Disability Reads for Pride Month

Check out these book recommendations from Inclusive Services!

**Picture Books:**

**How are you, Verity?** By Meghan Wilson Duff & Taylor Barron (2023). Ages 4-8. [Neurodivergence]

Neurodivergent child Verity greets their neighbors and other community members, responding to their question of “how are you?” with exciting marine animal facts. When their older brother John suggests that the question is usually considered a greeting rather than a genuine question, Verity leads an experiment.


This picture book introduces the concept of gender identity to young readers. The reader is introduced to a series of young people of different genders, including JJ, who is nonbinary and uses a wheelchair.


Young transgender girl Trinity wishes she had long hair, but growing it out is a struggle because she hates the sensation of hair touching her neck. Her mother helps figure out a solution, in this story based on the experiences of this real-life mother-daughter duo.


Small Knight would rather go on adventures with their best friend, Tiny Bear, than learn to be a perfect princess, but worrying about telling their parents creates a dreadful monster.

**Bodies are cool**, by Tyler Feder (2021). Ages 3-10. [Multiple disabilities and mobility aid use]

Rhyming text and colorful illustrations celebrate bodies of all types. There are queer, trans, and disabled people highlighted in illustrations throughout, with mentions in the text of people who are blind, have psoriasis, have vitiligo, and use power chairs.

**School-Age Fiction:**

13-year-old Ellen sets off on a study abroad trip full of anxiety, but it turns out to be a wonderful setting to explore their gender and sexuality, as well as to make new friends.


Twelve-year-old Jude is dealing with ADHD while trying to figure out how to tell their old-fashioned grandparents that they're nonbinary—but now they have another problem: Stevie, a previously popular girl at school has been ostracized because she has a crush on another girl, and Jude wants to help her cope as well.

**Lulu Sinagtala and the city of noble warriors**, by Gail D. Villanueva (2024). Ages 8-12. [Epilepsy]

Discovering that the creatures and deities of Tagalog myth are real when her mom is kidnapped, eleven-year-old Lulu Sinagtala is drawn into a centuries-long war that threatens to throw the whole universe into chaos while trying to save her mom with her newfound powers.


Twelve-year-old Rahul struggles to come to terms with the fact that he may be gay, while dealing with anxiety and possible neurodivergence.

**The year my life went down the toilet**, by Jake Maia Arlow (2023). Ages 8-14. [Crohn’s Disease]

Twelve-year-old Al navigates an overprotective mother, growing apart from her best friend, and her first girl crush, all while her recent Crohn's diagnosis puts a knot in her stomach.

**Teen Fiction:**


Last summer, Andrea spent all her time in bed, recovering from the latest surgery for her cerebral palsy. But this year, she’s determined to have the best summer ever, even if that means she has to fall out of love with her best friend Hailee to do it.


Seventeen-year-old Lark pretends they are the creator of a viral thread that their ex-friend, Kasim, accidentally posted online declaring unrequited love for his secret crush. But living a lie takes its toll on Lark, and they must learn to embrace their own messy emotions, and ultimately how to be in love.
Margo Zimmerman gets the girl, by Brianna R Shrum (2023). Ages 14+ [Autism]

An autistic overachiever, Margo is determined to ace her newly discovered gayness. She approaches Abbie Sokoloff to tutor her in “Queer 101” in exchange for help with history. But as they spend more time together, Margo realizes she doesn’t want just any girl...she wants the girl.


Two trans teens find each other and themselves in this romantic fantasy. Val and Cade are enemies, both convinced they saw the other curse their families into an enchanted sleep that escalated their nations’ long-running war, but when they are forced to work together, sparks fly.


In 1904 Norway, Asta doesn’t want to marry her betrothed...or anyone. When she runs away with her best friend and his secret boyfriend, the three only have one shot to get enough money to survive on their own: enter the village’s annual horse race — and win.

Teen Nonfiction:


This book is an essential primer on all things LGBTQIA+ for both autistic and non-autistic teens. Topics include coming out, relationships, self-care, coping with bullying, transitioning, and more.


This guide is intended to help trans autistic teens live their best authentic lives! It has helpful explanations, tips, and activities, as well as examples of famous trans and gender-divergent people on the spectrum.

Bless the Blood: a cancer memoir, by Walela Nehanda (2024). Ages 14+ [Cancer]

When Walela is diagnosed at twenty-three with advanced stage blood cancer, they’re suddenly thrust into the unsympathetic world of tubes and pills, doctors who don’t use their correct pronouns, and hordes of “well-meaning” but patronizing people offering
unsolicited advice, as they navigate rocky personal relationships and share their story online.