

LIBRARIAN-CURATED BOOKLIST

NAVIGATING A HARD WORLD



RESOURCES FOR ADULTS

“Choosing Hope: Moving Forward From Life’s Darkest Hours”

by Kaitlin Roig-Debellis



A teacher who saved the lives of 15 elementary school students during the Sandy Hook shooting shares her experience with others in the hopes that they too can overcome their own personal tragedies, regardless of their magnitude.

“Digital for Good: Raising Kids to Thrive in an Online World”

by Richard Culatta



In this plain-language guide for parents, educators, and general readers, the author explains how to teach children to use digital technology for positive purposes and become digital citizens.

“Don’t Label Me: An Incredible Conversation for Divided Times”

by Irshad Manji



The founder of the Moral Courage Project and first Oprah “Chutzpah” award winner incorporates epigenetics and epistemology insights into a unique conversation about diversity, bigotry, and the common humanity of all people.

“Parenting for the Digital Generation: A Parent’s Guide to Digital Education and the Online Environment”

by Jon M. Garon



A practical handbook for parents, grandparents, teachers, and counselors who want to understand both the opportunities and the threats that exist for the generation of digital natives who are more familiar with a smartphone than they are with a paper book.

“Raising Critical Thinkers: A Parent’s Guide to Growing Wise Kids in the Digital Age”

by Julie Bogart



At a time when online media has created a virtual firehose of information and opinions, parents and teachers worry how students will interpret what they read and see. This guide is for parents to help children of all ages process the onslaught of unfiltered information in the digital age.

“Ready or Not: Preparing Our Kids to Thrive in an Uncertain and Rapidly Changing World”

by Madeline Levine



Explores how today’s parenting and educational systems are failing to prepare children for adult responsibilities, sharing insight on how to raise kids without high pressure and anxiety.

“Trauma: The Invisible Epidemic; How Trauma Works and How We Can Heal from It”

by Paul Conti



The author traces a step-by-step series of concrete changes that we can make both as individuals and as a society to alleviate trauma’s effects and prevent further traumatization in the future.

“The 3 Ms of Fearless Digital Parenting: Proven Tools to Help You Raise Smart and Savvy Online Kids”

by Carrie Rogers-Whitehead



By teaching parents how to change their approach to digital responsibility based on the developmental stage of their child, the author has seen significant success in fostering happier and healthier relationships between parents and kids as well as safer tech use by kids at all ages.

“The Magnolia Palace What Happened to You?: Conversations on Trauma, Resilience, and Healing”

by Bruce Perry and Oprah Winfrey



Oprah Winfrey, sharing stories from her own past, and a renowned brain development and trauma expert discuss the impact of trauma and adversity and how healing must begin with a shift to asking, “what happened to you?,” rather than “what’s wrong with you?”.

“When the World Feels Like a Scary Place: Essential Conversations for Anxious Parents & Worried Kids”

by Abigail H. Gewirtz



How should parents talk to their kids about the things that make both parent and child on edge - from family financial issues to school shootings to global warming? The author offers parents scripts for conversations that will help us raise kids who are informed, engaged, and confident.

RESOURCES FOR CHILDREN AND TEENS

“The Dark Side of Social Media”

by Bradley Steffens



CHECK ME OUT

Using personal stories, academic studies, and current events, this book for teens explores the ways in which social media platforms are empowering dark forces to tear at the fabric of society.

“Kids Speak Out About Violence”

by Christine Schwab



CHECK ME OUT

Provides an introduction to the problems of violence and abuse and highlights youth advocates around the world who had the courage to speak out about these issues.

“Something Happened in Our Park: Standing Together After Gun Violence”

by Ann Hazzard



CHECK ME OUT

This nonfiction picture book introduces the topic of prejudice to young readers.

“Tolerance & Cooperation”

by Sarah Smith



CHECK ME OUT

This book from the [Leadership Skills & Character Building](#) series provides useful and authoritative information intended to enable teens to communicate with others and understand their needs in a respectful and diplomatic way, in all situations.

PICTURE BOOKS ABOUT BUILDING TOLERANCE AND EMBRACING OTHERS

“All Are Welcome”

by Alexandra Penfold



CHECK ME OUT

Discover a school where all young children have a place, have a space, and are loved and appreciated.

“Be Who You Are”

by Todd Parr



CHECK ME OUT

Encourages young readers to be proud of who they are inside.

“Celebrating All Cultures”

by Abby Colich



CHECK ME OUT

Teaches children about the importance of acceptance and empathy as they relate to different cultures and how to practice these in daily life.

“Change Sings”

by Amanda Gorman



CHECK ME OUT

A call to action for everyone to use their abilities to make a difference.

“I’m Gonna Push Through”

by Jasmyn Wright



CHECK ME OUT

Based on the Push Through movement that inspires kids worldwide, this is an empowering, energetic, and all-inclusive picture book that celebrates resilience in the face of adversity.

“Just Help!: How to Build a Better World”

by Sonia Sotomayor



CHECK ME OUT

Takes young readers on a journey through a neighborhood where kids and adults, activists and bus drivers, friends and strangers all help one another to build a better world for themselves and their community.

“Our Favorite Day of the Year”

by A.E. Ali



CHECK ME OUT

In this story of friendship and celebrating differences, young readers can discover how entering a new friendship with an open mind and sharing parts of yourself brings people together.

“Speak Up”

by Miranda Paul



CHECK ME OUT

This picture book celebrates diversity and encourages kids to speak up, unite with others, and take action when they see something that needs to be fixed.

“We Are a Garden: A Story of How Diversity Took Root in America”

by Lisa Westberg Peters



CHECK ME OUT

Illuminates the many different migrants who have made their homes in North America through the centuries.

“What Makes Us Unique?: Our First Talk About Diversity”

by Jillian Roberts



CHECK ME OUT

A nonfiction picture book that introduces very young children to the concept of diversity in a way that is uplifting and approachable.

Additional Resources:

[Social Emotional Learning for Youth Booklist](#), [Self-Care for Youth Booklist](#)
[Restoring Safety Handout](#), [Talking With Children About Shooting Handout](#)

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