

Escape. Connect. Relate.

Relationships - Friends

A friend is someone who you know well and like, but who is not related to you.

Collins 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.



Goodbye, Perfect, by Sara Barnard

Eden McKinley knows she can't count on much in this world, but she can depend on Bonnie, her solid, steady, straight-A best friend. So it's a complete shock when, five days before the start of their GCSEs, Bonnie runs away with a guy Eden knows nothing about. And it's the last person she would ever have expected. As the days pass, and her world begins to unravel, Eden is forced to question everything she thought she knew about her best friend and herself.

S3+



The Burning, by Laura Bates

Anna and her mother have moved hundreds of miles to put the past behind them. Anna hopes to make a fresh start and escape the harassment she's been subjected to. But then rumours and whispers start, and Anna tries to ignore what is happening by immersing herself in learning about Maggie, a local woman accused of witchcraft in the seventeenth century. A woman who was shamed. Silenced. And whose story has unsettling parallels to Anna's own.

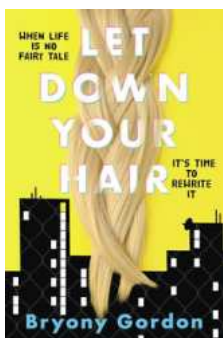
S3+



What Magic is This?, by Holly Bourne

Sophia, Mia, and Alexis are best friends, and they all desperately wish for something. One night they decide to cast a magic spell to make their desires come true: Sophia to get her boyfriend back, Alexis to safely send her dog to doggy heaven, and Mia to stop harming herself. But that night something even more magical happens, something that will make them realise what is truly important in life.

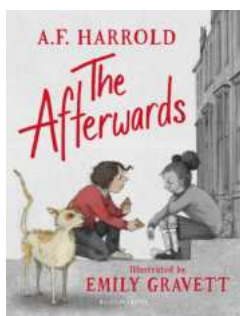
S1+, Dyslexia Friendly



Let Down Your Hair, by Bryony Gordon

Barb has 0 friends IRL, but online, she is popular. Like, several-hundred-thousand-followers popular. Because Barb's hair is glossy and beautiful. But it's soon clear something isn't right. She gets out her mirrors and combs for a video and sees it... a bald patch the size of a ten pence coin. Barb has alopecia. Barb must learn that she is so much more than her hair and that there is no such thing as a happy ending... just lots of complicated new beginnings.

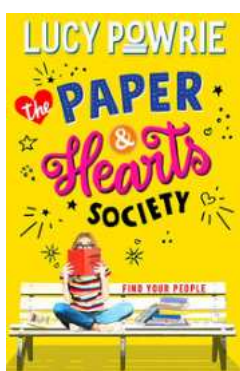
S1+



The Afterwards, by A.F Harrold

Ember can't imagine what life would be without Ness. Until Ness dies, in a most sudden and unexpected way. Ember feels completely empty. How can this even be real? Then Ember finds a way into the dangerous afterworld—a place where the recently dead reside, to try to bring Ness back. Because that's what friends do: rescue each other. How far will Ember go to make things the way they were again?

S1+



The Paper and Hearts Society, by Lucy Powrie

When Tabby moves in with her Gran, she is sure of one thing: she needs to start over. But how can she when she is a geek who loves books? The answer is soon given to her: by joining The Paper & Hearts Society, a local book club that organises Harry Potter marathons and re-enacts The Hunger Games. But her past will soon catch up to her.

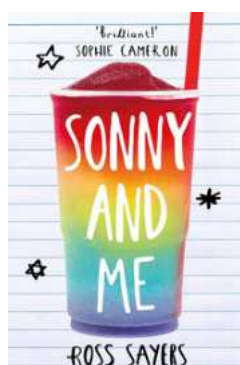
S1+



Second Best Friend, by Non Pratt

When Jade splits up with her boyfriend and his parting shot is that he always thought her best friend Becky was more attractive, Jade feels really inadequate and that she will never be as good as Becky, at anything. So, when they both come head to head in a school election, Jade becomes ruthless and determined, and will do almost anything to win.

S1+, Dyslexia Friendly



Sonny and Me, by Ross Sayers

'Whoever said yer school days are the best days ae yer life was at the absolute wind up. I hink maist adults dinnae mind whit it was really like. Wait til yeesse hear whit Sonny and me got detention for...' When Daughter and Sonny's favourite teacher leaves, they decide to start their own investigation. As they dig deeper, they discover a dark secret which one person will kill to protect... will they uncover the truth? Can their friendship survive when personal secrets are revealed?

S3+



Resources

Disclaimer: the ECR team does not take credit for these links, which are all offered and maintained by external providers

Epic Friends

Specialist content created by Sheffield's Children NHS, this is a resourceful website to consult if you are concerned about a friend's wellbeing.

www.epicfriends.co.uk

Childline

Advice on a range of friendship issues

<https://www.childline.org.uk/info-advice/friends-relationships-sex/friends/>