

We'd like you to feel like this...



But sometimes, you might feel like this...



Or this...



Or even this...



We'd like to help!

Library Resources for Teens



If you need to find a book about a **teen issue**, but would rather not ask us for it in person, you can use this **handy shelf guide**

You can also search for yourself at <http://destiny.isdedu.de> (click on ISD Senior School Library and LRC)

The numbers in the right-hand column tell you where to find books on the shelves

If you do need help, the Library staff will help you and **respect your privacy**

(However, if we are concerned about **your welfare**, we are happy to refer you to one of ISD's school counsellors, or to another trusted adult in the school)

Children's Rights	323.3 WHA
Relationships	395.1 PAC 155.2 KAY 155.5 KAV 158.2 ROM
Positive Body Image & Body Shaming	306.4 GRE 613 305.235 NAI 306.4 COL 612

	646.7 HAR
Abuse Emotional, physical, sexual	155.5 362.7 HYD 362.7
Diet & Nutrition, Health	613.2 DIE 613.7 FAI 613.7 HOV 796 FAY (eBook)
Parents	248.8 AUS 305.235 BRA 649 EDG 649
Skin Care	646.7 HAR
The Teenage brain	153.2 MOR 616.89 STR 649 WAL
LGBTQ+	307.76 BAU 362.7 TEE V F DAN (DVD) 612.6 GRA
Friendships	302.34 MOR 158.2 ROM 305.23 WIS
Bullying	004.67 155.5 302.3
Sexuality	306.7 SHA 305.23 306.7 BRY 306.7 612.6 DIA 613.9 BAI
Feeling lonely?	155.5 MAR 155.5 SNY 155.92 STE
Puberty & Growing Up	305.23 612.6 613

	613.9 GERMAN 613.9 STO V 612.6 BOY (video)
Sexting, online awareness & safety Cyberbullying	004.67 SEX 025.04 HAR 302.235 LAR 371.5 FRI 004.67 FRE 384.3 ORR
Drugs & Alcohol, Addiction	362.29
Stress & Anxiety	155.5 GOL 155.5
Dealing with Teen life	158 158.1 646.7 BEN 616.89 STR
Self-harm and suicide education and prevention	362.28 NEL

Hotline numbers

If you need to speak to someone in an emergency, you can use these local Dusseldorf child protection numbers:

- Children under 13 years: 0211 - 8998177
- Boys from 14 to 17 years: 0211 - 8928951
- Girls from 14 to 17 years: 0211 - 8998177

Fiction books on these topics

If you are looking for a fiction book (a story) on any of these topics, enter any of the above terms in the search field of <http://destiny.isdedu.de>

Any ideas or suggestions?

Please contact Mr. Crouch in the Library
crouchs@isdedu.de