

Masculinity: Reading List

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This curated reading list explores what it means to be a boy or man in today's world—from stories of growth and grief to powerful reflections on identity, love, race, and resilience. Whether you're a teacher looking to open up conversations in the classroom or a student seeking honest, relatable reads, these titles offer a fresh take on masculinity and challenge the stereotypes we're so often handed.

From poetry and personal essays to fiction and non-fiction, each book invites you to think, question, and reimagine. Perfect for sparking discussion, deepening understanding, and making space for more inclusive, emotionally honest conversations.

Mask Off: Masculinity Redefined by JJ Bola

A concise yet profound exploration of masculinity, patriarchy, mental health, and feminism. JJ Bola delves into how masculinity is often a performance shaped by societal norms, using examples from various cultures to challenge prevailing myths.

- [Pluto Press](#)
- [Amazon UK](#)

What is Masculinity? Why Does It Matter? And Other Big Questions by Jeffrey Boakye & Darren Chetty

This insightful book encourages readers, especially young people, to think critically about masculinity, its origins, and its impact on society. It poses thought-provoking questions without prescribing definitive answers, fostering independent thought.

- [Author's Website](#)
- [Amazon UK](#)

Long Way Down by Jason Reynolds

A powerful novel-in-verse that follows a teenager's internal struggle with revenge during a 60-second elevator ride. The book has received numerous accolades, including the Printz Honor

and Coretta Scott King Honor.

- [Amazon UK](#)

Twenty-Four Seconds From Now...A Love Story by Jason Reynolds

A tender and introspective narrative capturing the emotions of young love and the significance of intimate connections in adolescence.

- [Simon & Schuster](#)

John's Turn by Mac Barnett

A heartwarming children's book about a boy named John who overcomes his nerves to share his talent during school assembly, celebrating individuality and courage.

- [Author's Website](#)
- [Candlewick Press](#)

Being a Boy by James Dawson

An honest and comprehensive guide for teenage boys navigating puberty, relationships, and self-identity, addressing topics from physical changes to emotional well-being.

- [Amazon UK](#)

Safe: On Black British Men Reclaiming Space edited by Derek Owusu

A compelling anthology of essays by Black British men discussing identity, masculinity, and the challenges of navigating society, aiming to redefine narratives and reclaim space.

- [Amazon UK](#)

Time To Talk: How Men Think About Love, Belonging and Connection by Alex Holmes

An insightful exploration into modern masculinity, where Alex Holmes shares personal experiences and challenges societal norms to encourage men to embrace vulnerability and connection.

- [Trigger Publishing](#)
- [Amazon UK](#)