

HEALTH

INDEPENDENT READING LIST

UNIT 1: WELLNESS AND ENVIRONMENTAL HEALTH

UNIT 2: PHYSICAL WELLNESS AND NUTRITION

TITLE	AUTHOR	THEME
America's Unhealthy Lifestyle: Supersize It! (non-fiction)	Sanna, Ellyn (616.3 SAN)	Obesity
Fat Cat	Brande, Robin	Obesity
Fat Kid Rules the World	Going, K.L.	Obesity
Kissing the Rain	Brooks, Kevin	Obesity
My Big Fat Manifesto	Vaught, Susan	Obesity
Payback Time	Deuker, Carl	Obesity
Want Fries with That? Obesity and the Supersizing of America (non-fiction)	Ingram, Scott (362.196 ING)	Obesity
You Know Where to Find Me	Cohn, Rachel	Obesity
Skinny	Cooner, Donna	Weight loss surgery
Stuffed (Orca Soundings)	Walters, Eric	Fast food boycott

UNIT 3: MENTAL AND EMOTIONAL HEALTH

TITLE	AUTHOR	THEME
Girls Under Pressure	Wilson, Jacqueline	Eating disorders
Inside Out: Portrait of an Eating Disorder (graphic novel)	Shivack, Nadia (616.85 Shi)	Eating disorders
Life in the Fat Lane	Bennett, Cherie	Eating disorders
Looks	George, Madeleine	Eating disorders
Massive	Bell, Julia	Eating disorders
Perfect	Friend, Natasha	Eating disorders
Purge	Littman, Sarah Darer	Eating disorders
Shrink to Fit	Sarkar, Dona	Eating disorders
The Best Little Girl in the World	Levenkron, Steven	Eating disorders
Thinner Than Thou	Reed, Kit	Eating disorders
Wintergirls	Anderson, Laurie Halse	Eating disorders
Zero	Tulson, Diane	Eating disorders
Girls in Love	Wilson, Jacqueline	Self-worth
Ink Exchange	Marr, Melissa	Self-image
Mexican White Boy	De la Pena, Matt	Self-image
North of Beautiful	Headley, Justina Chen	Self-image
Saving Francesca	Marchetta, Melina	Self-image/Depression
The Earth, My Butt, and other Round Things	Mackler, Carolyn	Self-image
The Future of Us	Asher, Jay	Self-image
Who am I Without Him?	Flake, Sharon	Self-worth
Soul Surfer (non-fiction)	Hamilton, Bethany (797.3 HAM)	Depression
Feeling for Bones	Pierce, Bethany	Depression
Looking for Alaska	Green, John	Depression
Cut	McCormick, Patricia	Self-mutilation
The Dream Where the Losers Go	Goobie, Beth	Self-mutilation
The Luckiest Girl in the World	Levenkron, Steven	Self-mutilation
Willow	Hoban, Julia	Self-mutilation
24 Hours	Mahy, Margaret	Suicide
A Long Way Down	Hornby, Nick	Suicide
After	Chalifour, Francis	Suicide
America	Frank, E.L.	Suicide

Borderlands	Dewey, Jennifer	Suicide
Chinese Handcuffs	Crutcher, Chris	Suicide
Darkness Before Dawn	Draper, Sharon	Suicide
Fast Forward	Norfleet, Celeste	Suicide
Freewill	Lynch, Cris	Suicide
Hold Still	LaCour, Nina	Suicide
Hold Tight	Coben, Harlan	Suicide
Impulse	Hopkins, Ellen	Suicide
It's Kind of a Funny Story	Vizzini, Ned	Suicide
Love, Sara	Lundgren, Mary Beth	Suicide
My Time as Caz Hazard (Orca Soundings)	Kyi, Tanya Lloyd	Suicide
No Right Turn	Trueman, Terry	Suicide
Perks of Being a Wallflower	Chbosky, Stephen	Suicide
St. Michael's Scales	Connelly, Neil	Suicide
Staying Fat for Sarah Byrnes	Crutcher, Chris	Suicide
The Cloud Chamber	Maynard, Joyce	Suicide
The Death of Jayson Porter	Adoff, Jaime	Suicide
The Hemingway Tradition (Orca Soundings)	Butcher, Kristin	Suicide
The Pact	Picoult, Jodi	Suicide
Thirteen Reasons Why	Asher, Jay	Suicide
Trigger	Vaught, Susan	Suicide
What Happened to Cass McBride	Giles, Gail	Suicide
What They Always Tell Us	Wilson, Martin	Suicide
Who Owns Kelly Paddik? (Orca Soundings)	Goobie, Beth	Suicide
Curious Incident of the Dog in the Night-time	Haddon, Mark	Asbergers
Freaks Like Us	Vaught, Susan	Mental illness
House Rules	Picoult, Jodi	Asbergers
Inside Out	Trueman, Terry	Schizophrenia
Lord Loss	Shan, Darren	Mental illness
Marcelo in the Real World	Stork, Francisco	Asbergers
Mr. Was	Hautman, Pete	Mental illness
Cracked	Walton, K. M.	Bullying
Everybody Sees the Ants	King, A.S.	Bullying
I Swear	Davis, Lane	Cyber bullying
Leverage	Cohen, Joshua	Bullying
Nineteen Minutes	Picoult, Jodi	Bullying
Romiette and Julio	Draper, Sharon	Bullying
Skin I'm In	Flake, Sharon	Bullying
Touching Spirit Bear	Mikaelsen, Ben	Bullying

Twisted	Anderson, Laurie Halse	Bullying
Bang	Flake, Sharon	Gangs
Black and White	Volponi, Paul	Gangs
Drive-By	Ewing, Lynn	Gangs
Homeboyz	Sitomer, Alan	Gangs
Jumped	Garcia, Rita Williams	Gangs
Monster	Myers, Walter Dean	Gangs
Schooled	Langan, Paul	Gangs
The Afterlife	Soto, Gary	Gangs
The Brave	Lipsyte, Robert	Gangs
The Coldest Winter Ever	Soulja, Sister	Gangs
The Hoopster	Sitomer, Alan	Gangs
The Outsiders (Spanish version available)	Hinton, S.E.	Gangs
Two foot Punch	Daher, Anita	Gangs
Yummy: The Last of a South Side Shorty (graphic novel)	Neri, G. (305.896 NER) and e-book	Gangs
Comfort	Dean, Carolee	Runaways/Homelessness
Dark Dude	Hijuelos, Oscar	Runaways/Homelessness
Drift	Martinez, Manuel Luis	Runaways/Homelessness
Money Hungry	Flake, Sharon	Runaways/Homelessness
Runaway	Van Draanen, Wendelin	Runaways
Saint Iggy	Going, K.L.	Runaways/Homelessness
Dark Song	Giles, Gail	Anger management
Upstate	Buckhannon, Kalisha	Anger management

UNIT 4: REPRODUCTIVE WELLNESS AND HUMAN SEXUALITY

TITLE	AUTHOR	THEME
Will Grayson, Will Grayson	Green, John	Sexual orientation
After	Efaw, Amy	Teenage pregnancy
Broken China	Williams, Lori Aurelia	Teenage pregnancy
Hip-Hop High School	Sitomer, Alan Lawrence	Teenage pregnancy
How to Deal	Dessen, Sarah	Teenage pregnancy
How to Save a Life	Zarr, Sara	Teenage pregnancy/grief
November Blues	Draper, Sharon	Teenage pregnancy
Someone Like You	Dessen, Sarah	Teenage pregnancy
The First Part Last	Johnson, Angela	Teenage pregnancy
The Test (Bluford Series)	Kern, Peggy	Teenage pregnancy
A Child Called It (non-fiction)	Pelzer, David	Child abuse
Breathing Underwater	Flinn, Alex	Abusive relationships
Dreamland	Dessen, Sarah	Rape/Abusive relationships
Every time a Rainbow Dies	Williams-Garcia, Rita	Rape
Forged by Fire	Draper, Sharon	Abusive relationships
Going Underground	Vaught, Susan	Sexting (cyber-bullying)
Impossible	Werlin, Nancy	
Just Listen	Dessen, Sarah	Rape/Abusive relationships
Lena	Woodson, Jacqueline	Abusive relationships
Leslie's Journal	Dittmer, Alan	Rape/Abusive relationships
Panic	Draper, Sharon	Abusive relationships
Past Forgiving	Miklowitz, Gloria	Rape/Abusive relationships
Perfect Match	Picoult, Jodi	Abusive relationships
Push: A Novel	Sapphire	Pregnancy/Sex abuse
Speak	Anderson, Laurie Halse	Rape
You Against Me	Downham, Jenny	Rape

UNIT 5: DISEASES AND DISORDERS

TITLE	AUTHOR	THEME
Both Sides Now	Pennebaker, Ruth	Breast cancer
Breathless	McDaniel, Lurlean	Bone cancer
Don't Die, My Love	McDaniel, Lurlean	Cancer
Drums, Girls, and Dangerous Pie	Sonnenblick, Jordan	Leukemia
Going for the Record	Swanson, Julie	Cancer
Hard Hit	Turner, Ann	Pancreatic cancer
My Sister's Keeper	Picoult, Jodi	Leukemia
Pop	Korman, Gordon	Concussion/Alzheimer's
Sharing Sam	Applegate, Katherine	Brain cancer
Side Effects	Koss, Amy Goldman	Lymphoma
Sun Signs	Hrdlitschka, Shelley	Cancer
Sweet-blood	Hautman, Pete	Diabetes
The Fault in Our Stars	Green, John	Cancer
Under the Wolf, Under the Dog	Rapp, Adam	Cancer
What Happened to Lani Garver?	Plum-Ucci, Carol	Leukemia

UNIT 6: ALCOHOL, TOBACCO, AND OTHER DRUGS

TITLE	AUTHOR	THEME
33 Snowfish	Rapp, Adam	Addiction
A Girl Like Me	Simone, NiNi	Addiction
A Million Little Pieces	Frey, James	Addiction
Begging for Change	Flake, Sharon	Addiction
Bottled Up	Murray, Jaye	Addiction
Burned	Hopkins, Ellen	Addiction
Candy	Brooks, Kevin	Addiction
Crank	Hopkins, Ellen	Addiction
Dope Sick	Myers, Walter Dean	Addiction
Fallout	Hopkins, Ellen	Addiction
Flash Burnout	Madigan, L.K.	Addiction
Glass	Hopkins, Ellen	Addiction
Go Ask Alice	Anonymous (catalogued under Go)	Addiction
Imani in Never say Goodbye	Hardrick, Jackie	Addiction
Jellicoe Road	Marchetta, Melina	Addiction
Limitless	Glynn, Alan	Addiction
Miracle Cure	Palmer, Michael	Addiction
No Way Out	Kern, Peggy and Paul Langan	Addiction
Stoner and Spaz	Koertge, Ron	Addiction
Street Pharm	van Diepen, Allison	Addiction
Tricks	Hopkins, Ellen	Addiction
Tears of a Tiger	Draper, Sharon	Drinking and driving
Hole in My Life (memoir)	Gantos, Jack (813 GAN)	Drug use
In Ecstasy	McCaffrey, Kate	Drug use
Lush	Friend, Natasha	Alcohol
Runner	Deuker, Carl	Alcohol, Drugs
Beyond Belief	Hamilton, Josh	
Crackback	Coy, John	Steroids
Gym Candy	Deuker, Carl	Steroids

(Chesla, 2013)