingbird by Kathryn Erskine

In Caitlin's world, everything is black or white and anything in between is confusing. That's the stuff Caitlin's older brother Devon has always explained. But now Devon's dead and Dad is no help. Caitlin wants to get over it, but as an 11-year-old with Asperger's, she doesn't know how. In her search for closure, she discovers that not everything is black and white and that the world is full of messy and beautiful colours.

S1+, Autism



Vivi Conway and the Sword of Legend by Lizzie Huxley-Jones

Vivi is autistic and finds change challenging, so is nervous about moving to London. Life becomes more complicated when she discovers that she shares the soul of Nimuë, the legendary Lady of the Lake. Centuries earlier, King Arawn was imprisoned to stop him destroying the world, but now the spell is weakening. With the help of her new classmates, she must stop him from escaping. But Vivi finds it hard to open up to people, so she must also find the courage to embrace her individuality.

S1+, Autism, Series



How to Look For a Lost Dog by Ann M. Martin

Eleven-year-old Rose is autistic and struggles to understand her classmates. But when her father gives her a stray dog, which she names Rain, the dog becomes her best friend and her anchor in a confusing world. So when Rain goes missing during a storm, Rose refuses to stop looking for her...

S1+, Autism



A Kind of Spark by Elle McNicoll

Ever since Ms. Murphy told us about the witch trials, I can't stop thinking about them. Those people were like me. Different. I'm autistic. I see things others don't, hear sounds they can ignore and feel things all at once. I think about the witches, with no one to speak for them. But if I keep trying, maybe someone will. I won't let the witches be forgotten. Because there's more to their story. Just like there's more to mine.

S1+, Autism



Like A Charm by Elle McNicoll

Ramya is only five when she first encounters one of 'them'. A stranger demonstrates the power to command the behaviour of all the people around her - except Ramya. Seven years later, the death of Ramya's grandpa prompts her to discover an incredible truth - extraordinary beings lurk behind the mundane world we all see. Her grandpa had been writing a book about them - and it's now up to Ramya to continue his mission, entering the dangerous world of the Hidden Folk.

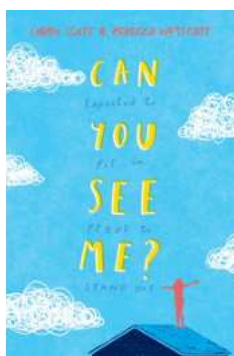
S1+, Dyspraxia, Series



Show Us Who You Are by Elle McNicoll

Cora is struggling to fit in at school, and Adrien is home-schooled, so he's adamant they will be friends. Cora grudgingly complies. But Adrien is funny, unpredictable, and a loyal friend too. Cora soon finds there's a lot to learn from him. Adrien's dad runs an A.I company that recreates people in perfect hologram form. An intrigued Cora is spellbound when she gets to meet a 'real' hologram. However, everything there is not quite what it seems and disaster is about to strike...

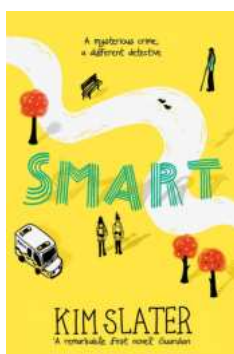
S1+, Autism, Attention Deficit Hyperactivity Disorder



Can You See Me? by Libby Scott and Rebecca Westcott

Tally isn't ashamed of being autistic - even if it complicates life sometimes, it's part of who she is. But her best friend is the only one who knows, and other people are uncomfortable around her. Tally now feels like she has to act "normal". But as she hides her true self, she starts to wonder what normal means and whether fitting in is really what matters most.

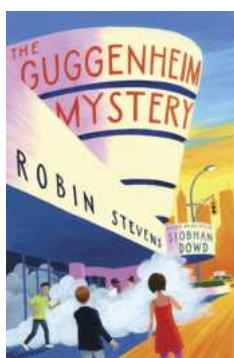
S1+, Autism



Smart by Kim Slater

There's been a murder, but the police don't care. It was only a homeless old man after all. Kieran cares though and he's going to find out what really happened. But being a detective is difficult when you're Kieran Woods. When you're amazing at drawing but terrible at fitting in. And when there are dangerous secrets everywhere - not just outside, but under your own roof.

S1+, Autism



The Guggenheim Mystery by Robin Stevens

Three months ago, Ted solved the mystery of how his cousin Salim disappeared from a pod on the London Eye. Now he's visiting his cousin in New York and a painting has been stolen from the Museum where his aunt works. When Aunt Gloria is blamed for the theft, Ted must use his unusual brain, which works on a different operating system to everyone else's, to find the painting and discover who has really taken it.

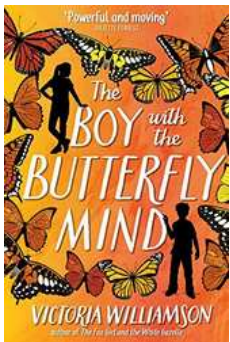
S1+, Autism, Series



Concentr8 by William Sutcliffe

In a future London, Concentr8 is a prescription drug for kids with ADD. Troy, Femi, Lee, Karen and Blaze have been taking Concentr8 as long as they can remember. They're not exactly a gang and they're not looking for trouble, but when riots break out across the city they find it. What makes them pick a man seemingly at random and hold him hostage? Across the course of five tense days, we begin to understand how kids get failed by the system and how politicians manipulate them.

S3+, Attention Deficit Hyperactivity Disorder

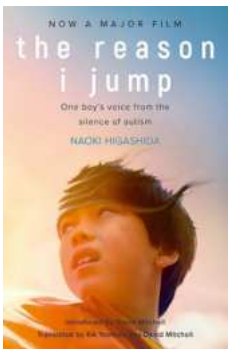


The Boy with the Butterfly Mind by Victoria Williamson

Chaotic Jamie just wants to be normal but his ADHD isn't making it easy. Ordered Elin just wants to be perfect. When their families blend and their polar opposites collide, they both spiral out of control. Until they discover that they're actually more alike than they'd like to admit. Maybe there's no such thing as normal, or perfect. And perhaps being yourself is more than enough.

S1+, Attention Deficit Hyperactivity Disorder

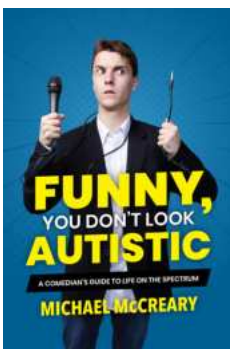
Information Books



The Reason I Jump by Naoki Higashida

This is a one-of-a-kind memoir that demonstrates how an autistic mind thinks, feels, perceives, and responds in ways few of us can imagine. Using an alphabet grid to painstakingly construct words, sentences, and thoughts that he is unable to speak out loud, Naoki answers even the most delicate questions that people want to know and shares his unique point of view on not only autism but life itself.

Senior, Autism



Funny, You Don't Look Autistic by Michael McCreary

Slaying autism stereotypes with stand-up, one joke at a time. Like many others on the autism spectrum, comic Michael McCreary has been told by more than a few well-meaning folks that he doesn't "look" autistic. But, as he's quick to point out in this memoir, autism "looks" different for just about everyone with autism.

Senior, Autism



Definitions

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Neurodiveristy includes a range of different types of brains.

Attention Deficit Hyperactivity Disorder or **ADHD** is a condition where you have lots of energy and have difficulty concentrating. Symptoms of ADHD include:

- feeling restless or fidgety
- talking a lot and interrupting others
- becoming easily distracted
- finding it hard to concentrate
- saying or doing things without thinking.

Definition from Young Minds

Autism is a developmental condition that affects how you see the world and how you interact with other people. Autism is a spectrum condition, which means it affects people in very different ways. However, there are certain traits which can include:

- difficulty recognising or understanding other people's emotions and expressing their own
- being over- or under-sensitive to things like loud noises and bright lights, and finding crowded noisy spaces challenging
- preferring familiar routines and finding unexpected changes to routine challenging or distressing
- having intense and specific interests in things
- difficulties reading body language, understanding sarcasm and facial expressions.

Definition from Young Minds



Dyslexia is a learning difficulty which affects your ability to read, write and spell. It can also cause problems with numbers, directions and short-term memory. Dyslexic people can be successful in any area of life and often show a lot of creative or intellectual ability. Symptoms can include:

- reading very slowly
- difficulty with spelling
- mixing up sounds in long words
- confusing numbers, dates and times
- needing to have instructions repeated
- problems with note taking
- finding it difficult to plan work.

Definition from The Mix

Tourette Syndrome or **TS** is when somebody makes movements and noises that they can't control. These noises and movements are called tics. Tics are usually fast and happen again and again and they are involuntary movements. Tics can include:

- blinking
- head or neck twitching
- sniffing or throat clearing
- complex ticcing, like spinning on the spot or shouting out unusual things.

Definition from Tourettes Action



Resources

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Attention Deficit Hyperactivity Disorder

ADHD definition, advice and support for young people from Young Minds
<https://youngminds.org.uk/find-help/conditions/adhd-and-mental-health/>

ADHD definition, information and advice for young people from The Mix
<https://www.themix.org.uk/your-body/learning-disabilities-syndromes/attention-deficit-disorder-7441.html>

Autism

Autism definition, advice and support for young people from Childline
<https://www.childline.org.uk/info-advice/you-your-body/disability-learning-differences/autism/>

Autism definition and advice for young people from The Mix
<https://www.themix.org.uk/your-body/learning-disabilities-syndromes/autism-spectrum-disorders-7856.html>

Autism definition, advice and support for young people from Young Minds
<https://youngminds.org.uk/find-help/conditions/autism-and-mental-health/>

Dyslexia

Dyslexia definition, information and advice for young people from The Mix
<https://www.themix.org.uk/your-body/learning-disabilities-syndromes/dyslexia-7444.html>



Tourette Syndrome

TS definition, advice and support for children and young people from Tourettes Action

https://www.tourettes-action.org.uk/storage/downloads/1487860486_TS--the-simple-truth--A-guide-to-TS-for-children-and-young-people.pdf

TS advice from teens for teens from Tourette Association of America

<https://tourette.org/about-tourette/overview/living-tourette-syndrome/teens-13-17/>