

Escape. Connect. Relate.

Resilience & Self Esteem

Resilience is the ability to bounce back from stress, adversity, failure, challenges, or even trauma.
...Resilient kids are more likely to take healthy risks because they don't fear falling short of expectations. They are curious, brave, and trusting of their instincts.

www.psycom.net

Self Esteem is the belief and confidence in your own ability and value

Cambridge Dictionary





ECR Suggested Reads

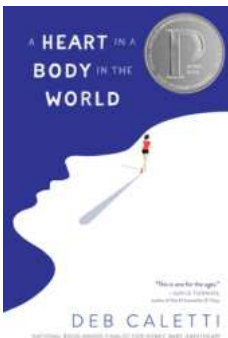
Many of our suggested reads are available from your school library and from [Edinburgh Libraries](#). Some books may contain triggering or upsetting content. Please use the age ratings as guidance and ask your school librarian for help. Books are listed in alphabetical order by author's surname.



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



A Heart in the Body of the World, by Deb Caletti

When everything has been taken from you, what else is there to do but run? Annabelle runs from Seattle to Washington, DC, through mountains and suburbs, from lonely roads to college towns. She's not ready to think about the why yet, just the how—muscles burning, heart pumping, feet pounding. But no matter how hard she tries, she can't outrun the tragedy from the past year, or the person—The Taker—that haunts her.

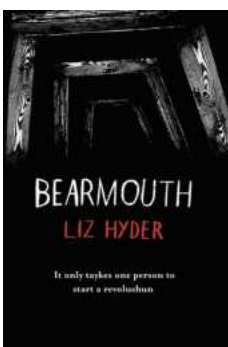
S3+



How To Be More Hedgehog, by Anne-Marie Conway

Lily has a stammer - the signal between her brain and her mouth is all messed up. When a video of her practicing her class talk is uploaded onto YouTube, it brings cyberbullying, whispering, even her friends laughing behind her back. Lily's confidence plummets and she decides to run away to Dad in Scotland and start over. But Lily quickly realises that her stammer will follow her wherever she goes...

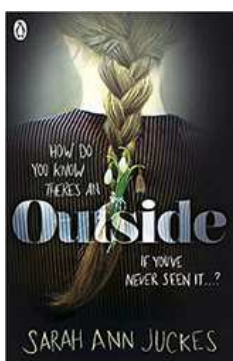
S1+



Bearmouth, by Liz Hyder

Illiterate child Newt Coombes works in Bearmouth, a mine where life is short, and work is hard, with the promise that The Mayker will reward you in the next life. When Devlin arrives, he questions the way things are run and Newt begins to look around with fresh eyes. Together they plan to free themselves and bring down Bearmouth.

S3+



Outside, by Sarah Ann Jukes

Ele has been held captive her whole life, and knows nothing about the outside world. Her captor, Him, provides food and water and a few books...but little else. Despite knowing nothing about it, really, she is desperate to escape, to get out and experience Outside...

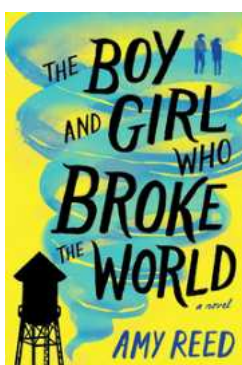
S3+



Rose, Interrupted, by Patrice Lawrence

When Rose leaves a stifling religious sect, she formulates a plan to help her integrate into the outside world of freedom and social media. Despite living in a squalid flat, and mum working long hours just to keep them off the streets, the plan is going pretty well. Until Rose's boyfriend wants to take a topless photo of her. He says everyone is doing it and Rose becomes increasingly aware that there are a whole heap of unwritten rules for life that she has no idea about.

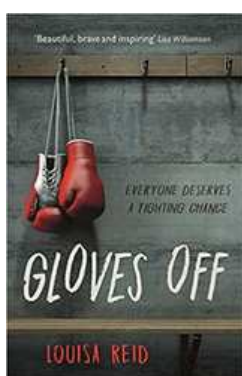
S1+



The Boy and Girl Who Broke the World, by Amy Reed

Billy and Lydia don't have much in common, unless you count growing up on the same (wrong) side of the tracks, the lack of a mother, and a persistent loneliness. When they meet, Lydia's cynicism is met with Billy's optimism, and both begin to question their own outlook on life. On top of that, weird happenings are cropping up around them – maybe even because of them. The book explores how caring for others makes us vulnerable – and how pointless life would be if we didn't.

S3+



Gloves Off, by Louisa Reid

After a particularly terrible bullying incident, Lily's dad determines to give his daughter the tools to fight back. Introducing her to boxing, he encourages Lily to find her own worth. It is both difficult and challenging but in confronting her own fears she finds a way through that illuminates her life and friendships. Meeting Rose, and seeing that there is another world out there, enables her to live her own life fully and gives her the knowledge that she is both beautiful and worth it.

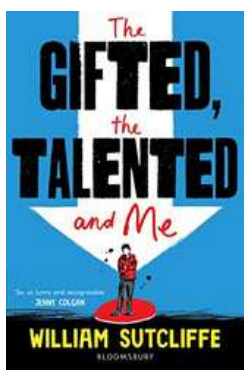
S3+, Verse Novel



Scars like Wings, by Erin Stewart

Ava Lee has lost everything there is to lose. Her parents. Her best friend. Her home. Even her face. A year after the fire that destroyed her world, her aunt and uncle have decided she should go back to school. Be "normal" again. Ava knows there is no normal for someone like her. And forget making friends--no one wants to be seen with the Burned Girl, now or ever. Then Ava meets a fellow survivor, Piper, and begins to feel like maybe she doesn't have to face the nightmare alone.

S3+



The Gifted, the Talented and Me, by William Sutcliffe

Ethan's, Freya's and Sam's dad has sold his company and suddenly the whole family has money. They leave the school that Sam had been perfectly happy in and move to a school especially designed for the Gifted and the Talented. His other siblings seem to settle in right away, but for Sam it's not so easy. He just wants to be ordinary!

S3+

Information Books



Failosophy for Teens, by Elizabeth Day

Pretty much all of us would like to feel happier, less anxious, more successful and at ease with ourselves. Right? The key may surprise you: FAILURE! Using personal experience and stories shared by guests, Elizabeth's book is full of creative and inspiring advice on how to: talk openly about failure; turn failure into success; build resilience for when life sends you curveballs; reframe negative thoughts about yourself and much more!

S1+



Resources

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

See Me Scotland

Resilience toolkit from NHS Greater Glasgow and Clyde

<https://www.seemescotland.org/media/8155/resilience-toolkit.pdf>

Young Minds

It's common to suffer from low self-esteem at some point in your life, but you can do things to make it better. Help boost your wellbeing by trying these tips.

<https://youngminds.org.uk/find-help/looking-after-yourself/believe-in-yourself/>

Childline

Tips on boosting your confidence and self esteem

<https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/building-confidence-self-esteem/>