

Premier's Action Committee  
on Family Violence Prevention



Comité d'action du premier ministre  
sur la prévention de la violence familiale

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## Children & Young Adult Books Donated to the PEI Public Library Service by the Premier's Action Committee on Family Violence Prevention

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The following titles have been donated from the Premier's Action Committee on Family Violence Prevention to the PEI Public Library Service in recognition of the annual Family Violence Prevention Week. All books can be accessed through the PEI Public Library Service and there are titles in English, French, Chinese, Arabic, & Spanish. The books listed below focus on building healthy relationships and include stories about valuing yourself and others, tolerance, teamwork, and kindness.

### English Titles

1. ***Black Woman's Guide to Overcoming Domestic Violence* by Shavonne J. Moore-Lobban** | Adult non-fiction. Recommend purchasing 1 copy. | "As a Black woman and a survivor of domestic violence, you have had your power taken away from you against your will. You are not alone, and there are tools you can use to feel whole and in control of your life again. Written by two psychologists and experts in BIPOC mental health, this book will show you how to start healing—mentally, emotionally, and spiritually."
2. ***Building Happier Kids: Stress-busting Tools for Parents* by Hansa Bhargava** | Adult non-fiction. Recommend purchasing 1 copy. | "Kids today are facing unprecedented pressures--and their mental health is suffering. As a parent, you may feel burned out and exhausted yourself--and perhaps overwhelmed by the idea of taking on your child's stress. But Building Happier Kids offers practical, concrete steps you can take to help your kids and yourself! Dr. Bhargava prescribes taking an intentional pause from modern life's nonstop pace to focus on ways you can meaningfully impact your family's emotional well-being. Overscheduling, homework, and every-present electronic devices may make these seem easier said than done, but Dr. Bhargava offers realistic, balanced advice that will help you prioritize health and restore the happiness of childhood."
3. ***Family Violence: A Canadian Introduction, 3<sup>rd</sup> ed.* by Julianne Momirov** | Adult non-fiction. Recommend purchasing 1 copy. | "Canadians are more likely to be killed or assaulted by family

members than by anyone else. Yet families in all their forms are supposed to be a haven of love and security. What lies behind this contradiction? And what can be done about it? These are questions that sociologist Julianne Momirov explores in *Family Violence: A Canadian Introduction*. She explains the leading theories of why family violence exists; describes the many and varied forms that violence takes, from the physical to psychological to neglect and proposes policies and programs to address this issue. This Third Edition includes the latest statistical data on this problem. The author addresses the self-identity of survivors, the changing nature of families and relationships today, the unique threats to Indigenous peoples and the elderly, and the role that social media plays in relationship violence."

4. ***If These Wings Could Fly* by Kyrie McCauley** | Young adult. Recommend purchasing 1 copy. | "Kyrie McCauley's stunning YA debut is a powerful story about the haunting specter of domestic violence and the rebellious forces of sisterhood and first love." Tens of thousands of crows invading Auburn, Pennsylvania, is a problem for everyone in town except seventeen-year-old Leighton Barnes. For Leighton, it's no stranger than her house, which inexplicably repairs itself every time her father loses his temper and breaks things.

Leighton doesn't have time for the crows--it's her senior year, and acceptance to her dream college is finally within reach. But grabbing that lifeline means abandoning her sisters, a choice she's not ready to face. With her father's rage worsening and the town in chaos over the crows, Leighton allows herself a chance at happiness with Liam, her charming classmate, even though falling in love feels like a revolutionary act. Balancing school, dating, and survival under the shadow of sixty thousand feathered wings starts to feel almost comfortable, but Leighton knows that this fragile equilibrium can only last so long before it shatters.

5. ***What Kind of Girl* by Alyssa B. Sheinmeil** | Young adult. Recommend purchasing 2 copies. | "From New York Times bestselling author Alyssa Sheinmel comes an unflinching exploration of the labels society puts on girls and women—and the strength it takes to rise above it all to claim your worth and declare your truth." Also, "Important, raw, timely, and ultimately hopeful...demands readers discuss the trauma of teen dating violence and how girls are so often taught—even expected—to internalize their victimization."

6. ***John's Turn* by Mac Barnett** | Picture book. Recommend purchasing 3 copies. | "It's John's big day at school today—a performance for Sharing Gifts time. His bag is carefully packed and prepared, his classmates are ready, and the curtain is waiting to open. John is nervous, looking out at all the other children staring back at him. But he takes a big breath and begins. Mac Barnett's compassionate text and Kate Berube's understated and expressive art tell the story of a kid who finds the courage to show others his talent for dancing."

6. ***Ravi's Roar* by Tom Percival** | Picture book. Recommend purchasing 3 copies. | "Ravi never minded being the smallest in his family. Until one day, his short arms can't reach the monkey bars, he can't find anyone during hide-and-seek, AND he's too little to ride the big slide. Ravi is so mad -- so furious -- that he can't control his temper anymore . . . and he turns into a ferocious, roaring TIGER! Tigers can do anything they want! But who wants to play with a growling, wild tiger who won't share or behave? Ravi is about to discover something very important about voicing his feelings. While we all get angry sometimes, *Ravi's Roar* shows some good ways to channel those emotions to avoid hurting family and friends. The Big Bright Feelings picture book series provides kid-friendly entry points into emotional intelligence topics -- from being true to yourself to dealing with worries,

managing anger, and making friends. These topics can be difficult to talk about. But these books act as sensitive and reassuring springboards for conversations about mental and emotional health, positive self-image, building self-confidence, and managing feelings.”

7. ***Why? : A Conversation about Race by Taye Diggs*** | Picture book. Recommend purchasing 3 copies. | “Why are the buildings burning? Why are people marching? Why are they crying? Taye Diggs has written a beautiful, powerful, and poignant story that peers through the eyes of a child as they struggle to understand why these events are happening. *Why?* distills the conversations many children and adults are having about race, injustice, and anger in communities throughout our country, and gives them context that young readers can connect with. Heartfelt and deeply piercing illustrations from Shane W. Evans will leave a lasting impact on readers of any age. One that will hopefully lead to more conversations, change, and peace within our own communities and the world.”

## French Titles

1. ***Au chaud dans mon coeur by Edith Bourget*** | Picture book. Recommend purchasing 1 copy. | “Ma famille est fabuleuse! C’est moi la plus jeune. David, mon grand frère, me taquine souvent et il aime les animaux, comme moi. Ma sœur Catherine me lit des histoires et m’achète de la crème glacée! Elle est toujours là pour moi. On a beaucoup de plaisir ensemble, avec papa et maman. Mais un soir de printemps, une terrible épreuve nous attendait. Une histoire qui aborde l’absence, le deuil et les moyens de trouver du réconfort.”
2. ***Madame J. et les paquebots by Madeleine Allard*** | Picture book. Recommend purchasing 1 copy. | “Depuis que maman est partie, on s’ennuie beaucoup d’elle, Odile, Marie, Rose et moi. On a plein de choses à faire pour aider papa qui est maintenant seul avec nous quatre, mais on fait aussi bien des erreurs et quelques bêtises. À côté de chez nous, il y a madame J. Elle est arrivée d’un autre pays il y a longtemps. Elle aussi, elle connaît ça, l’ennui et l’attente, mais elle a une belle vie. Et elle a toujours des confitures douces et sucrées pour nous.”
3. ***Trois minutes de plus by Andre Marois*** | Young adult. Recommend purchasing 1 copy. | “Six ans ont passé depuis les événements racontés dans *À une minute près*. Nicolas et Florence sont maintenant des ados à un tournant majeur de leur vie. Nicolas est devenu un cascadeur intrépide suivi sur les réseaux sociaux. Casse-cou, il se sait néanmoins protégé par la Fonction, qui lui permettra de revenir une minute plus tôt s’il se retrouve en danger de mort. Florence, de son côté, mène une croisade secrète contre cette fameuse Fonction. À ses yeux, elle empêche surtout les gens de vivre pleinement et de façon authentique. Ambitieux et téméraire, Nicolas ne cesse de vouloir repousser ses limites. Mais ne prend-il pas trop de risques ? Un nouveau roman de science-fiction sur de grandes questions psychologiques, sociales et philosophiques : l’isolement, les défaillances de parents inaptés, le pouvoir des réseaux sociaux, la soif de défis extrêmes, la responsabilité, la témérité et le courage d’assumer pleinement sa vie.”
4. ***La vie bercée by Hélène Dorion*** | Junior non-fiction (poetry). Recommend purchasing 1 copy. | “Si le récit d’Hélène Dorion raconte et explore, sous le sceau de la transparence et de l’intimité, le visage de l’enfance, il n’est pas sans en restituer toute la profondeur et la gravité: les traces laissées dans la mémoire, son sillage pavé à la fois de découvertes, de joies, de peines et de deuils. C’est de ce mouvement oscillatoire que naît *La Vie bercée*, poésie lucide qui invite le lecteur à retourner à

ses propres origines, à sa filiation dans l'enfance, cette expérience commune qui nous fait  
"nombreux à aimer, nombreux à avoir peur."