



Body Image

fiction & non-fiction resources

Mercy, Unbound by Kim Antieau

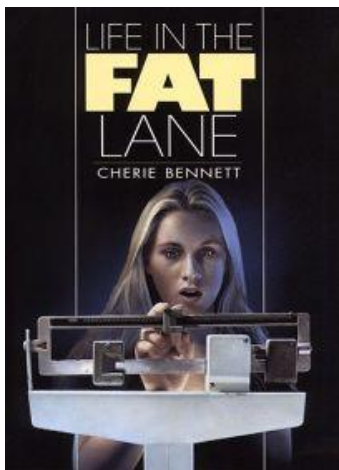
Mercy O'Connor is becoming an angel. Angels don't need to eat, so Mercy has decided she doesn't need to either. She is not sick, doesn't suffer from anorexia and is not trying to kill herself. She is an angel, and angels simply don't need food. When her parents send her to an eating disorder clinic, Mercy is scared and confused. She isn't like the other girls who are so obviously sick. If people could just see her wings, they would know. Her wings don't come, and Mercy begins to have doubts. What if she isn't really an angel? What if she's just a girl?

The Mag Hags by Lollie Barr

Cat Dean, Queen of the US Crew, is the social barometer of cool at Baywood High - well, that's what she thinks. So, imagine the fireworks when she's forced to work with her nemesis, the righteously right-on Mand Hospock, numero uno geek girl Wanda Hong, privileged princess Corabelle Askew and Ms Invisible Maggie Jones, to create a magazine for half of their Year 10 English mark. Identity, values and aspirations are all called into question as the five girls discover their true talents and the courage to speak out on serious issues like body image, relationships and empty celebrity. Add to the mix their dysfunctional families, a couple of 80's popstars, the world's best virtual-reality machine, a wedding, a prom, lots of hot boys and a whole load of laughs, and you've got yourself an inspirational, modern-day adventure.

Years 10-12 only

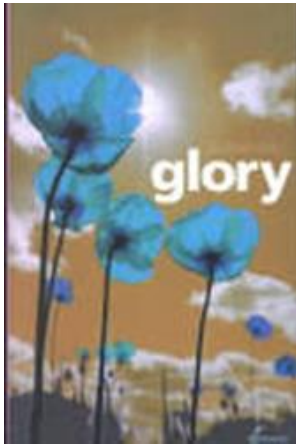
Life in the Fat Lane by Cherie Bennett



'Lara Ardeche, a voice in my head said to me, you are not a quitter. You can change this, and you don't need anyone's help. All you have to do is stop eating.'

Beauty pageant winner, homecoming queen--Lara has the world at her feet. Until she gets fat. Despite a strict diet and workout schedule, Lara is soon a nameless, faceless, 200-pound-plus teenage blimp. She's desperate to get her to-die-for body back--and to find an explanation for her rapid weight gain. When she's diagnosed with a mysterious metabolic disorder that has no known cure, Lara fears she'll spend the rest of her life trapped in a fat suit. Who will stand by her? Her image-conscious family? Her shallow friends? Her handsome boyfriend? Or will she be left alone in the land of the fat girls?

Glory by Sarah Brill



Fifteen-year-old Anne wakes up in hospital after a suicide attempt and begins trying to rebuild her life amongst her anxious family and confused friends. When she begins a relationship with Daniel and makes new friends at her summer job, suddenly school and family seem a long distance away, and she's not sure she wants to go back. Anne feels like her life is missing something, and she finds satisfaction in self-starvation. Soon she faces some terrible questions: What does life have to offer when you are fifteen? Can you truly be independent? How can your family help you, when all you want is to be somewhere else? This is a powerful story of one girl's struggle with herself, her life and relationships, and her family's struggle with a daughter and sister they can't understand.

Years 10-12 only

Leaving Jetty Road: Best Friends learning to Love, Live and Let Go by Rebecca Burton

Nat, Sofia and Lise are best friends. This year, their lives will change forever. Nat - the go-between, the peacemaker - gets a job and meets a drop-dead gorgeous chef called Josh. Sofia - the ultimate guy-magnet - has her nose pierced and falls seriously in love for the first time in her life. Lise - quiet, shy, solitary Lise - decides to take control of her life by taking control of her weight. When you change, you change forever - but not all change is for the best....

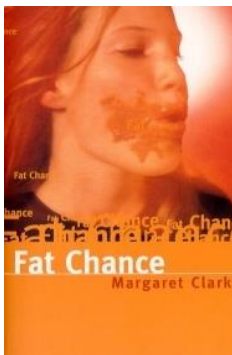
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Diary of a Teenage Girl 5: I Do! by Melody Carlson

Caitlin O'Connor is getting married to Josh Miller! It's her senior year of college, and she has seven months to plan her wedding... but according to Josh's mum, that's not enough time. Meanwhile, Caitlin's roommate, Liz, has ditched her to move in with a boyfriend. Her new roommate and old friend, Jenny, is toying with anorexia again, and just when Caitlin needs her most, Beanie heads off to a New York City design school. Can she handle it all?

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Fat Chance series by Margaret D. Clark



Fat Chance, Hot or What, Kiss and Make Up, Hooking Up

Set in Melbourne this series deals with Lisa Trelaw, a teenage girl who is overly obsessed with her weight. The story follows Lisa through a series of stressful, life changing events. When Lisa is offered a modelling contract she starts binge eating, practising bulimia and starving herself but by the end of the series Lisa's attitude has gone full circle and, in the end, she becomes more confident, eating healthily, and no longer suffers from an eating disorder.

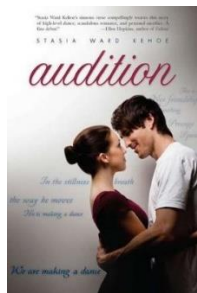
Nat's Bridesmaid Blues by Kate Costelloe

Natalie's size zero stepsister Plum is getting married and Natalie's going to be a bridesmaid. She's dreading it. Her step-mum and her other sister Nelly are super-skinny too and Natalie knows they think she's the odd one out. Billie, Ella and Lexie are adamant that Nat should stay exactly as she is and not give in to the pressure, but as the wedding looms, Nat's self-esteem is shrinking and so is her personality.

Face to Face by Sandra Glover

Adelle is convinced that there's a creepy face watching her from a mirror she inherited from her grandmother - a face that is always criticising her, and especially pointing out how fat she is. But Adelle is the very opposite of fat. Can her friend Naomi help Adelle realize she is suffering from anorexia, and try to make her understand how the face in the mirror is only a symptom of the problem?

Audition by Stasia Ward Kehoe



What would you give up for your dream?

When high school junior Sara wins a coveted scholarship to study ballet, she must sacrifice everything for her new life as a professional dancer-in-training. Dare I tell them that since I came here to dance I have been giving pieces of my body away to ridiculous diets, to repeated injuries, to Remington? That maybe I think with each bit of my body I lose a little piece of my soul.

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Even If It Kills Me by Dorothy Joan Harris

Anorexia? I wasn't sick... I just wanted to be something special... Melanie Burton is quiet and good - and always gets top grades in school. That's not enough anymore. She wants to be really special, and she thinks that being thin will do it. Melanie doesn't understand what all the fuss is about - after all, almost everybody diets at some time or other.

Letters to a Princess by Libby Hathorn

My name is Diana Moore and I'm the kind of girl who doesn't stand out from the crowd. Average height, average brown hair. The only thing not average about me is that I seem to land in trouble on a regular basis. My stepfather keeps telling me I have an eating disorder! If it weren't for my letters to Princess Diana, I'd have lost it by now!

Second Star to the Right by Deborah Hautzig

On the face of it, Leslie is a normal, healthy, well-adjusted fourteen-year-old. She goes to a good school, has a great friend in Cavett, and has a mother who loves her to the moon and back. She should be happy, yet she's not. She would be, if only she were thinner. But "thinking thin" becomes a dangerous obsession and Leslie's weight drops to five stone, threatening to destroy her and the whole fabric of her family life. Only by realizing that this condition is an illness -and one that has its roots in a deep problem -can Leslie hope to survive. How thin do you have to be to find happiness?



Fighting for Life: Anorexia – The Road to Recovery by Melinda Hutchings

This compelling story takes us inside the mind, heart and body of a teenage girl suffering from anorexia nervosa, a disorder which is incredibly difficult for both the victim and those close to her to understand, and very complex in its treatment.

Anorexia nervosa has the highest mortality rate of any functional psychiatric illness and is on the increase. This story is based on the author's own harrowing experiences.

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No Body's Perfect: Stories by Teens About Body Image, Self- Acceptance and the Search for Identity by Kimberly Kirberger

This collection of stories details many problems in girls' lives that stem from a lack of self-esteem and self-love: eating disorders, depression, drug use, and more. Through powerful stories and poems from teens, as well as personal tales and advice from the author, this book strives to help girls learn to accept, love, and appreciate their bodies - and, in turn, to love themselves. **Letting Ana Go** is the story of Ana, a sweet, young girl. She was an athlete with a bright future. She only wanted to lose a few pounds. Once she started to lose weight she couldn't stop. The feeling she got from getting thinner was addictive. She felt powerful, in control. She didn't realize she was starving herself to death. Follow her devastating journey in her own words, in the diary she left behind.

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The Best Little Girl in the World by Steven Levenkron

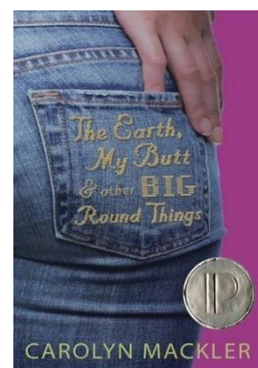


Teenager Francesca Dietrich feels too fat, giving into the pressures of her ballet teacher and the pencil-thin models in the media, in a revealing story about a "perfect" little girl suffering from the destructive obsession of anorexia nervosa. Francesca is pretty, slim and intelligent - at least that's how she appears to the rest of the world. What she sees when she looks at her reflection is a fat, flabby, grotesque 'monster'. That's when the idea comes to her: fat Francesca must die to make way for a new girl, slim Kessa.

Hazel, Not a Nut by Gill Lobel

Hazel Anne Mooney: smart, funny and fed up. She's unhappy at school, she's far from model-girl slim, and she's being bullied. Lauren Stevenson is a gorgeous, glamorous, texting queen and a bully. She's pencil-thin, she's perfect - and she's bulimic.

The Earth, My Butt and Other Big Round Things by Carolyn Mackler
Virginia thinks the world of everyone but herself. With a larger-than-average body and a medium-sized inferiority complex, Virginia lives on the Internet, eats junk food and obeys the "Fat Girl Code of Conduct". Mum, exercise fiend and adolescent psychologist; Dad, jet-setter and golfer; older siblings Anais and Byron - slim, brilliant and impossible to live up to. Without Virginia, the Shreves are a picture-perfect family... until a phone call changes everything!



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Beautiful Monster by Kate McCaffrey

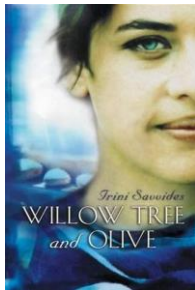
This is an unflinching and heartbreaking portrait of a girl left to cope alone with her grief and guilt over the death of her little brother. As her mother drowns in her bereavement and her father struggles to maintain a sense of equilibrium for them all, Tess stands bewildered, lost and alone, finding comfort in anorexia.

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How I Live Now by Meg Rosoff

Daisy, an anorexic, is sent to England from New York to live with her cousins for a perfect summer. There are four of them: Osbert, Isaac, Edmond and Piper. Daisy has never met anyone like them before. This summer will change her life and the world too.

Willow Tree and Olive by Trini Savvides



When you get into Olive's head, you start to realise that nothing is okay. Olive is a Greek daughter, but at times she wishes that she wasn't Greek at all. She regularly goes through the 'sausage' feeling which her brother Theo and her made up. It is when she feels uncomfortable in a room, but nobody notices.

She goes to the school counsellor and confides in him that she can't stop eating, she hates her body and she thinks that she is ugly.

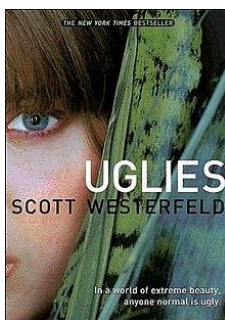
All of Me by Maureen Stewart

Rebecca is fourteen, and dieting. She's trying to reach her goal weight, which is no easy task when your goal weight is thirty-five kilos. Rebecca is desperate to remain in control, and her life becomes an elaborate lie which involves starving, taking laxatives, hiding food, vomiting, obsessive behaviour - in fact, nearly killing herself.

Pumpkin Pie: Don't Call Me Pudding by Jean Ure

Who wants to be one of three? And who wants to be the middle one of three? Polly is stuck in the middle, with a beautiful, fashion-conscious older sister and a high-achieving younger brother grabbing all the attention. Polly wants to be the one to get noticed, the one to become a famous actress, the one who is thin. But when Polly decides to take drastic action to shed pounds, she loses more than just weight.

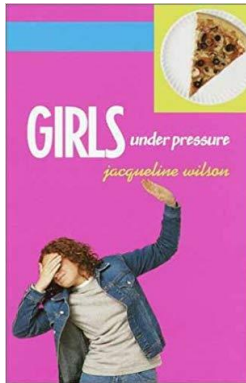
Uglies Series by Scott Westerfeld



Uglies, Pretties, Specials, Extras

This series follows the high-tech adventures of Tally Youngblood. As an ugly, then a pretty, a special, and finally an extra, Tally works to take down a society created to function with perfect-looking people who never have a chance to think for themselves.

Girls Series by Jacqueline Wilson



Girls in Love, Girls Under Pressure, Girls Out Late, Girls in Tears

Join Ellie, Magda and Nadine as they deal with all the surprises teenage life can bring. Falling in love, learning to like your body, staying out late and coping with heartbreak – these friends help each other through it all.

The Perfect Girl by Kate William and Francine Pascal

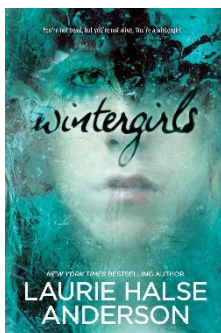
Robin Wilson's pretty, smart and athletic and her boyfriend, George Warren, adores her. Most students at Sweet Valley High have forgotten that Robin used to be an overweight loner, but Robin remembers.

Beauty Queens by Libba Bray

The fifty contestants in the Miss Teen Dream Pageant thought this was going to be a fun trip to the beach, where they could parade in their state-appropriate costumes and compete in front of the cameras. But sadly, their airplane had another idea, crashing on a desert island and leaving the survivors stranded with little food, little water, and practically no eyeliner. What's a beauty queen to do? Continue to practice for the talent portion of the program - or wrestle snakes to the ground? Get a perfect tan - or learn to run wild? And what should happen when the sexy pirates show up? Welcome to the heart of non-exfoliated darkness.

Smile! by Raina Telgemeier

In this autobiography Raina just wants to be a normal sixth grader. But one night after Girl Scouts she trips and falls, severely injuring her two front teeth, and what follows is a long and frustrating journey with on-again, off-again braces, surgery, embarrassing headgear, and even a retainer with fake teeth attached. And on top of all that, there's still more to deal with.



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Winternights by Laurie Halse Anderson

This is the story of eighteen-year-old Lia Overbrook, an anorexic cutter who loathes her body, her family, and her life. All these emotions are heightened when Lia's best friend Cassie, a bulimic, dies in a motel room after a long session of bingeing and purging. Before she died, Cassie called Lia 33 times for help, but Lia never picked up the phone. As the novel progresses, Lia spirals dangerously out of control and she must come to terms with her emotions if she wants to live.

Killing Aurora by Helen Barnes

This contemporary Australian novel is about two girls, an anorexic and an outsider. Web is on a desperate mission to save Aurora who is wasting away with anorexia. A novel, set in Melbourne, presents a picture of one of the most heart-breaking of diseases that continue to affect many young people.

Wonder by R J Palacio

A boy with a severe facial deformity starts school and is bullied but he manages to overcome his difficulties and make friends.

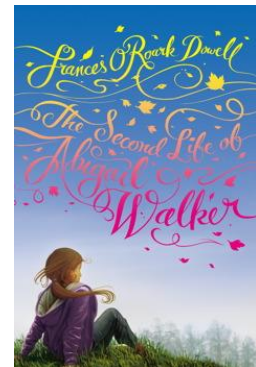


Dumplin' by Julie Murphy

Willowdean Dickson (Dumplin', to her mum) has always been at home in her own skin. Her thoughts on having the ultimate bikini body? Really, the criteria is simple. Do you have a body? Put a swimsuit on it. But life as Willow knows it is about to change, and when this happens she suffers an unaccustomed, and unwelcome, attack of self-doubt. In an effort to take back her confidence, she enters into the local Miss Teen Blue Bonner beauty pageant. With starry Texas nights, red candy suckers, Dolly Parton songs and a wildly unforgettable heroine - Dumplin' is guaranteed to steal your heart. And send you out to buy that bikini!

The Second Life of Abigail Walker by Frances O'Roark Dowell

Is it possible to start afresh when you're thoroughly weighted down? Seventeen pounds. That's the difference between Abigail Walker and Kristen Gorzca. Between chubby and slim, between teased and taunting. Abby is fine with her body and sick of seventeen pounds making her miserable, so she speaks out against Kristen and her groupies—and becomes officially unpopular. Embracing her new status, Abby heads to an abandoned lot across the street and crosses an unfamiliar stream that leads her to a boy who's as different as they come.



Non Fiction

Reviving Ophelia by Mary Pipher

A series of research findings that suggest, despite the advances of feminism, young women continue to be victims of abuse, self-mutilation, anorexia, consumerism and media pressure to conform to others' ideals.

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Ophelia Speaks: Adolescent Girls Write About Their Search for Self by Sara Shandler

Various voices offer a provocative and piercingly real view on issues public and private, from body image, boys, politics, parents, school, to relationships.

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The Beauty Myth: How Images of Beauty are Used Against Women by Naomi Wolf
Every day new products are introduced to "correct" inherently female "flaws," drawing women into an obsessive and hopeless cycle built around the attempt to reach an impossible standard of beauty. Wolf rejects the standard and embraces the naturally distinct beauty of all women.

Little Girls in Pretty Boxes: The Making and Breaking of Elite Gymnasts and Figure Skaters by Joan Ryan

Exposes the physical and emotional cost of the captivating world of gymnastics and figure-skating to young athletes.

Eli's Wings by Elizabeth Best

Eli's Wings reveals the battle a young woman has with an eating disorder. It tells of the intimate problems faced by teenagers as they battle with the complexity of family breakdown, their own self-esteem, striving for their dreams, and how they deal with such tragedies as a friend's suicide or sexual abuse.

To Die for by Carol Lee

When Carol Lee's cherished god-daughter Emma descends into a long and dangerous battle with anorexia, Carol is the only one she trusts enough to let into her tormented world.

